

# USER INSTRUCTIONS

## 2 IN 1 BED RAIL Mk2

M48192

2 in 1 Bed Rail Mk2

### ⚠ General Safety Warning ⚠

Please make sure that you read and follow these instructions carefully. Keep these instructions in a safe place for future reference.

### INTENDED USE

To provide stable support to aid adult users (taller than 1.46 m) transfer in and out of bed, moving from a lying to a sitting position as well as assist user repositioning. For use with solid base divan beds and framed beds with fixed slats. Suitable for all bed sizes from single to king-size, it can also be fitted to super king-size beds with additional straps (refer to Accessories & Spares Parts).



### Maximum User Weight



**DO NOT** install this product to a damaged bed.

**MAKE SURE** there is no gap between the bed rail and the mattress.

**ALWAYS** use the bed securing straps provided when fitting to a divan bed.

**REGULARLY** check the straps are tight and the device is stable and firmly fitted.

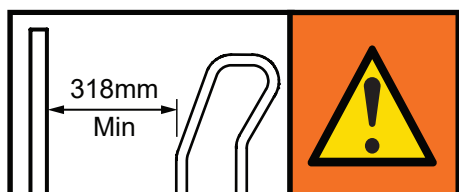
**DO NOT** fit this product to profiling or medical beds.

**WE DO NOT** recommend fitting this product to sprung divans or framed beds with non-fixed slats, unless a suitable risk assessment has been done.

### UNPACKING

Remove the packaging and check all parts carefully. Contact your supplier immediately if parts are missing or damaged and do not try and assemble.

### SAFETY

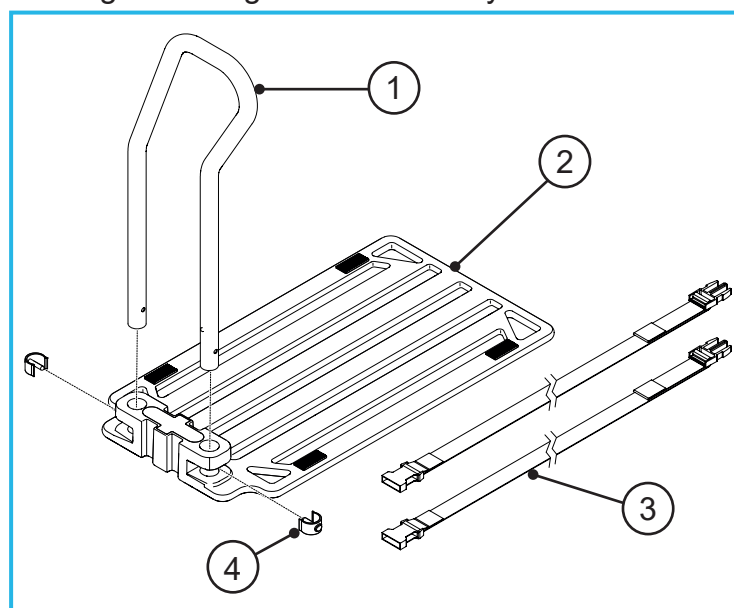


**WARNING:** To avoid possible entrapment, you must always position the product a minimum of 318 mm from the headboard or footboard.

**WARNING:** To prevent additional entrapment hazards, we recommend that you install the product at least 318 mm away from any adjacent bedside furniture. Where this is not possible, the prescriber must do a risk analysis.

**WARNING:** The maximum user weight must not be more than 160 kg (25 st).

**YOU MUST** carry out a risk assessment to assess the use and suitability of the bed rail in relation to the users physical and cognitive ability, as well as the surrounding environment.



### Contents:

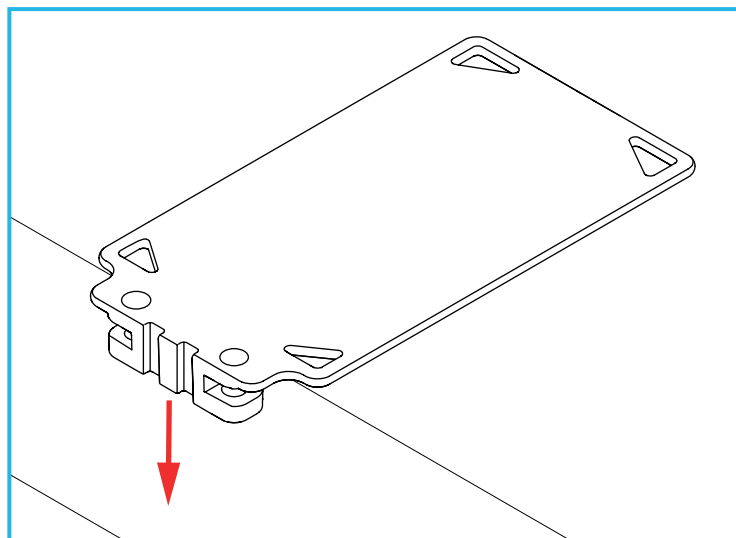
1. Hand Rail x 1
2. Bed Rail Board x 1
3. Bed Straps x 2
4. E-Clips x 2

## ASSEMBLY/INSTALLATION

### 1. Fitting to a Divan Bed

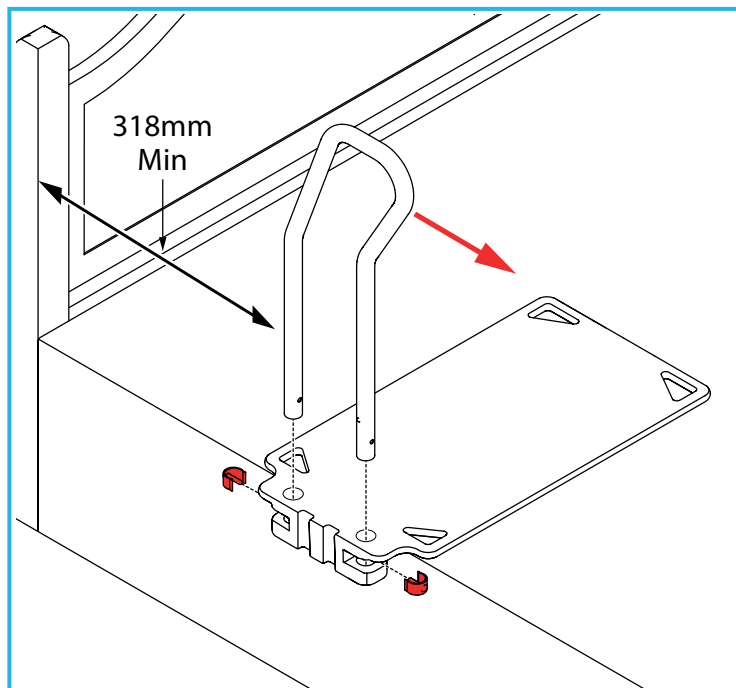
**Note:** We do not recommend fitting this product to sprung divans unless a suitable risk assessment has been done.

#### 1.1 Remove the Mattress



Remove the mattress, then place the bed rail board onto the divan base with the hand rail guide facing down.

#### 1.2 Assemble the Bed Rail



Slot the hand rail into the hand rail guide.

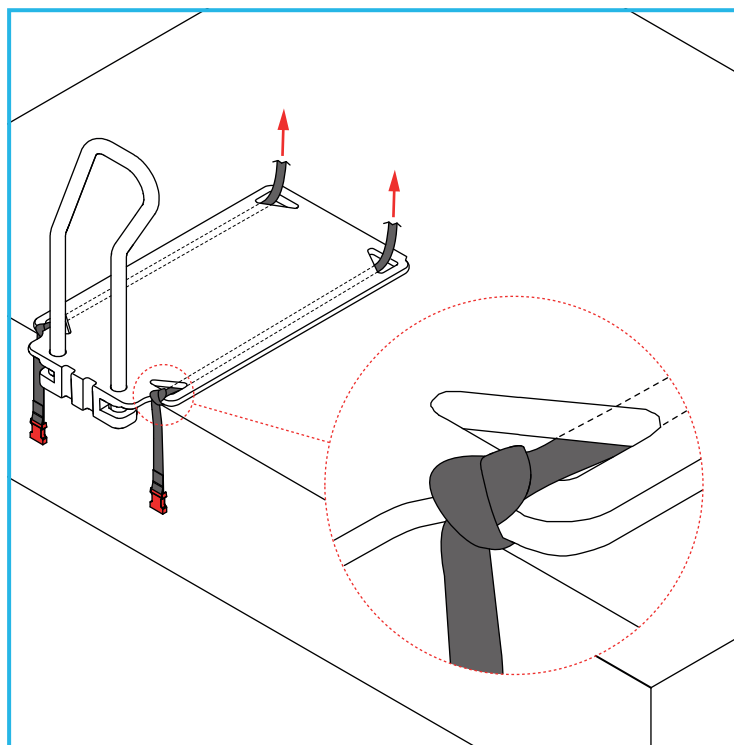
**Note:** Make sure the hand rail angles towards the footboard.

Secure the hand rail with the two E-clips.

Position the bed rail so the user can reach the handle from a relaxed lying position without having to stretch.

**WARNING:** To avoid possible entrapment, you must always position the product a minimum of 318 mm from the headboard or footboard.

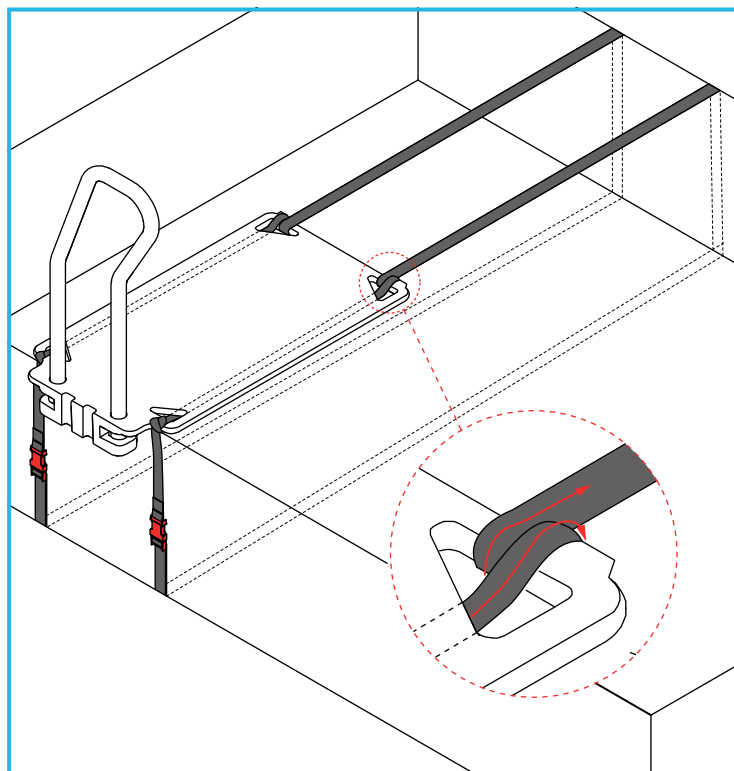
### 1.3 Fitting the Straps



Feed the strap through one of the triangular slots at the hand rail end, then tie a secure knot before passing the strap under the bed rail board and up through the rear triangular slot.

The strap buckle should hang down the side of the bed between 50 to 75 mm.

#### 1.4 Securing the Straps



Loop the strap around the end of the bed board and back through the slot. The strap should be tight under the bed-rail board and the bed-rail board should not slide on the strap.

Feed the strap over the top of the bed and back underneath the base.

**Note:** To fit the strap under the divan base, take the strap to the end of the divan base, lift up the end of the divan base and feed the strap underneath the legs / castors.

Clip the two strap buckles together.

Pull down on the loose end of the strap to tighten.

Make sure the bed rail base is tight against the divan base.

**Note:** To avoid tripping hazards, make sure you tuck away any loose strap ends.

Repeat for the second strap on the opposite side of the bed rail board.

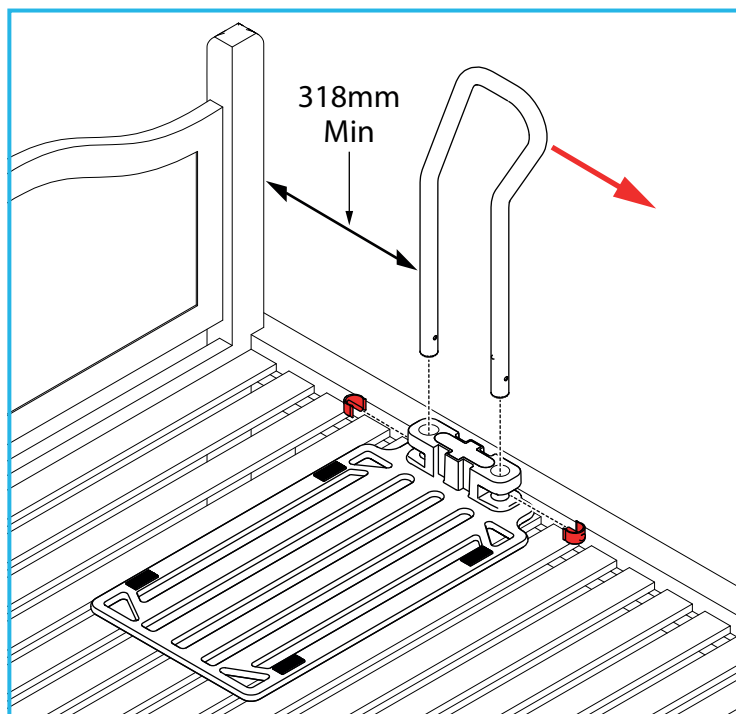
The bed rail should now be fully secured to the divan base.

Make sure the bed rail is fully secure before replacing the mattress.

## 2. Fitting to a Framed Bed with Fixed Slats

**Note:** We do not recommend fitting this product to a bed with non-fixed slats, unless a suitable risk assessment has been done.

### 2.1 Assemble the Bed Rail



Remove the mattress and place the bed rail board inside the wooden bed frame with the hand rail guide facing up.

Slot the hand rail into the hand rail guide.

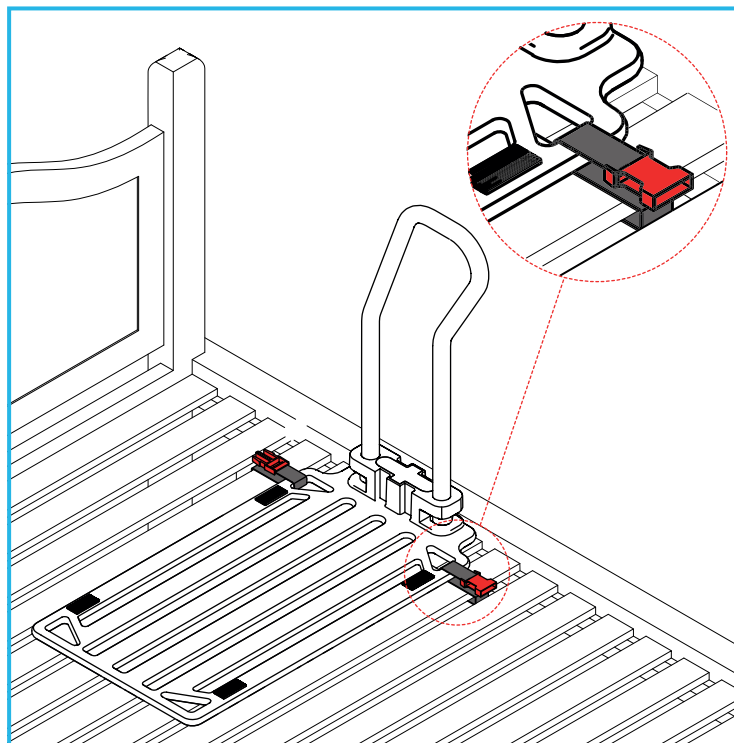
**Note:** Make sure the hand rail angles towards the footboard.

Secure the hand rail with the two E-clips.

Position the bed rail so the user can reach the handle from a relaxed lying position without having to stretch.

**WARNING:** To avoid possible entrapment, you must always position the product a minimum of 318 mm from the headboard or footboard.

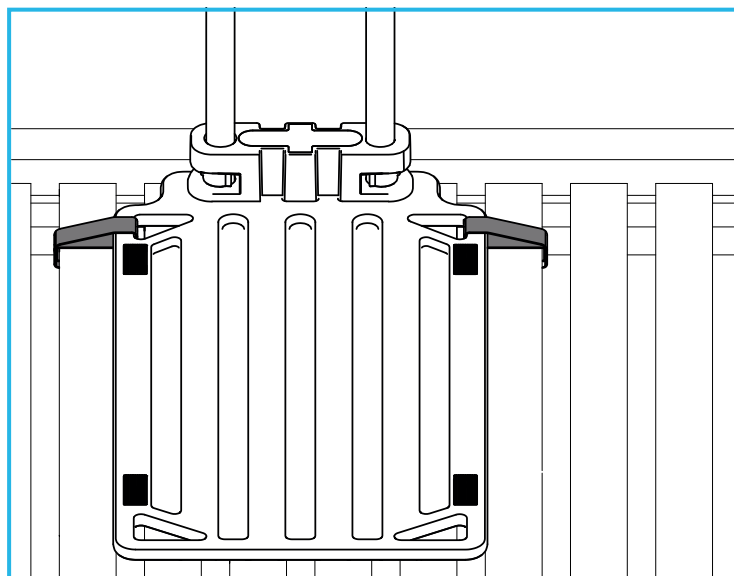
### 2.2 Fitting the Straps

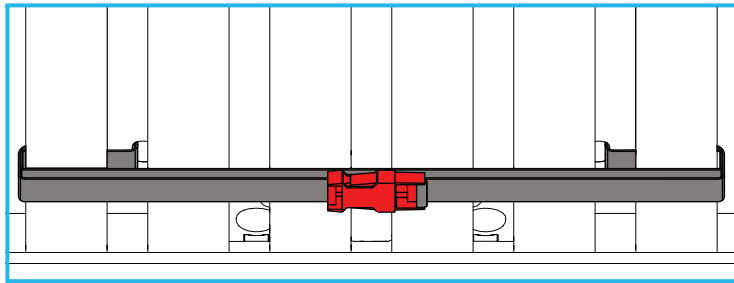


Thread one end of the strap from under the bed up around the bed slat, through the triangular slot on side of the bed rail board, then back under the bed past the slat.

Repeat the step using the other end of the strap through the triangular slot on the opposite side of the bed rail board.

### 2.3 Securing the Straps





### Underside of the Bed

Pull both buckles so they meet in the middle on the underside of the bed, then clip together. Pull the loose end of the strap to tighten.

**Note:** To avoid tripping hazards, make sure you tuck away any loose strap ends.

Repeat the process for the second strap at the opposite end of the bed rail board.

Fullt secure the bed rail before replacing the mattress.

## IN USE

### Changing the Bedding

The hand rail can be removed to make changing the bedding easier.

To remove the hand rail, reverse the assembly process (refer to Section 1.2 or 2.1).

## CLEANING

### 1. Cleaning the Hand Rail & Base

Check the suitability of the cleaning products before use. Do not use solvents, abrasive cleaners or cloths as these could permanently damage the surface and invalidate any warranty.

Clean the frame regularly, using a general purpose, neutral detergent and warm water.

To disinfect, wipe with a dilute bleach solution, and rinse thoroughly with fresh water.

Allow product to fully dry prior to use/storage.

### 2. Cleaning the Straps

Clean with sponge and warm soapy water, then rinse thoroughly with fresh water.

Allow product to fully dry before use/storage.

Do not use bleach or solvents.

Do not steam clean, tumble dry or dry clean.

## MAINTENANCE

**Note:** The following checks should be carried out on a daily basis.

Check that all E-clips are fully inserted and that there is no excessive movement.

Check that straps are tight and the bed rail is correctly positioned (minimum of 318 mm from the headboard or footboard).

Make sure there is no gap between the bed rail and the mattress.

Inspect the product regularly for signs of wear or damage.

Any suspected faults or damage should be reported to the supplier immediately and the product taken out of use.

## ACCESSORIES & SPARE PARTS

### L75930: Bed Rail Strap

For more details please visit our website or call Customer Services (see details below).

## PRODUCT DISPOSAL

This product should be thoroughly cleaned prior to disposal.

This product is manufactured from metal and plastic and can be disposed of through Local Authority Household Waste and Recycling Centres or through Local Trade Waste Collectors.

## PRODUCT GUARANTEE

NRS Healthcare guarantee this product for a period of 24 months, from the date of purchase, against faulty materials and workmanship.

This guarantee does not cover abuse, interference or tampering with any part of the products. Issues arising from fair wear & tear and customer misuse are not covered.

This guarantee covers domestic use only. If the product is used in commercial or semi-commercial settings such as care homes, schools, rental or communal accommodation etc, the guarantee is valid for one year only. Consumable parts are also guaranteed for one year only.

Any guarantee issued by NRS Healthcare does not affect your statutory rights.

If you have any problems with our products, please contact us at the address below.

If you have experienced an injury, contact us but feel free to contact the Medicines and Healthcare products Regulatory Agency at:  
devices.regulatory@mhra.gov.uk

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NRS Healthcare is a leading supplier of community equipment and daily living aids.

Please visit one of our websites to view our full range of products:

[www.healthcarepro.co.uk](http://www.healthcarepro.co.uk) or [www.completecareshop.co.uk](http://www.completecareshop.co.uk)