

Community Services

Bed grab handles at home

This leaflet explains what bed grab handles are and how to use them safely at home.

What are bed grab handles?

Bed grab handles help you get in and out of bed and move around more easily. They are also called names such as “egress rails”, “bed sticks”, “bed loops” and “easy leaver”.

They are attached to the side of your bed, sit under the mattress, or between the mattress and your bed base. The type of handle and what it looks like depends on your type of bed.

Bed grab handles are not designed to stop you falling out of bed. Tell your nurse or therapist if you need help with preventing falls.

Deciding to use grab handles

Tell your nurse or therapist if you need support getting in or out of bed or moving around in bed. A member of our team will assess you and complete a risk assessment to check that a grab handle will help.

They will explain what grab handles are and answer your questions. You can decide if you want to try a grab handle. You may also be given exercises to help build your strength, or helpful techniques.

We order your grab handle from a supplier. The supplier will arrange a time to visit and fit it to your bed.



Patient Information

Benefits

Bed grab handles can:

- help you get in and out of bed, improving your independence
- help you to sit up or move around in bed more easily
- help family or carers support you to get in and out of bed

Risks

Bed grab handles look like a big metal loop or rail on the side of your bed. They're hard and have gaps in. This means there's a risk that you could knock into them or become trapped in the gaps.

This can happen if:

- the wrong type of grab handle is used
- it's fitted incorrectly
- you're particularly restless or distressed

The supplier will fit your grab handle correctly. It's important it's not moved or changed as this may make it unsafe. Only the supplier should make any changes after fitting the grab handle.

Changes to your bed, mattress, or your needs

Your grab handle will suit your bed, your mattress and your needs. You'll need to be seen again by the nurse or therapist if any of these change. This is to check the type of handle is still right for you and is safe to use.

Changes include a new mattress, adding items such as mattress toppers or if you start finding it easier or harder to get out of bed.

To ask for a reassessment, please phone us on 0300 200 0011 and select the option for Community Nursing and Therapy Services.

We'll ask for your name, address and the reason for your call. A member of our team will contact you to arrange a visit with you.

Patient Information

Checking for damage

It's important that you check your grab handle regularly. This is to make sure it's safe and working well.

You, or your family or carers, can do these checks to make sure your grab handle is safe to use

- Are there any signs of damage, faults, or cracks?
- Are there any sharp edges that might cause injury?
- Does the grab handle feel as if it's loose or not secure?
- Has the grab handle moved since it was fitted?
- Are there concerns about any gaps where part of your body could get trapped?
- Is there too much movement when the grab handle is used?

If you answer “yes” to any of these questions, you must phone the supplier so that the bed grab handle can be checked, repaired or replaced.

The supplier will give you their contact details when they fit your grab handle. If you do not have their details, please phone us on 0300 200 0011 and select the option for Community Nursing and Therapy Services.

Changing your mind

If you do not want your grab handle, please phone us on 0300 200 0011 and select the option for Community Nursing and Therapy Services.

We'll arrange a time to visit you or discuss this over the phone. We can arrange collection of the grab handle or delivery of different equipment.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 0300 200 0011 or the number for the service that was visiting you, and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Patient Information

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code to go to our I Want Great Care webpage and search for the service you would like to give feedback about or use their 4 digit code from the list below.



Service name	4 digit code
Adult Community Nursing Service	0058
Community Therapy (OT & Physio)	0109
Community Integrated Palliative Care Team	0089
Coventry Community Integrated Neuro and Stroke Service (CINSS)	0184
OCIT – One Coventry Integrated Team	0036
Strong and Steady Group	0197

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