

How To Use

4 STEPS TO GET IN BED



1 Approach step2bed, turn sideways towards bed and grab tall grab bar.



2 With hands on tall bar, step onto step and turn backside to bed.



3 With hands on tall grab bar sit down.



4 Lay down to resting position and lift legs over small rail into bed.

5 STEPS TO GET OUT OF BED



1 Reach closest arm over to grab tall grab bar.



2 Use rail to lift shoulders off the bed while swinging legs over short rail place feet on step.



3 Take 15-30 seconds while sitting up to gain your composure.



4 (When ready) Use one hand on tall grab rail or two hands (one on tall rail, one on short rail) and stand up.



5 While keeping one hand on tall grab bar slowly step off step2bed onto floor.