

Dropside Bed Rail

GUIDE FOR INSTALLATION AND SAFE USE

What is a Dropside Bed Rail?

The Q-assist Dropside Bed Rail is used to prevent falls and stop patients from rolling out of the bed. It is a versatile option for patients that need assistance with transfer, and repositioning in bed.

Installation prior to first use

All instructions contained within this document should be used alongside any information provided by your occupational therapist. This product should only ever be used for its intended purpose as described in the document.

1. Bed Rail Setup:

- Attach base plate to bed rail by inserting the base plate in the clip attachment on the bed rail. Tighten the black twist lock until it locks tightly into place.

2. Positioning:

- The recommended location for this rail will be on the side of the bed which the user will normally get in and out of the bed.
- The Dropside Bed Rail should be installed approximately a pillows distance from the head of the bed. Please consult your occupational therapist for the most suitable location suited to your circumstances.

3. Installing the Bed rail:

- Place the Dropside Bed Rail underneath the mattress. The weight of the mattress will hold it in place. Note it is easier and safer to have two people install the bed rail.
- There should be no gap between the frame of the Dropside Bed Rail and the mattress.

4. Stability Check:

- Apply gentle pressure to ensure the Dropside Bed Rail is secure in place.
- Verify that the black circular knob is securely tightened.

5. Weight Capacity:

- Q-assist Dropside Bed Rail has a safe working load of 180kg, never exceed this limit doing so risks product failure and injury.

Safe use

1. Entering the Bed:

- Ensure that the Dropside Bed Rail is folded down.
- Stand with back of your legs touching the bed, slowly lower yourself into a sitting position on the side of the bed.
- Swing your legs onto the bed and position yourself comfortably.
- Raise the Dropside Bed Rail and ensure that it is locked in place.
- Your occupational therapist will provide specific recommendations tailored to your circumstances for use of this product.



2. Exiting the Bed:

- Lower the Dropside Bed Rail so that it does not impede movement.
- Manoeuvre your body so that you are comfortably sitting on the side of the bed.
- Place both feet securely on the floor and slowly raise yourself off the bed.
- Your occupational therapist will provide specific recommendations tailored to your circumstances for use of this product.

Cleaning & maintenance

- Ensure the Dropside Bed Rail is regularly cleaned with a mild disinfectant.
- Fittings should be regularly checked to ensure that they do not become loose after normal operation.
- **Never use** if the bed rail sustains or appears to be damaged in any way, the product may require replacing.

Product safety

- Your occupational therapist will provide specific recommendations tailored to your circumstances for use of this product. Instructions contained within this document are designed to be used in conjunction with occupational therapist recommendations.
- Ensure that there is no gap between the frame of the Dropside Bed Rail and the mattress.
- Bedrails should not be used for people who frequently fall or with cognitive impairment.
- Not suitable for use with a waterbed, lightweight or foam mattresses and some slatted bed bases.
- Regularly check the rail has not become loose.
- Not suitable for use with bed frames that have a raised bed head.
- **Never use the product if there are any signs of damage.**
- **Never use this product in anyway other way other than the intended use disclosed in this document.**