

Bed Safety

Information Sheet

March 2025 - Patient safety is our top priority. This information sheet is to help patients, families and caregivers understand bed safety and risks, including entrapment.

If you have any bed safety questions or concerns, please speak with your Care Coordinator.

Bed Rails

There are some risks that need to be considered when it comes to using bed rails, as they are one example of a potential physical restraint. People have been caught, trapped, entangled or strangled in beds with bed rails.

What is a physical restraint?

Physical restraint occurs when an object near or on the person's body limits their ability to move and they cannot remove the object.

To ensure everyday objects don't accidentally become restraints, it's important to be mindful of where the bed and related items are placed. For example: potential restraints include over-bed tables, furniture that is close to the bed and tightly secured bed sheets.

Bed Safety

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

If bed rails are determined as unsafe for the patient, we provide beds that can be lowered close to the floor with fall mats alongside them.

Bed Safety Tips

Follow the tips below to keep the patient comfortable and safe in bed and prevent them from falling out of bed:

- 1)** Raise the bed when you are providing care. Otherwise, keep the bed in the lowest position, with the wheels locked and place the fall mat beside the bed.
- 2)** Place the patient's personal items, like reading glasses, hearing and walking aids within their reach.
- 3)** Anticipate reasons the patient may get out of bed, including hunger, thirst, going to the bathroom, and restlessness. Plan accordingly for their food, fluids, toileting, and repositioning.
- 4)** If you have concerns about the patient leaving the bed without you knowing, consider purchasing or renting a bed alarm (i.e., mattress sensor pad).
- 5)** To keep patients safe as health conditions may change or fluctuate, it is important that caregivers and providers are aware and responsive, adjusting equipment as needed.
- 6)** If you notice changes to the patient's mood, behaviour or pain, speak with the patient's doctor or nurse practitioner. They can investigate this. For example, they or the pharmacist may need to complete a medication review.

What is entrapment?

Entrapment occurs when a person is caught, trapped or entangled in the space in or around the mattress, bed frame or bed rails.

To prevent a patient from getting entrapped, make sure the mattress is the right size and there are no gaps between the mattress and bed frame or rails.

As you can see by the images, entrapment may result in serious injury or death.

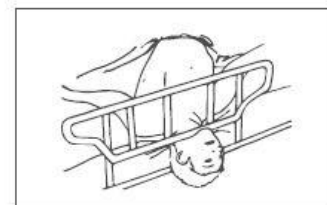
Additional Notes

Use the space below for helpful information for the patient / substitute decision-maker.

Entrapment Zones



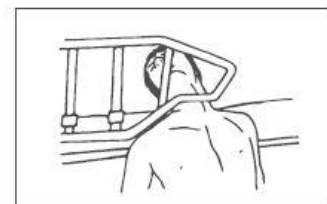
Zone 1:
Within the rail



Zone 2:
Under the rail, between the rail supports, or next to a single rail support



Zone 3:
Between the rail and the mattress



Zone 4:
Under the rail, at the ends of the rail



Zone 5:
Between split bed rails



Zone 6:
Between the end of the rail and the side edge of the head or footboard



Zone 7:
Between the head or footboard and the mattress end

Questions or Concerns?

If you have any bed safety questions, concerns or incidents, please speak with your Care Coordinator directly, or call 310-2222 to speak with a member of the Ontario Health atHome team.