

Bed lever information for patients, families and carers



What is a bed lever?

A bed lever is a short rail which fits under the mattress (divan or slatted beds) or is attached to a bed frame (hospital bed).

A bed lever can help you to:

- Sit up in bed.
- Move from a lying down position to sit safely on the side of the bed.
- Roll over or change your position in bed.
- Help you balance as you lift your legs onto the bed and position yourself comfortably.
- Get on and off the bed.

There are different types of bed levers for different beds. Your Occupational Therapist or Physiotherapist will assess your needs and will provide the

appropriate one for your bed if it is a suitable option for you.

Safety precautions

To avoid risk of entrapment and serious injury:

- You must not move the bed lever's position.
- You must not adjust the fitting of the bed lever.
- You must not allow children on the bed.

Every time you use your bed lever, make sure it has not moved out of position and it is secure and not loose.

Ensure that the device is firmly placed against the side of the bed, e.g. after changing bedding or sheets.

To reduce the risk of becoming trapped between the handle and mattress, check that the bed lever is flush next to the mattress without any gaps. If you have smaller body anatomy, i.e. if you weigh under 40kg (6 stone), this will need to be taken into consideration regarding the provision of your bed lever. People who are smaller in size can get trapped in small gaps which is also why children must not be allowed on the bed.

Bed levers do not stop you falling out of bed, so must not be used as bed rails.

If you change your bed and purchase a new bed or are issued with an alternative bed (i.e. a hospital bed), your bed lever will no longer be suitable, and you will need to be reassessed for a different one. In this case you should speak to your Occupational Therapist or Physiotherapist at the hospice.

If you are experiencing night hallucinations, which can be caused by a change in some medications, you will require a reassessment by your Occupational Therapist or Physiotherapist to clinically reason and risk assess as to whether the bed lever is still safe and appropriate for you.

If the bed lever tubing is bent, damaged or is no longer required, please contact your local equipment loan store and you can request a repair, replacement or a collection.

Cleaning instructions

The bed lever is best cleaned with a damp cloth using a non-abrasive cleaning fluid, and then dried to remove any trace of residue. The device should

not be placed in cleaning fluids.

Safe use of a bed lever

Below are two photographs demonstrating the safe use of a bed lever and how not to use a bed lever.

Do not put your arm through the loop.



Please remember

Any equipment prescribed is given over into your care and should be treated with respect and used only as explained. The hospice cannot be held responsible for any misuse of equipment.

All changes of circumstances should be reported to the hospice to ensure continued safe usage. If you need any more information about how to use your bed lever safely, please contact the supplier or your Occupational Therapist or Physiotherapist at Birmingham Hospice.

Birmingham Hospice: 0121 465 2000

Birmingham Medequip: 0121 503 8850

Sandwell: 0121 569 3670

Solihull Elms: 0121 329 0900

Staffordshire Medequip: 01785 273 950

Walsall Stores: 01922 604950 or 01922 604957

Worcester Equipment Loan 01905 520833