

# CLAMP-ON TRAPEZE BAR

## ***Purpose***

The purpose of a trapeze bar is to assist the user in transferring position. This can be from a bed to wheelchair, a bed to chair, or to assist the user in repositioning themselves. Trapeze bars are not intended to support the user's total weight; they are assistive devices only. Trapeze bars provide an increased level of safety and independence for the user. If you have not seen a therapist or physician in regards to your health conditions that necessitate the need for a trapeze bar, we recommend that you do so. Make sure you read and understand all manufacturers' operating instructions.

## ***Types***

Trapeze bars come in two basic models: clamp-on and free-standing. This instruction sheet will discuss the clamp-on model. Clamp-on trapeze bars are the most durable and commonly used type of trapeze bar. Clamp-on trapeze bars attach to an adjustable bed frame with a metal framed headboard. Only approved medical-grade adjustable beds can appropriately support a clamp-on trapeze bar.

All trapeze bars have a maximum weight limit that they can support. It is important to understand the limits and capacities of your trapeze bar:

Weight of user (stated by user) is \_\_\_\_\_ pounds.  
Maximum weight capacity of trapeze bar is \_\_\_\_\_ pounds.

## ***Use***

The installation of your clamp-on trapeze bar can only be performed by a qualified technician. The trapeze bar should be placed in the center of the headboard so that it will extend over the user's head. The trapeze grab bar is attached to a clamping device that allows positioning so the user can effectively transfer or change positions. When your trapeze bar is adjusted, your elbow should be at a 20 - 30 degree angle when extended. Trapeze bars are heavy and require specialized training to install or disassemble; at no time should any person other than the providing medical equipment company assemble, disassemble, or repair your trapeze bar. If the adjustable bed or trapeze bar needs to be moved, notify your medical equipment rental company and they will move it for a modest fee.

Trapeze bars should only be installed for users that are alert and can benefit from being able to reposition themselves. At no time should a trapeze bar be installed on a bed with a person that is disoriented or has any physical or mental condition that can cause injury to themselves or others.

Trapeze bars and their chains and grab bars can be hazards to disoriented or physically-challenged persons. Make sure these devices are always adjusted correctly and are not accessible to those persons that can entangle any body part or extremity. Trapeze bars have many places that can cause pinching or entrapment of parts of the body. Always observe people using trapeze bars to make sure they are safe from any pinching or entrapment.

## **Safety**

The safe use of a trapeze bar requires it to be used as instructed, which includes the following safety precautions:

- Always check the security of attaching hardware before each use.
- Have the trapeze bar removed if the user becomes disoriented or physically challenged in such a way that they could harm themselves or others.
- Never use if the trapeze bar is bent or improperly aligned.
- When using in conjunction with home oxygen delivery, the oxygen delivery tubing must be routed and secured so that it does not become entangled and/or damaged.
- Do not allow any person other than the main user to use the trapeze bar.
- Do not hang anything on the trapeze bar.

In order to ensure care and provide operator safety, make sure you follow these safety guidelines:

- Use nightlights to increase vision around areas of use.
- Wipe up any water or slippery floor spills.
- Remove tripping hazards (loose floorboards, uneven floors, throw rugs, extension cords, clutter, etc.)
- Install grab bars, use bath mats with suction cups, and use an elevated toilet seat to prevent falls.
- Do not use your trapeze bar to get out of bed when taking any medications that may cause dizziness, drowsiness, and/or unsteadiness.

## **Maintenance**

Trapeze bars need to have their connections checked daily to ensure proper safety. Keep your trapeze bar clean by wiping off dirt and dust with a dry or slightly damp cloth. Only qualified repair technicians should diagnose or repair any part of your trapeze bar or adjustable bed. Call your medical equipment provider if your bed or trapeze bar is not functioning properly.