

General Advice: These instructions are to be used in conjunction with the information your Health Professional has discussed with you. All equipment is to be used following the manufacturers weight recommendations. If you are unsure on how to use or fit a piece of equipment, please contact your Allied Health Professional.

Bed Stick / Pole Use

- A bed stick/Pole is designed to fit between bed mattress and bed base to provide some support with positioning and getting in and out of bed. There are typically two types of bed stick/poles. One that is a long narrow pole, they call this a cobra bed stick or one that is more designed like a hook which they call a safety return. Bed stick/poles should not be used on an electric bed base, a water bed or with any lightweight mattresses
- A bed stick/pole should be considered as a last line of intervention with bed mobility or transfer assistance. It is recommended that a full and comprehensive risk assessment should be completed by a Healthcare Professional before provision of a bed stick/pole. A bed stick/pole is generally not recommended to be used by someone who has a cognitive impairment or has a history of falls due to possible safety implications

To Install

1. With the advice of your Healthcare Professional place the bed stick/pole in its recommended location - this will be on the side of the bed which the user will normally get out of
2. There should be no gap between the bed stick/pole and the side of the mattress, as a gap can result in entrapment injuries. Make sure that the bed stick/pole is secure - the weight of mattress should assist with this
3. Make regular checks that the bed stick/pole is secure against the side of the mattress and has not readjusted, causing a gap. It is important to read the manufacturer's instructions and follow them carefully, to ensure that the bed stick is installed correctly and safely

How to Use a Bed Stick / Pole

4. Before getting into bed, locate the bed stick/pole and make sure it is within reach and is secure
5. Stand next to the bed stick/pole. You should feel the side of the bed on the back of your legs. Hold on to bed stick/pole with one hand and allow it to support you into a sitting position on the side of the bed. Ensure that you do not sit too closely to the edge of the mattress as this can cause you to slip. Using the bed stick/pole for support can allow you to lift your legs one at a time onto the bed and position yourself as required. When exiting the bed, use the bed stick/pole as a support to help you move your legs out of the bed and into a seated position on the side of the bed
6. When standing up place one hand on the bed stick/pole and the other on the mattress to assist you. Ensure that any walking aids you require are in reach and you feel balanced and safe before standing
7. Some bed stick/poles may have height adjustment which you can use to adjust to a more functional height if required



Precautions & Safety

- Ensure base of bed stick/pole sits firmly and securely under the mattress to avoid sliding around. Regularly check that the rail has not become loose and fits snugly against the mattress
- Bed sticks should not be used where there is an unavoidable gap between the vertical components of the rail and the mattress
- Bed sticks should not be used for people who frequently fall or with cognitive impairment

A bed stick/ pole should not be used with the following beds and mattresses:

- Waterbed
- Any lightweight or foam mattresses
- Electric beds where the bed heads can be elevated causing the bed stick/pole to move into a hazardous position or interfere with the moving components of the bed
- Consult your Healthcare Professional regarding the suitability of using a bed stick on a slatted bed base

Maintenance & Cleaning

- Please check the product label / user manual for specific cleaning instructions
- Check that the end caps are in place and not damaged as these can damage the mattress cover if worn
- If the equipment appears damaged, **DO NOT USE**. It may require replacing

Complementary Assistive Devices



Free Standing Self-Help Pole



Sensor Light



Blanket Support



Electric Bed



Mattress



Over Bed Table