

MANUAL ADJUSTABLE BED

Purpose

Adjustable beds are designed for individuals who need to change their position frequently. This includes the height of the bed and elevation of the head and/or foot of the bed. By being able to change the height of the bed, users can transfer in and out of bed more easily. Adjustable beds assist in your treatment plan by allowing for changes in head and foot positioning. Adjustable beds provide an increased level of safety and independence for the user. If you have not seen a therapist or physician in regards to your health conditions that necessitate the need for an adjustable bed, please do so. Make sure you read and understand all manufacturers' operating instructions.

Types

There is only one basic type of manual adjustable bed that is approved for home medical use. Manual adjustable beds have three handles or crankshafts at the foot of the bed that control the overall bed height, the head section elevation, and the foot section elevation.

All adjustable beds have a maximum weight limit that they can support. It is important to understand the limits and capacities for your adjustable bed:

Weight of user (stated by user) is _____ pounds.
Maximum weight capacity of adjustable bed is _____ pounds.

Use

Adjustable beds are heavy and require specialized training to install or disassemble; at no time should any person other than the providing medical equipment company assemble, disassemble, or repair your adjustable bed. If the adjustable bed needs to be moved, notify your medical equipment rental company and they will move it for a modest fee.

Each adjustable bed manufacturer has different placement positions for the manual adjustment handles; usually the middle handle controls the overall bed height and the left and right handles control the head and foot sections.

When using the adjustable bed with a person that is disoriented or physically-challenged, side rails should be used. Side rails should never be used as a method of restraining a person. If a disoriented or physically-challenged individual is using the bed, they may need alternative methods for making sure they do not fall out of bed and injure themselves. Side rails are not meant to support any weight; they are for basic protection for preventing inadvertant rolling out of bed. Never allow any liquid to spill on the bed. If liquid spills on the bed, immediately clean up the liquid. Two of the bed wheels generally have locks and should be engaged at all times.

Adjustable beds, especially those that use side rails, have many places that can cause pinching or entrapment of parts of the body. Always observe people using adjustable beds to make sure they are safe from any pinching or entrapment.

Safety

The safe use of an adjustable bed requires it to be used as instructed, which includes the following safety precautions:

- Always check the security of side rails before each use.
- Always check to make sure the mattress is centered on the bed frame.
- Ensure that the wheel locks are applied so the bed does not move when the user is getting in or out of bed.
- Never leave a disoriented or physically challenged individual unattended.
- Never allow any liquid to spill on the bed.
- When using in conjunction with home oxygen delivery, the oxygen delivery tubing must be routed and secured so that it does not become entangled and/or damaged.
- Do not let any extremities extend over the side of the bed or between the rails.
- Do not allow any person other than the main user to occupy the bed.
- Do not allow any person, pet, or items to be under the bed or in between the raised bed frame components.
- Keep bed at least 12 inches away from any direct heat source.

In order to ensure care and provide operator safety, make sure you follow these safety guidelines:

- Use nightlights to increase vision around areas of use.
- Wipe up any water or slippery floor spills.
- Remove tripping hazards (loose floorboards, uneven floors, throw rugs, extension cords, clutter, etc.)
- Install grab bars, use bath mats with suction cups, and use an elevated toilet seat to prevent falls.
- Do not get in or out of your adjustable bed when taking any medications that may cause dizziness, drowsiness, and/or unsteadiness.

Maintenance

Adjustable beds must be kept clean at all times. Use a damp rag to wipe down and keep the bed dust and dirt-free. Only qualified repair technicians should diagnose or repair any part of adjustable beds. Call your medical equipment provider if your bed is not functioning properly.