

# Bed Assist (Bed Handle)

*These instructions are guidelines only. Use only as instructed by your healthcare provider.*

## What are Bed Assists Used For?

A bed assist provides support when getting in and out of bed, or when changing position in bed.

## How Do I Install the Bed Assist?

- The bed assist (Figure 1) is installed between the box spring and mattress of a bed (Figure 2), near the head and shoulders of the person in the bed.

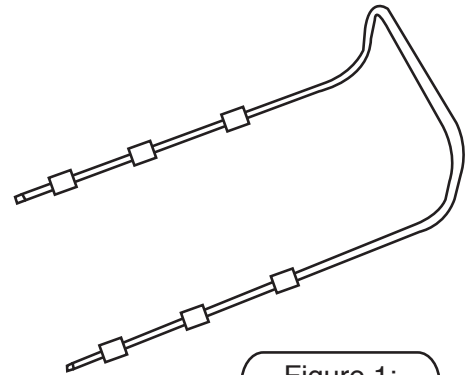


Figure 1:  
Bed Assist

**! WARNING** As the bed assist is generally secured by the weight of the mattress, do not use the bed assist on a cot or with a thin, light mattress.

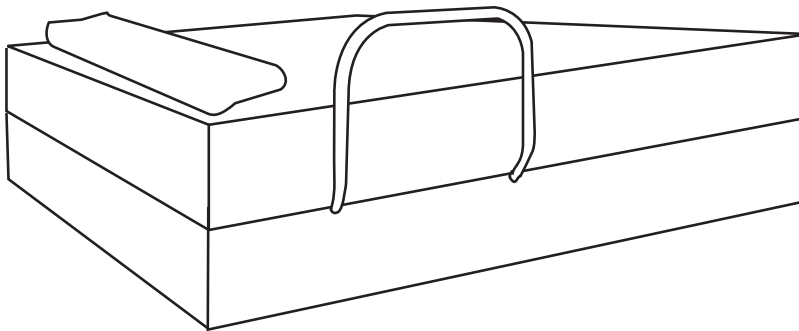


Figure 2:  
Installed Bed Assist

- If the bed assist has straps, wrap them around the box spring and secure them with the clips that are attached to the frame. Adjust the straps to ensure they are tight around the box spring.

**! WARNING** Do not leave the straps hanging loose on the side of the bed as they may become a tripping hazard.

## How Do I Use the Bed Assist?

### Sitting Down

- Back up to the bed until you feel the back of your legs touching it.
- Grasp the handle of the bed assist with one or both hands. Use it for support as you sit down.



## Standing Up

- Grasp the handle of the bed assist with one or both hands. Move your legs over the edge of the bed.
- Continue holding the bed assist for support as you push yourself up.

## Repositioning in Bed

- While lying down, grasp the handle of the bed assist with one or both hands to assist in turning and repositioning.



**WARNING** Do not pull the bed assist away from the bed in a sideways motion. This may cause it to come loose.

## How Do I Care for the Bed Assist?

- If the bed assist has straps, check them periodically to ensure they remain tight and secure.
- Clean the bed assist with a non-abrasive cleaning product such as mild soap and water.

*Please ensure that equipment returned to the Red Cross is clean and in good condition.*

