



**ENDURANCE**®  
— BUILT TO LAST! —

## **P1410R Adult Hand Bed Rail**



Made in Taiwan for  
Essential Medical Supply, Inc.  
6420 Hazeltine National Dr.  
Orlando, FL 32822 • (800) 826-8423

Read all warnings and instructions in this manual before proceeding to assemble and install the unit.

**Keep this manual for future reference.**



California Proposition 65  
**WARNING:** Cancer & Reproductive Harm  
[www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

# **Table Of Contents**

Uses and Applications.....	2
Safety Information.....	3
Entrapment Zone Warnings .....	4
Parts in Box .....	5
Assembly .....	5-8
Installation.....	9-10
Operational Adjustment .....	10
Maintenance, Cleaning .....	10
Warranty.....	11

## ***Please Complete For Your Records:***

Date of Purchase: \_\_\_\_\_

Place of Purchase: \_\_\_\_\_

Date of Installation: \_\_\_\_\_

Name of Installer: \_\_\_\_\_

Serial Number of Unit: \_\_\_\_\_

Location of Key for Buckle: \_\_\_\_\_

# **Uses and Applications**

The P1410R Endurance® Adult Hand Bed Rail is designed to be used on ADULT twin, full, queen and king width beds with a foam or innerspring mattress measuring at least 4" but no more than 15" in height.

It is not to be used on adjustable, toddler, bunk or inflatable beds or with air or water mattresses or when the securing strap cannot be properly attached to the bed frame or securing platform.

**INTENDED USE:** This Adult Hand Bed Rail with securing strap has been designed to help the user in and out of bed, it is not intended or designed to keep the user confined or restrained or from falling out of bed. If you plan to use this rail for a purpose other than described above, please contact your place of purchase to return this item and ask for an alternative solution.

## **⚠ WARNING**

### **ENTRAPMENT, STRANGULATION, SUFFOCATION AND FALL HAZARDS**

Gaps in and around this Hand Bed Rail can entrap and kill. People with Alzheimer's disease or dementia, or those who are sedated, confused, or frail and are at increased risk of entrapment and strangulation. People attempting to climb over this product are at increased risk of injury or death from falls. Always make sure this Hand Bed Rail is properly secured to bed. If Hand Bed Rail can move away from bed or mattress, it can lead to entrapment and death.

**STOP** using immediately if damaged or broken, or if parts are missing.

**STOP** using immediately if product shifts out of its original position and space is created between the rail and the bed until it is readjusted into the correct position.

In addition to contacting Essential Medical Supply, Inc. at 1-800-826-8423, consumers should report problems to the CPSC at its website [SaferProducts.gov](http://SaferProducts.gov) or call 1-800-638-2772.

# **Safety Information**

## **⚠ WARNING**

### **SUFFOCATION/STRANGULATION/ENTRAPMENT HAZARD**

If Hand Bed Rail is installed incorrectly or moves from its initial position gaps can occur which can entrap and kill. People with Alzheimer's disease, dementia or other neurological conditions, or those who are sedated, confused, or frail, are at increased risk of entrapment, suffocation and strangulation.

- **NEVER** use unless product is tight against mattress, without gaps and at least 12½" from headboard and footboard.
- **NEVER** use with children.
- **NEVER** use on toddler, bunk, water, or inflatable beds, or soft compressible pads.

#### **WARNING:**

- If the strap provided is not properly secured, the Hand Bed Rail may move to an unsafe position which increases the danger of entrapment. See pages 8-9 for proper use and installation of the strap.
- **ONLY** use the Hand Bed Rail when the tops of the rail extends at least 4" above the top surface of the mattress while in use. The maximum in use mattress thickness is 15" when the rail is placed at the highest setting.
- **NEVER** lean against the Hand Bed Rail when lying in bed, leaning against it may cause issues with circulation.
- **NEVER** allow children to use or climb on Hand Bed Rail.
- **NEVER** use more than one Hand Bed Rail on each side of the bed nor use this rail in conjunction with any other rails/devices to keep the user in bed.
- **STOP** using Hand Bed Rail immediately if damaged, broken, or if parts are missing.
- **STOP** using immediately if Hand Bed Rail shifts out of position and a gap is created between the rail and the mattress until it is readjusted into the correct position.

For further information, see:

**[cpsc.gov/en/Safety-Education/Neighborhood-Safety-Network/Posters/Adult-Bed-Rails/](https://www.cpsc.gov/en/Safety-Education/Neighborhood-Safety-Network/Posters/Adult-Bed-Rails/)  
and [fda.gov/bedsafety](https://www.fda.gov/bedsafety)**

# Entrapment Zone Warnings

As stated in the previous page warning's, gaps in and around this Hand Bed Rail can entrap and kill. To ensure proper Bed Rail safety the FDA published a guidance on March 10, 2006, titled "Hospital Bed System Dimensional and Assessment Guidance to Reduce Entrapment". These guidelines can and do change, at the time of this printing the website where this guidance can be found is: <https://www.fda.gov/media/71460/download>. They also have a Frequently Asked Questions (FAQ) website available, at the time of printing it can be found here: <https://www.fda.gov/medical-devices/hospital-beds/hbswfda-frequently-asked-questions-faq-entrapment-issues>.

Alternatively, the Consumer Products safety Council has issued ASTM 3186-17 Standard Specifications for Adult Portable Bed rails and related Products. Essential Medical Supply, Inc. has had its product tested against these standards and presents the explanation of the specific areas where the potential for entrapment exists with its hand bed rail. Note the illustration is for hospital bed rails but serves as a model for all types of hospital and hand bed rails.

## **ZONE 1 – Within the Rail**

Zone 1 is any open space within the perimeter of the rail. Openings in the rail should be small enough to prevent the head from entering. A loosened bar or rail can change the size of the space.

## **ZONE 2 – Under the Rail, Between the Rail Supports or Next to a Single Rail Support**

Zone 2 is the space between the bottom bar of the rail and the top of the mattress. Factors to consider are the thickness of the mattress and the mattress compressibility which may change over time due to wear, the lateral shift of the mattress or rail, and any degree of play if the strap on the Hand Bed Rail were to loosen.

## **ZONE 3 – Between the Rail and Mattress**

Zone 3 is the space between the inside surface of the rail and the mattress. This space should be small enough to prevent head entrapment when taking into account the mattress compressibility, any lateral shift of the mattress or rail, and degree from loosened rails. Follow the warning on page ---, regarding keeping the securing strap tight.

## **ZONE 4 – Under the Rail at the Ends of the Rail**

Zone 4 is the gap that forms between the mattress compressed by the patient, and the lowermost portion of the rail, at the end of the rail. Due to the design of Essential Medical Supply's Hand Bed Rail, this specific rail does not pose a risk for this type of entrapment.

## **ZONE 5 – Between Split Bed Rails**

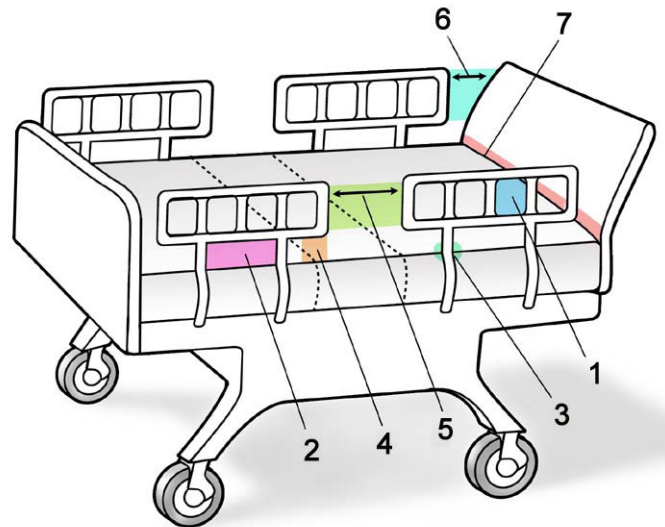
Zone 5 entrapment concerns arise when more than one bed rail is used on the same side of the bed. The space between the rails can pose a risk of entrapment. As stated on page ---, you must never place more than one Hand Bed Rail on each side of the bed nor use this Hand Bed Rail in conjunction with any other rails/devices to keep the user in bed. When following this instruction our product does not pose a risk for this type of entrapment.

## **ZONE 6 – Between the End of the Rail and the Side Edge of the Head or Foot Board**


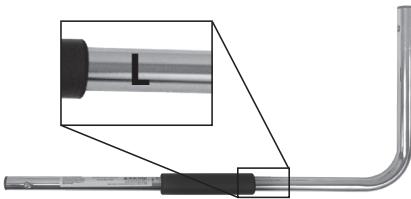
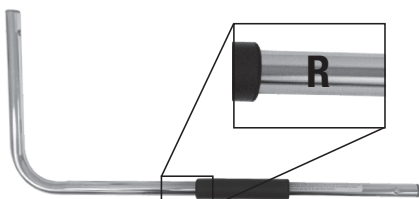


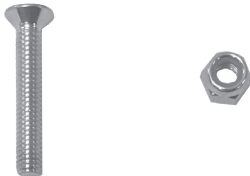



Zone 6 is the space between the end of the rail and the side edge of the headboard or footboard. As stated on the previous page you must never use the hand Hand Bed Rail unless it is tight against mattress, without gaps, and at least 12½" from headboard and footboard.

## **ZONE 7 – Between the Head or Foot Board and the End of the Mattress**

Zone 7 is the space between the inside surface of the head board or foot board and the end of the mattress. This space may present a risk of head entrapment when taking into account the mattress compressibility, any shift of the mattress, and degree of play from loosened head or foot boards.



# Parts in the Box

 <b>Hand Bar</b>	 <b>Left “L” Curved Bar</b>	 <b>Right “R” Curved Bar</b>
 <b>Straight Bar (x2)</b>	 <b>End Bar with Securing Strap and Key</b>	 <b>Screw &amp; Nut (x4)</b>
 <b>Horizontal Bar (x2)</b>		
 <b>Left Plastic Bracket</b>		 <b>Right Plastic Bracket</b>

**Stop Using Immediately if parts are damaged, broken, or missing**

**Tools Needed for Assembly:**


- Philips Head Screwdriver
- Measuring Device of at least 24".  
*Recommendations include a tape measure, yard stick or level.*

## Assembly

**1** Using a Measuring Device, measure the height of the mattress that will be used from the top to bottom, shown in **FIGURE 1**. If there is a mattress topper, you will need to measure from the bottom of the mattress to the top of the mattress topper. **If the measurement is over 15" with the mattress topper, then the bed rail should not be used or the topper should be removed from use with the Hand Bed Rail.**

Measurement Height	Hole Number
4" to 13"	4
14" to 15"	5

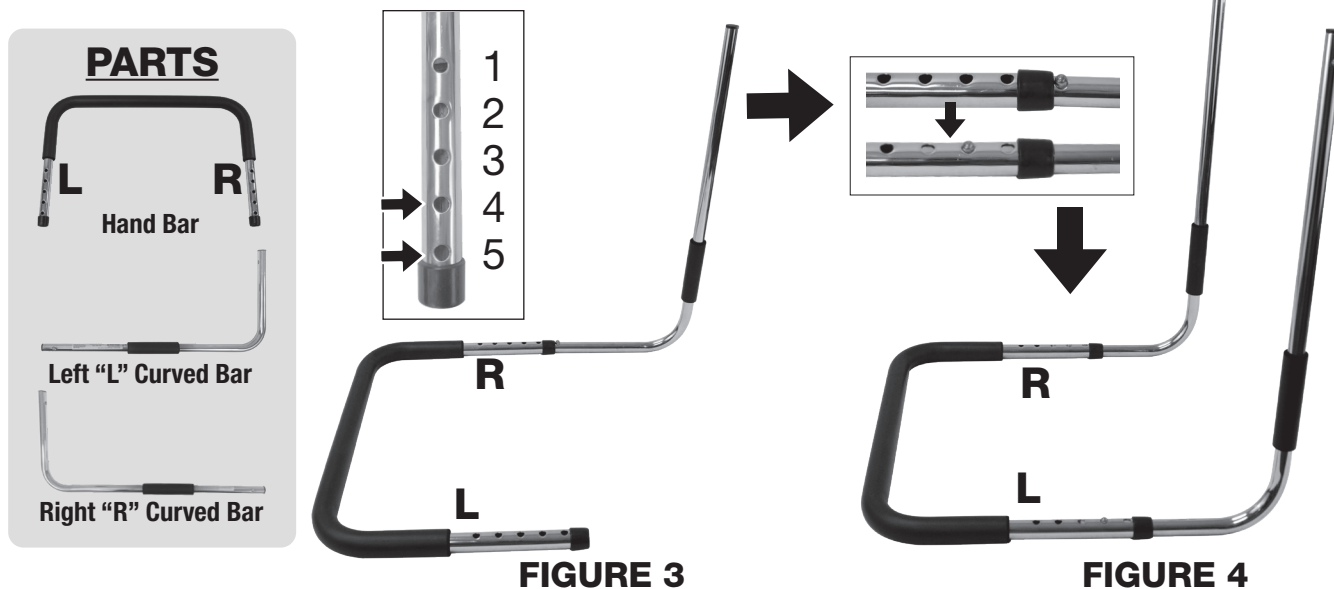
**FIGURE 2**



**FIGURE 1**



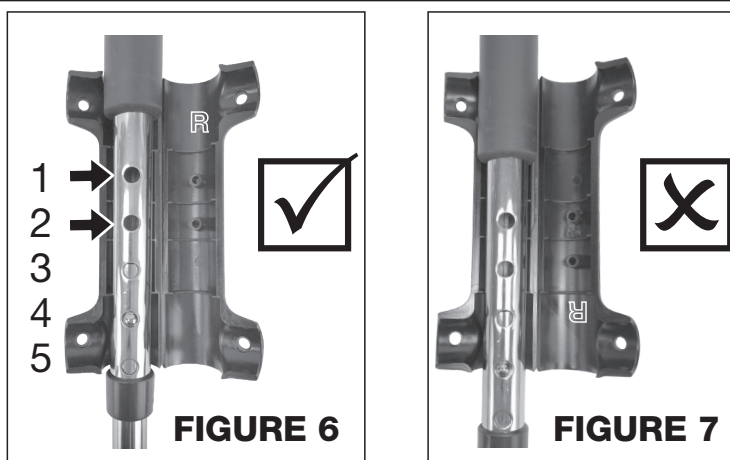
- 2** Take the Right “R” Curved Bar and, while pressing in the silver button, slide the shorter side of the Right “R” Curved Bar into the Right side of the Hand Bar per **FIGURE 3**. Ensure that the silver button protrudes from hole #4 or #5 depending on the information in **FIGURE 2**. (Using the picture below, find hole #4 and #5). Perform the same steps for the Left “L” Curved Bar. Ensure that both Curved Bars have the silver buttons protruding from the adjustment hole you chose based on the height of the mattress.



- 3** Take the Left Plastic Bracket and place the Hand Bar on the side of the bracket with no plastic pegs and repeat on the right side as shown in **FIGURE 5**. When complete, you should be able to see the two pegs and the “L” or “R” label when looking at the brackets. **DO NOT PLACE THE HAND BAR TUBING IN THE SIDE WITH PLASTIC EXTRUSIONS.**



- 4** Slide the Right Plastic Bracket along the Hand Bar until the two pegs on the opposite side of the bracket line up with the top two holes and the “R” aligns with the foam. For extra support, use the grid lines in the bracket to line up the pegs with the top two holes. When lined up properly, the top of the bracket will wrap around the foam. Repeat on the left side of the Hand Bar, with the “L” facing down.

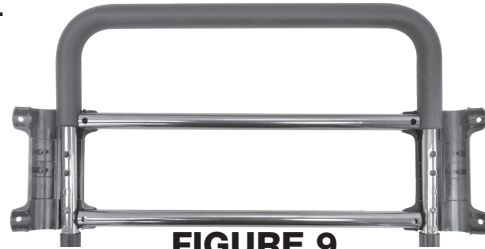


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**PARTS**
 x 2  
Horizontal Bar

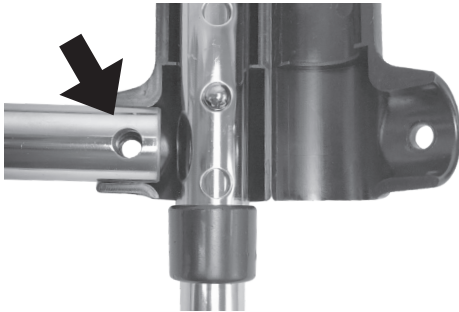
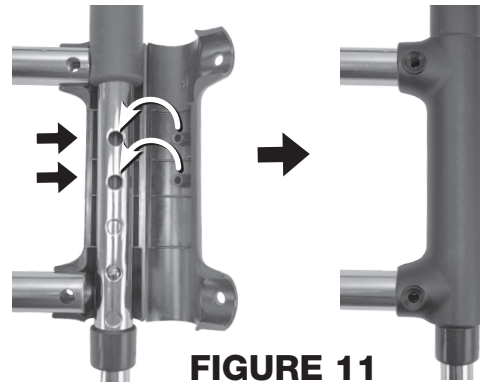
Place the Horizontal Bars with labeling into the top inner recess of both Plastic Brackets shown in **FIGURE 8**.

Repeat with 2nd Horizontal Bar, and as shown in **FIGURE 9**, place the Horizontal Bar in the bottom inner recess of both Plastic Brackets.

**FIGURE 8****FIGURE 9**

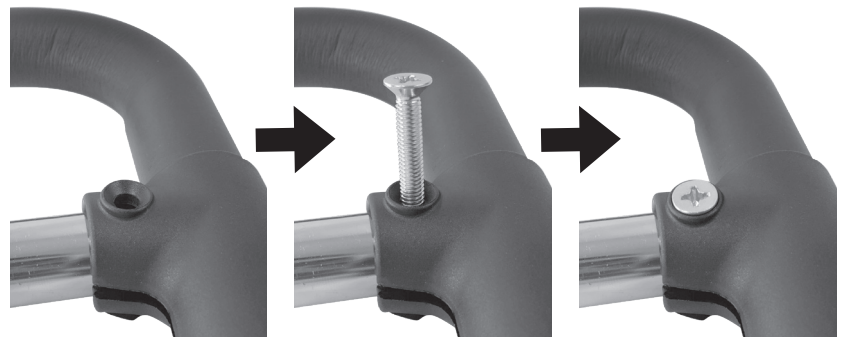
6

Turn each Horizontal Bar so the holes in each end align with the hole in the Bracket, as shown in **FIGURE 10**. Lift the outer portion of the Plastic Bracket up, and fold it over the Hand Bar's adjustment holes, as shown in **FIGURE 11**. If the Plastic Bracket does not fully close then slightly move the bracket up or down to align it with the top two holes. When the Plastic Bracket is squeezed by hand on the rail, the Plastic Bracket should not move. If it moves, please start the step over until it is in place.

**FIGURE 10****FIGURE 11**

7

As Shown in **FIGURE 12**, insert the 4 Screws into each hole of the brackets until the Screw is flush and the bottom of the Screw protrudes through the bottom part of the Plastic Bracket.

**PARTS**
 x 4  
Screw
**FIGURE 12**

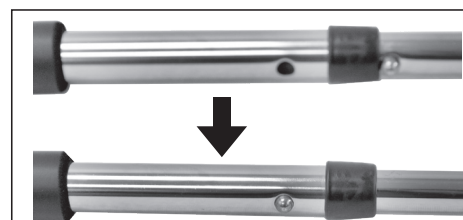
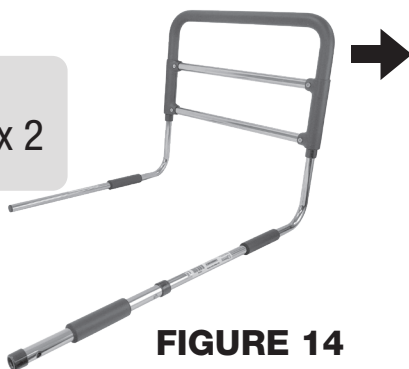
8

While holding the Right Plastic Bracket, turn the rail on it's side so the Right Side of the Hand Bar is raised and the Left Side of the Hand Bar is on a flat surface. Continue to hold the Right Plastic Bracket together and insert a Nut into the receiving areas of of the Left Bracket, as shown in **FIGURE 13**. Use the Phillips Head Screw Driver to loosely tighten the Left Bracket's Screws first, then proceed to tighten the Right Bracket's Screws. Once all nuts are loosely on, lay the Hand Bar flat on a surface to tighten fully and ensure that all Screws are flush with rail. **If the Plastic Brackets can move or the Horizontal Bars are not level, please repeat this process from Step 3.**

**PARTS**
 x 4  
Nut
**FIGURE 13**



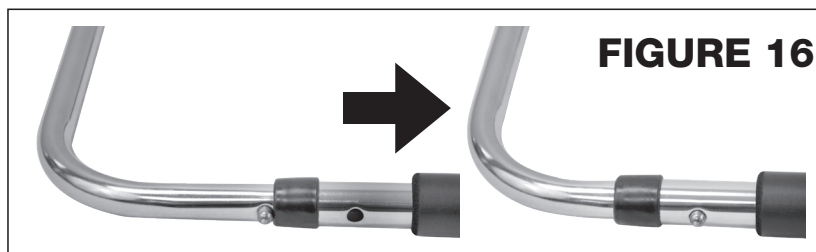
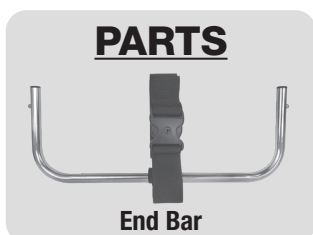
- 9** Take one of the Straight Bars and, while pressing in the silver button on the Left “L” Curved Bar, slide the Straight Bar over the Left “L” Curved Bar. Ensure that the silver button on the Left “L” Curved Bar is protruding from the hole on the Straight Bar.



**FIGURE 15**

Repeat these steps for the Right “R” Curved Bar and the remaining Straight Bar.

- 10** With the label stickers facing up, align the extended tubes of the End Bar with Securing Strap with the Straight Bar tubes. Insert the End Bar into the tube on each side until the push button touches the rubber silencer on the Straight Bar as shown in picture on the left of **FIGURE 16**.

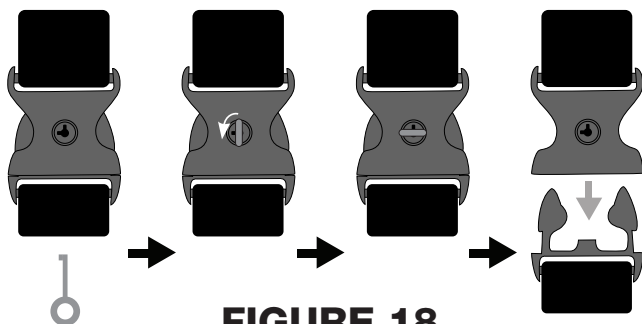


- 11** Press the push button into one side of the End Bar and push it in until the complete push button is within the tube then continue to push until the push button protrudes from the Straight Bar as shown in **FIGURE 16**.

Repeat on the other side of the rail to complete the installation of the end bar as shown in **FIGURE 17**.



- 12** Unroll the Securing Strap from the End Bar by removing the rubber band. Once unrolled, use the Key to unlock the buckle by inserting it and turning to the left until it clicks, then unclip the buckle. Once unbuckled, take the male end of the buckle and wrap it around the bottom of the End Bar which will expose the rivet as shown in **FIGURE 18**. Reinsert the male end of the buckle into the female end and leave it unlocked until Installation.



Assembled Hand Bed Rail should now look like this.



# Installation

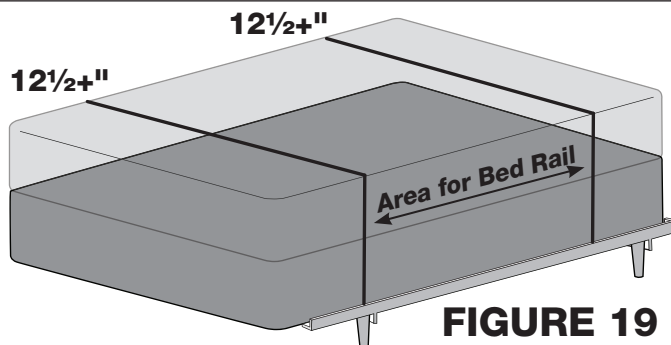
## ⚠ WARNING

### SUFFOCATION/STRANGULATION/ENTRAPMENT HAZARD

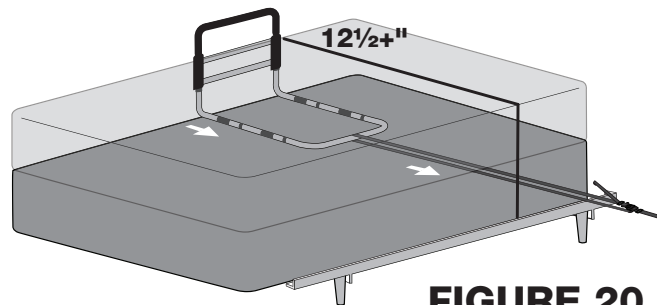
If Hand Bed Rail is installed incorrectly or moves from its initial position gaps can occur which can entrap and kill. People with Alzheimer's disease, dementia or other neurological conditions, or those who are sedated, confused, or frail, are at increased risk of entrapment, suffocation and strangulation.

- **NEVER** use unless product is tight against mattress, without gaps and at least 12½" from headboard and footboard.
- **NEVER** use with children.
- **NEVER** use on toddler, bunk, water, or inflatable beds, or soft compressible pads.

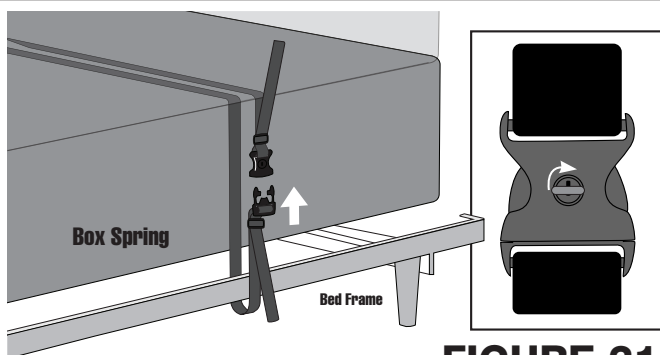
- 1** After the Hand Bed Rail has been fully assembled and properly adjusted, slide the Hand Bed Rail between the mattress and the box spring or bed frame/securing platform. For safety and to prevent entrapment, the distance between the end of the Hand Bed Rail that is closest to the headboard or footboard should be at least 12½" as shown in **FIGURE 19**.



- 2** On the opposite side of the bed from where the Hand Bed Rail was inserted, lift, or if necessary remove the mattress, to pull the Securing Strap toward you until the Securing Strap is taught as shown in **FIGURE 20**. Before moving forward, please make sure the buckle is extended out past the opposite side of the mattress and box spring or bed frame/securing platform. Once the buckle is extended past the mattress and the Securing Strap is taut, lower or replace the mattress to ensure proper adjustment.

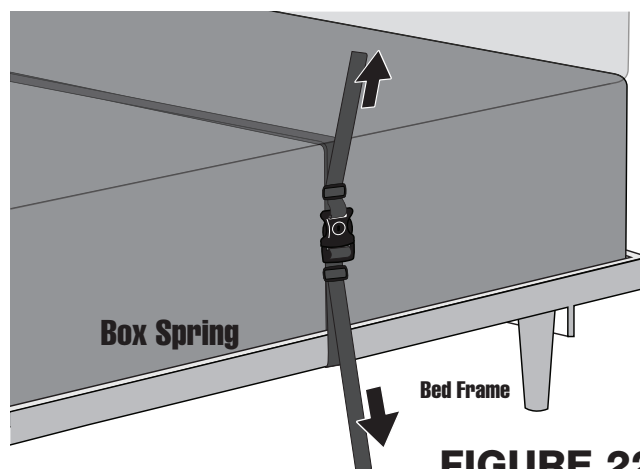


- 3** Unclip the buckle and loop the male end and female end of the Securing Strap around the bed frame or securing platform, and buckle back together. The Securing Strap should stay loose, but relock the buckle by inserting the key and turning it to the right until it clicks.



**If the bed frame or securing platform design will not allow the use of the Securing Strap, the Hand Bed Rail should not be used and should be returned to the place of purchase.**

- 4** Tighten the Securing Strap to the bed frame/securing platform by pulling the loose straps through the tri-glide adjusters. Continue adjusting each side until the buckle is tight against the frame and the Hand Bed Rail is tight against the mattress as shown in **FIGURE 22**. Any additional loose straps should be inserted between the mattress to prevent tearing, tripping or potential loosening.



**NOTE: Final location of buckle will depend on bed size & frame size/style.**

## **⚠ WARNING**

If the Strap provided is not properly secured, the product may move into an unsafe position which increases the danger of entrapment.

### **Operational Adjustment**

- Once the Hand Bed Rail has been installed at the correct height as described in pages 9-10, the Hand Bar should remain in place. It is designed to maintain its position unless removed with a Philips Head Screwdriver.
- However, if there is a change in mattress, box springs or platform, remove Securing Strap from frame, make the replacement as necessary and then reinstall by following the same steps shown on pages 9-10.
- If parts are lost or broken during this process, please call Customer Service at 800-826-8423 for replacement(s).

### **Maintenance**

Check daily to see that the mattress is still positioned tightly against the Hand Bed Rail. If the Hand Bed Rail has moved away from the mattress due to the buckle becoming undone, please refer to step 3 of the Installation instructions. If the Strap has loosened, please refer to step 4 in the Installation instructions.

- Check the Hand Bed Rail daily to see if the Hand Bar is still tightened securely on the bed frame or securing platform.
- Check weekly to ensure that the Securing Strap is adjusted properly around the bed frame or securing platform and the buckle is still locked in place.

### **Cleaning**

- Frame may be wiped with a damp cloth for periodic cleaning.
- Foam Hand Grip may be cleaned with a damp sponge using mild, non-chlorine soap and cool water.
- Do not use harsh soaps, household detergent or lubricants.
- Dry thoroughly. Do not immerse unit in water.

## Essential Medical Supply, Inc. Limited Warranty

Essential Medical Supply, Inc. ("Essential") warrants its products free from defects in materials and workmanship ("Warranty") for a period of one (1) year from the date of purchase ("Warranty Period"). The Warranty extends only to the original purchaser of Essential products. If within the Warranty Period there is a breach of Warranty as to an Essential product, such product shall be repaired or replaced at Essential's sole discretion. This Warranty does not include any labor or shipping costs incurred in replacement, part installation, or repair of any Essential product. **ESSENTIAL'S SOLE OBLIGATION AND YOUR EXCLUSIVE REMEDY UNDER THIS WARRANTY SHALL BE LIMITED TO REPAIR AND/OR REPLACEMENT OF THE DEFECTIVE ESSENTIAL PRODUCT.**

For Warranty service, please contact the dealer from whom you purchased your Essential product. In the event you do not receive satisfactory Warranty service, please write Essential directly at:

Essential Medical Supply, Inc.  
Customer Service Department  
6420 Hazeltine National Drive  
Orlando, FL 32822-5121

Please provide the dealer's name, address, and date of purchase, and indicate the nature of the problem and the Essential product serial number.

Upon receipt of written notification, Essential will issue a return authorization. The defective unit or parts must be returned to Essential for Warranty inspection using the serial number as identification within thirty (30) days of the date of return authorization. **DO NOT** return products to Essential without Essential's prior written consent. Cash on delivery shipments will be refused and shipping charges must be prepaid.

**Limitations and Exclusions:** The Warranty shall not apply to products if 1) the Essential serial number has been removed or defaced; 2) the product has been damaged by negligence, accident, improper operation, maintenance or storage; and/or 3) the product has been modified without Essential's express written consent or repaired by an unauthorized third-party ("Warranty Disqualifying Events"). The Warranty Disqualifying Events include but are not limited to the addition of unauthorized parts or attachments or damage caused by circumstances beyond Essential's control, the occurrence of which shall be determined exclusively by Essential. The Warranty also shall not apply to problems or defects arising from normal wear and tear on Essential products and parts, including but not limited to rubber tips and hand grips, and failure to adhere to user instructions and safety precautions.

**THE WARRANTY STATED HEREIN IS THE SOLE AND EXCLUSIVE WARRANTY OFFERED BY ESSENTIAL. THERE ARE NO OTHER WARRANTIES RESPECTING ESSENTIAL'S PRODUCTS, EITHER EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY WARRANTY OF DESIGN, MERCHANTABILITY, OR FITNESS FOR A PARTICULAR PURPOSE, EVEN IF ESSENTIAL HAS BEEN INFORMED OF SUCH PURPOSE. NO AGENT OF ESSENTIAL IS AUTHORIZED TO ALTER OR EXCEED ESSENTIAL'S WARRANTY OBLIGATIONS AS SET FORTH HEREIN. ESSENTIAL SHALL NOT BE RESPONSIBLE FOR ANY INDIRECT, INCIDENTAL, SPECIAL, OR CONSEQUENTIAL DAMAGES ARISING OUT OF USE OF ESSENTIAL PRODUCTS.**

Product Serial No. \_\_\_\_\_