TIPS TO PROMOTE BED SAFETY

• Use beds that can be raised and lowered close to the floor
• Keep the bed in the lowest position (wheels locked) when care is not being provided, place a falls mat beside the bed
• Use a bed alarm, for example Mattress Sensor Pad
• Regular medication review with your doctor/pharmacist
• Ensure glasses, hearing aids and walking aids are within easy reach
• Anticipate reasons for getting out of bed such as hunger, thirst, going to the bathroom; provide food, fluids, regular toileting and re-positioning
• See doctor to address changes in mood, behaviour and pain
• Remove over bed table when not being used to avoid injury or entrapment

Notes: (additional information for patient/substitute decision maker)

CONTACT US

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Visit our website at healthcareathome.ca/central

For health and community services, visit centralhealthline.ca

Follow us on,
@Central_LHIN
Health Canada has issued warnings about people being caught, trapped, entangled or strangled in beds with bed rails.

People who have problems with memory, sleeping, incontinence, pain, uncontrolled body movement or need assistance with walking are at the greatest risk of injury.

Health care providers recognize the serious risks of using bed rails. An assessment is required to determine if a person can safely use bed rails to assist with positioning or transfers.

**What is a physical restraint?**

Placement of an object near or on the person’s body to limit their ability to move. This object cannot be removed by the person.

*For Example: A bed rail, over bed table or household items, such as furniture or tightly secured bed sheets, are considered restraints when used to restrict a person’s movement.*

**ENTRAPMENT ZONES**

1. Entrapment within rail
2. Entrapment between top of compressed mattress to bottom of rail, between rail and supports
3. Entrapment in horizontal space between rail and mattress
4. Entrapment between top of compressed mattress and bottom of rail at end of rail
5. Entrapment between split rails
6. Entrapment between rail end and edge of head/foot board
7. Entrapment between head or foot board and mattress

Source: Health Canada

**POTENTIAL RISKS OF BED RAILS**

- **Entrapment:** Strangling, suffocating, bodily injury or death when a body part(s) are caught between bed rails or between the bed rails and mattress
- **Serious injuries from falls** when people climb over bed rails
- **Increased anxiety, restlessness or agitated behaviour**

**What is entrapment?**

The term “entrapment” describes an event in which a person is caught, trapped or entangled in the space in or around the bed rail, mattress or bed frame. Entrapments may result in death or serious injuries.