

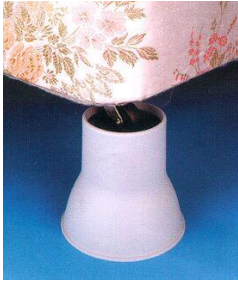
Falls Prevention – Equipment installation & safe use

CHAIR AND BED RAISERS

These instructions are to be used in conjunction with the information that your Health Professional has already discussed with you.

WHAT ARE BED & CHAIR RAISERS USED FOR:

- Raisers are specially designed to fit under the legs of your bed or chair, to make the bed or chair higher. This makes it easier for you to get on and off the bed or chair.
- Raisers come in different sizes so it is important to liaise with your Occupational Therapist regarding which size to use. One raiser is placed under each leg of the bed or chair.



TO INSTALL:

- Some raisers have several different-sized indentations, which allow the leg or castor of the bed or chair to fit inside. Select the indentation which most closely matches the size of the leg or castor, and which allows the leg or castor to fit deeply into the indentation (to prevent it from slipping out).
- Some beds have castors, which are removable from the bed leg. If the castor does not fit well into the indentation of the block, it is advised to remove the castor, and instead place the leg of the bed into the indentation. This avoids the chance of the castor rolling out of the raised block.
- For safety, install bed or chair raisers with the assistance of another person.

PRECAUTIONS & SAFETY:

- Some beds have more than 4 legs. You will need to have one raiser under each leg of the bed or chair to ensure its stability. Thus, a bed with 6 legs will require 6 raisers.
- Always check stability of bed/chair prior to use.
- If you move your bed or chair to a new position it is important to ensure that all chair or bed legs/castors are held securely in the raisers. Small movements through regular use may also alter the alignment of the raisers.
- Should the equipment appear damaged –do not use. It may require replacement.

Acknowledgement to:
NSLHD and CCLHD Community Falls
Prevention Committees.

For further information scan this with your smart phone



Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

