

Cobra Bed Stick

GUIDE FOR INSTALLATION AND SAFE USE

What is a Cobra Bed Stick?

The Q-assist Cobra Bed Stick is designed to fit beneath a bed mattress to provide firm support to assist with moving, repositioning and getting in and out of 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 handle to the base pole by inserting the screw and tightening the nut. Do not over tighten.
- 2. Positioning:**
 - The recommended location for this bed pole is on the side of the bed which the user will normally get in and out of the bed.
 - The bed pole should be installed so that it does not impeded getting in and out of bed.
- 3. Installing the Cobra Bed Stick:**
 - Place the Cobra Bed Stick 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 Cobra Bed Stick.
 - There should be no gap between the frame of the Cobra Bed Stick and the mattress.
- 4. Stability Check:**
 - Apply gentle pressure to ensure the Cobra Bed Stick is secure in place.

Safe use

- 1. Entering the Bed:**
 - Stand with back of your legs touching the bed, hold the bed pole as you slowly lower yourself into a sitting position.
 - While holding the Cobra Bed Stick swing your legs onto the bed and position yourself comfortably.
 - Your occupational therapist will provide specific recommendations tailored to your circumstances for use of this product.
- 2. Exiting the Bed:**
 - While holding the Cobra Bed Stick 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 Cobra Bed Stick 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 Cobra Bed Stick 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 Cobra Bed Stick and the mattress.
- The Cobra Bed Stick 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 Cobra Bed Stick 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.**