PREVENTING FALLS...
Low Beds and First Step Mattresses

Pay Attention to Side Rails!

**Low Beds** decrease risk of injury by reducing height if a fall occurs
- Place a *Specialty Bed Referral* order
- Position bed against wall
- Only **3 rails up** (lower rail on patient’s *strongest* side)
- Place mat on same side of bed as rail that is down

**Special Considerations:**
- If unable to position bed against wall, ask MOWS team to order floor mats for BOTH sides of bed
- **Ask MOWS team for a long fall sensor pad** (bed alarm is not compatible with the call system)

**First Step Overlays**
All **4 side rails** *MUST* be raised for any patient on an overlay mattress.

This is NOT considered a restraint—this is a safety measure to reduce the risk of patients slipping off the specialty bed surface