



# Easyrail® Bed Grab Rail Instructions

The Easyrail® Bed Grab Rail is an aid to help clients independently move themselves into a sitting position and to assist when leaving or entering a domestic slatted base bed, where the mattress sits within the side frame of the bed.

## Dimensions:

### Standard Easyrail® Bed Grab Rail – Single Handle

**Product Codes:** RAIL250 and RAIL251

**Maximum User Weight:** 127kg (20st)

**Width:** 450mm (17½")

**Length:** 670mm (26½")

**Handle Height:** 470mm (18½")

**Product Weight:** 3.5 kg (7.7lbs)

### Easyrail® Bed Grab Rail – Twin Handled

**Product code:** RAIL450

**Maximum User Weight:** 127kg (20st)

**Width:** 445mm (17.5")

**Length:** Minimum 972mm (38")

Maximum 1575mm (62")

Handle Height: 470mm (18.5")

**Product Weight:** 6.85 kg

### Heavy Duty Easyrail® Bed Grab Rail

**Product Codes:** RAIL350 and RAIL351.

**Maximum User Weight:** 190kg (30st)

**Width:** 450mm (17½")

**Length:** 762mm (30")

**Handle Height:** 470mm (18½")

**Product Weight:** 4.35kg (9.6lbs)

Please note that a Bariatric Easyrail® Bed Grab Rail is available for clients weighing up to 318kg (50 stone);  
**product code** RAIL390.

All OTS Bed Grab Rail products exceed the relevant sections (Dimensions of side rails/grab handles) of the recently published European Standards BSEN 1970:2000.

## Product Codes

**RAIL250:** Easyrail® Bed Grab Rail, Standard, Single Handle, White.

**RAIL251:** Easyrail® Bed Grab Rail, Standard, Single Handle, Silver.

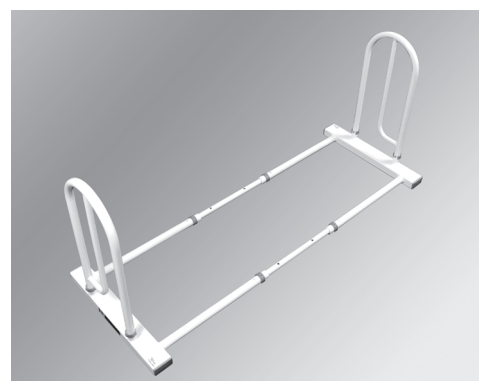
**RAIL350:** Easyrail® Bed Grab Rail, Heavy Duty, Single Handle, White.

**RAIL351:** Easyrail® Bed Grab Rail, Heavy Duty, Single Handle, Silver.

**RAIL450:** Easyrail® Bed Grab Rail, Twin Handle, White.



Easyrail®  
Single  
Handle



Easyrail®  
Twin  
Handle

## Fitting Instructions for Easyrail® Bed Grab Rail – Single Handle (RAIL250, RAIL251, RAIL350 and RAIL351)

1. Remove the clip pins from the handle
2. Take the handle and ensure that you align the holes of the handle with the base frame lug that also has 2 holes. Push the handle fully down onto the two lugs.
3. Take the security clip pins and push one through each hole in the handle until the clip wings fit around the handle. Each pin end should protrude through the far side.
4. Lift or remove the mattress from the bed and place the rail onto the slats and against the inside of the bed frame as pictured below.



The outer edge of the Easyrail® base should rest against the inside of the bed frame preventing the product from being inadvertently pushed or pulled off the bed base.

5. The handle should be positioned where the user can easily reach it in a lying position.
6. Replace the mattress and ensure the rail is sitting securely. The product is now ready to use.

## Fitting Instructions for Easyrail® Bed Grab Rail – Twin Handled (RAIL450)

1. Remove the clip pins from each of the two grab handle sections
2. Take each handle in turn, aligning the holes on the side of the handle with the base frame lugs which also have holes. Push the handle fully down onto the two lugs.

Position the clip pins to secure the handle. Each pin end should protrude through the far side. Repeat with the second handle.

3. Remove the mattress from the bed and place the two base frames with handles on the slatted base. Remove the grey retaining clips from the base frame sections. Insert the two length adjuster tube sections, which have a series of regular holes.
4. Adjust so that the two grab handle sections are sitting against the insides of the bed frame. The outer edges of the Easyrail® base should rest against the sides of the bed frame preventing the product from being inadvertently pushed or pulled off the bed base.
5. The handles should be placed where the user can easily reach them in a lying position.
6. Once the rail is correctly positioned, insert one grey retaining clip onto each of the four base frame tubes, where the holes align, to secure the length adjuster tubes.
7. Replace the mattress and ensure the rail is sitting securely. The product is now ready to use.

## To disassemble Easyrail® Bed Grab Rail for storage

- 1) To remove the handle from main base frame, remove the security clip pins from the handle and then place device on a level floor.
- 2) Stand over the frame and `jiggle` the handle from right to left a few times to free any tightness. You should find that the handle pulls away with a little resistance.

## Safety Precautions

The Easyrail® Bed Grab Rail is designed as an aid to help clients move themselves independently into a sitting position and to assist when leaving or entering a slatted base domestic bed. It is not designed to prevent someone falling out of bed.

The device should be placed under the mattress in a position where the client can reach the handle without overstretching.

These devices were designed to fit onto slatted base type beds. Please contact us for details of alternative versions for divan style beds.

The Easyrail® Bed Grab Rail is not designed as a restraint system or to prevent clients who are suffering from conditions such as dementia or those who are abnormally restless sleepers, from falling out of bed or leaving the bed incorrectly.

The Easyrail® Bed Grab Rail is not suitable for mattresses of a thickness less than 75mm (3").

This product is not designed for beds with motorised elevators/profiling actions.

The Easyrail® Bed Grab Rail is not suitable for very young children, as they may view the device as a play/climbing frame. The device was not designed as a piece of exercise equipment.

The client and their carer/relatives should ensure that the device is always placed firmly in position and is always put back in the original position specified by the advisor at the time of their home assessment after changing bedding/sheets etc.

When considering the appropriateness of a bed grab rail pay particular consideration to the anticipated use overnight (for example, leaving the bed to use commode/toilet). It is common for a client to be less orientated/alert on waking in the night; factors such as use of sleeping tablets, poor lighting, urgency to reach the commode/toilet etc, should be considered in terms of how it will impact on the client's understanding and safe use of the bed grab rail in those circumstances. This will form part of the risk assessment process.

The stability of the bed should be checked, particularly if on castors. The bed should remain in position during normal use; if the bed moves/rolls in any manner it is recommended the existing castors are replaced with locking castors, or alternatively the castors may need to be removed to prevent bed movement and increase the bed's stability.

The mattress should rest against the handle of the bed grab rail once fitted as pictured below. Check the mattress does not unintentionally move sideways on the bed base as this can create a gap between the edge of the mattress

and the product; on most slatted style beds a good quality mattress rests securely within the bed base. If sideways movement of the mattress does appear evident this should be discussed with your Healthcare Professional or contact us for further advice. The position of the mattress should be visually checked and appropriately maintained, for example after making the bed/changing sheets etc.



*The mattress should rest against the handle of the bed grab rail when fitted*

## Important advice for those using this product and their carers

If at any time following the loan/purchase and fitting of this product you

- intend to fit this product to an alternative bed
- intend to change the mattress being used on the bed
- experience any deterioration in your health or condition

then please contact the Healthcare Professional (such as your Occupational Therapist, Physiotherapist or District Nurse) who arranged loan of the product; they may need to arrange a re-assessment of your needs. This contact should occur before changing the bed or mattress or when any change in health or condition is experienced. If you purchased this product privately please contact us to discuss the issues further prior to making any changes to the mattress or bed.

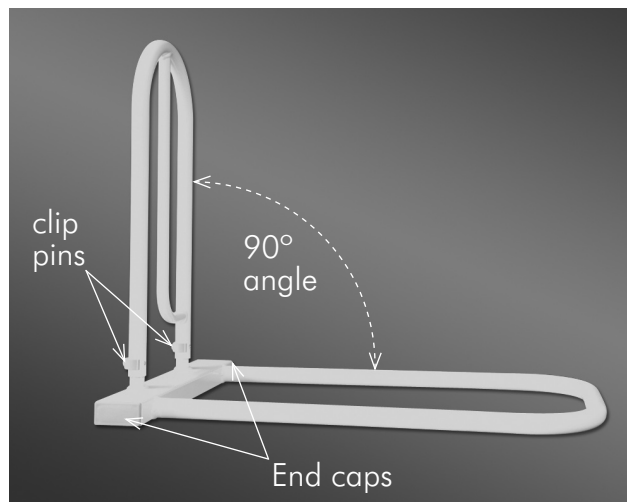
We have different products for different types/styles of beds. Should your needs change an alternative product may become more appropriate.

If you have any queries please contact us for further advice and information on 0845 260 7061.

## Checking for general wear and tear

We recommend checking the product on a regular basis for any signs of wear and tear; this process could be carried out when changing the bedding for example.

The handle should be at a 90 degree angle on the product's base and should remain firm and secure when in use (see image below).



Check that the clip pins securing the handle remain in place along with the end caps as labelled above.

Visually check that the white or silver coating remains in good condition without any cracks or flaking.

Check the tube joints around the rail remain firm and are not loose.

If any changes or signs of wear and tear are observed please contact the Healthcare Professional (such as your Occupational Therapist, Physiotherapist or District Nurse) who arranged loan of the product or ourselves for advice and assistance.

## Cleaning instructions

The devices are 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 immersed in cleaning fluids, dip tanks etc.

## As is standard practice in Health & Loan Stores operations

All Easyrail® Bed Grab Rails being returned to stores for reissue should be visually checked for wear and tear or abuse and that the grey security clip pins are still attached. We can supply spares for all our devices promptly.

***Please do not hesitate to contact us if you have any further questions. We are here to help you.***

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**Tel 0845 260 7061**

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