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**Quality and Accreditation Institute**

**Centre for Accreditation of Health and Social Care**



# **GUIDELINES FOR BED SIDE RAILS**

**FIRST EDITION**

**JULY 2024**

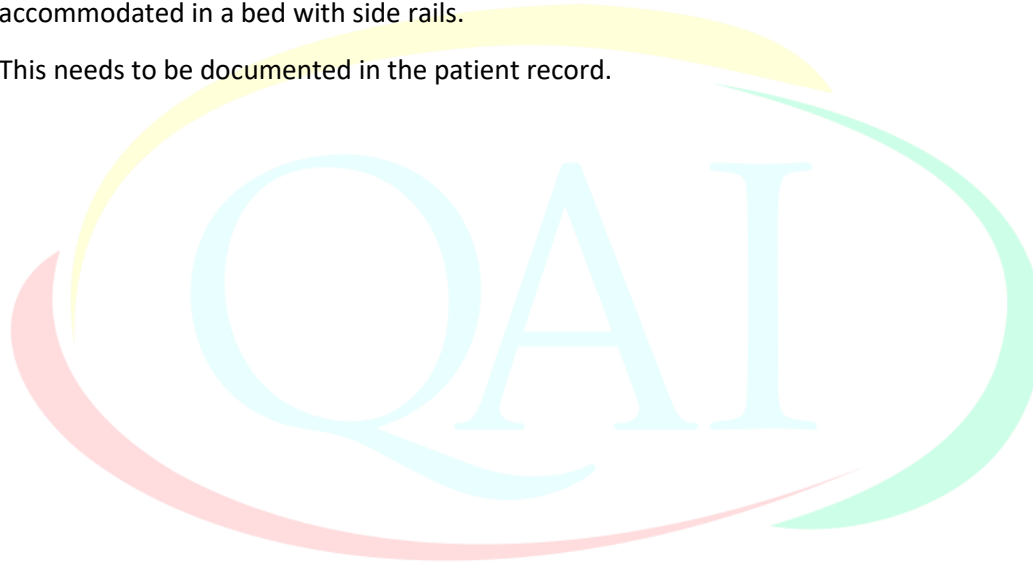
These guidelines are developed to support applicant/ accredited Health Care Facilities (HCFs). These guidelines constitute addendum to the requirements under various QAI accreditation standards and are applicable to applicant/ accredited HCFs. All applicant/ accredited HCFs may like to adopt and comply with these guidelines.

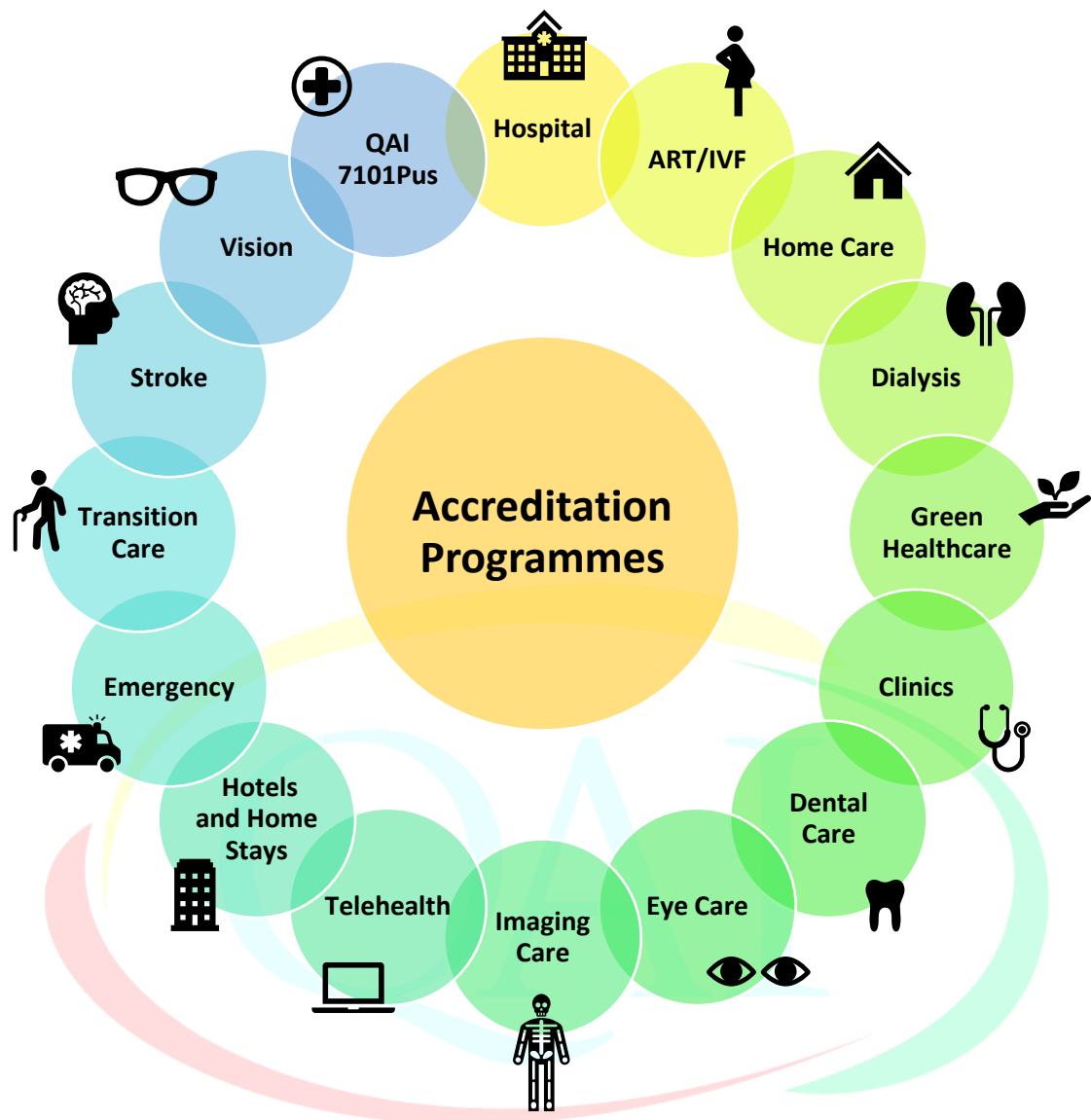
QAI assessors of various accreditation programmes under the Centre for Accreditation of Health & Social Care (CAHSC) should check the adherence to these guidelines during assessments.



Bed rails serve as crucial tools in fall-prevention for vulnerable patients due to age, illness, or injury. However, the utilization of bed rails necessitates careful consideration and due recognition of associated risks.

1. Bed side rails, also known as cot-sides, safety sides, or bed guards, are devices attached or integral to (hospital) beds. These are designed to prevent individuals from falling out of bed.  
These are not designed to aid mobility, positioning, transfer in and out of bed or to be used for applying restraint.
2. All beds should have a provision of side rails.
3. Ascertaining need for using bed with side rails for a particular patient is the responsibility of healthcare providers (doctors/ nurses).  
Professionals may use their professional/ clinical judgement and/ or a screening tool (such as Mores Score) to ascertain the need.
4. Once the need for a bed with side rail is established, the patients should only be accommodated in a bed with side rails.
5. This needs to be documented in the patient record.





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