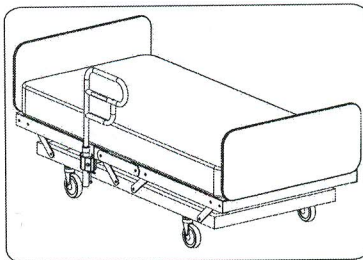
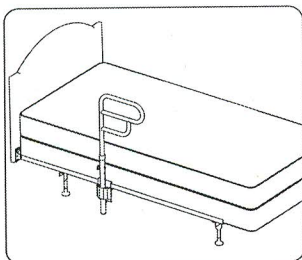


# Arcorail

Rotating Bedside Handrail

UNIVERSAL DESIGN (AR-200)  
REGULAR HOME STYLE (AR-25)  
HOME-CARE & HOSPITAL (AR-3040)



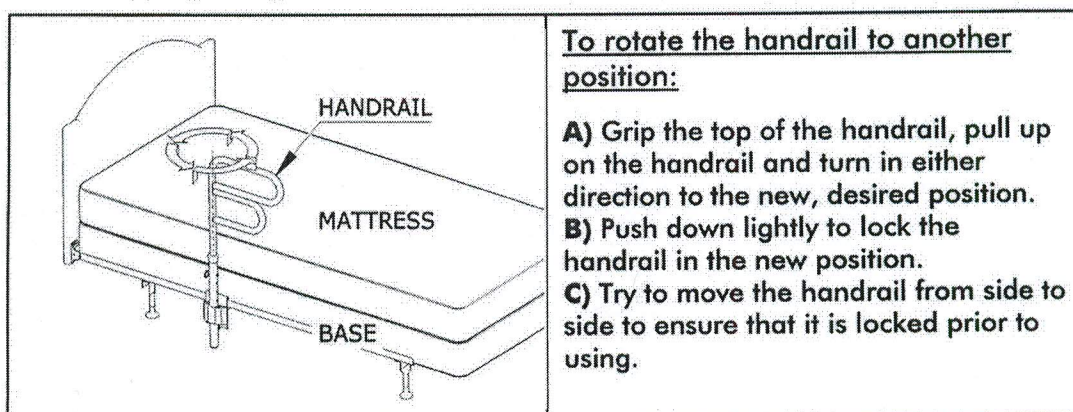
## Cautions and Warnings

- Please read these instructions carefully before installing and using ARCORAIL. Please read Caution and Warning labels attached to the ARCORAIL product.
- The ARCORAIL is an assistive handrail for beds. It is to assist individuals in moving or sitting up in bed, helping with balance to get in and out of bed and to assist with balance when standing beside the bed or during transfers.
- ARCORAIL is not intended to support the full weight of an individual and is suitable for people weighing up to 300 lbs (135 kg).
- Entrapment between a mattress and an assistive handrail device can be serious and potentially life-threatening. Entrapment can occur when there is a gap between the side of the mattress and the assistive handrail, or a gap greater than 3 inches or 75 mm between the top of the mattress and the assistive handrail cross bar(s). It is possible for an individual's head, arm(s), leg(s) or body to become wedged between the side of the mattress and the assistive handrail or the top of the mattress and the assistive handrail cross bars. The mattress must be tight against the assistive handrail with no gaps and checked at least daily for gaps.
- Extra safety measures and precautions should be used for high-risk patients.
- Read "A Guide to Bed Safety" ([www.fda.gov/cdrh/beds/bed\\_brochure1.html](http://www.fda.gov/cdrh/beds/bed_brochure1.html)) by the Hospital Bed Safety Workgroup.
- For added safety, AJ Hart Group recommends installing 2 ARCORAILs – one for each side of the bed.
- THE ARCORAIL IS NOT TO BE USED AS A RESTRAINT and NOT TO BE USED TO PREVENT USERS FROM FALLING OUT OF BED. For these functions you must use a correctly designed Bed Rail.
- Contents of box may not be exactly as shown in illustrations.
- If you have any questions please call our Client Services at [info@hartmobility.com](mailto:info@hartmobility.com)

## **Using the ARCORAIL handrail system:**

The ARCORAIL handrail system can rotate 360°, locking firmly and safely in four 90° positions. The ARCORAIL handrail can be used to assist the user to enter or exit the bed, to assist the user to sit up or reposition themselves in the bed, and for balance when standing beside the bed.

### **1. Changing the position of ARCORAIL handrail**



**To rotate the handrail to another position:**

- A)** Grip the top of the handrail, pull up on the handrail and turn in either direction to the new, desired position.
- B)** Push down lightly to lock the handrail in the new position.
- C)** Try to move the handrail from side to side to ensure that it is locked prior to using.

### **2. Entering and Exiting the bed**

**A)** To enter or exit the bed, rotate the ARCORAIL handrail out from the edge of the bed and lock into position.

**B)** Using the handrail for balance, sit down on the bed. It will be easier if you sit on the side of the handrail away from the head of the bed.

### **3. Using the ARCORAIL handrail to sit up or reposition in bed**

The ARCORAIL handrail can be used to sit up, move or reposition while in bed. Swivel the handrail to the most comfortable position and use it to pull on for support.

### **4. Maintaining the ARCORAIL handrail system:**

Regular maintenance and cleaning can improve the safety and durability of the ARCORAIL system. Periodically make sure that all the bolts in the ARCORAIL handrail system are securely tightened. Regularly make sure that the mattress is tight against the vertical handrail post to ensure that there is no gap between the mattress and the post.

# Arcorail Assembly Instructions for REGULAR HOME STYLE beds (AR-25)

FITS HOMESTYLE BED FRAMES  
(1" - 1-3/4") IN HEIGHT

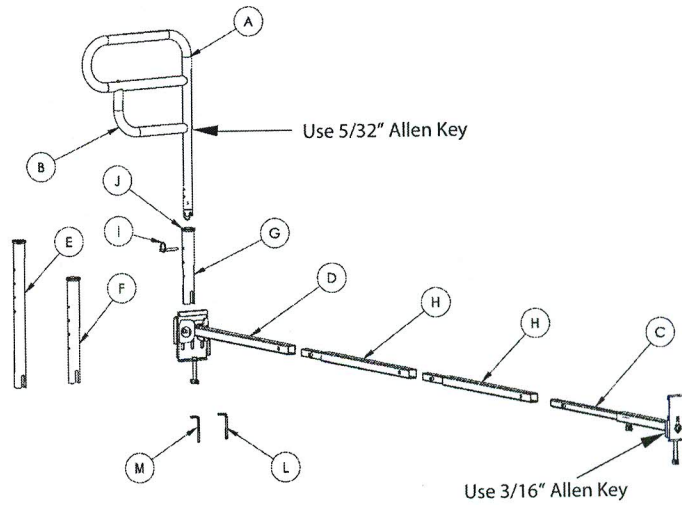


Regular Home Style beds have  
ANGLE IRON FRAMES that are  
horizontal and flat at the bottom.

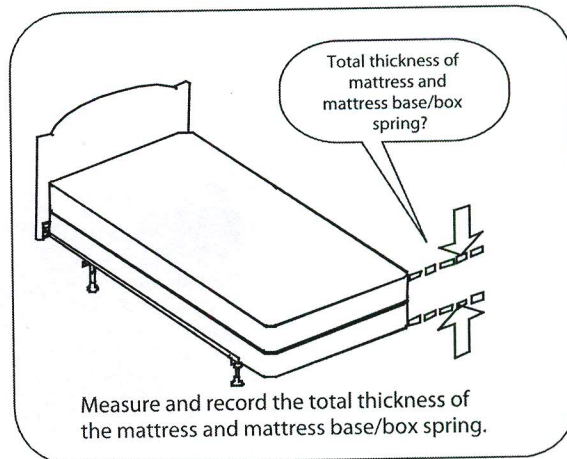
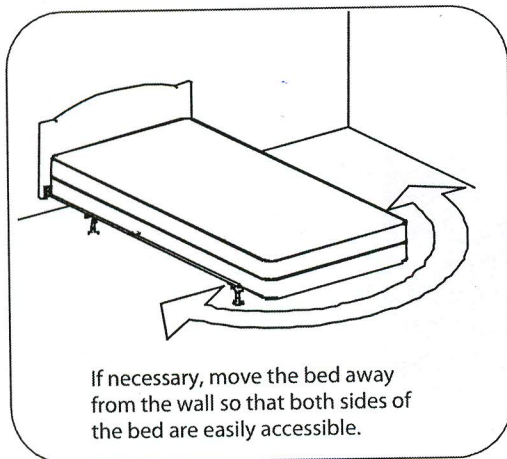
Please read the following instructions before you start to assemble the Arcorail bedside handrail.  
This document contains important safety information.

## Box Contents

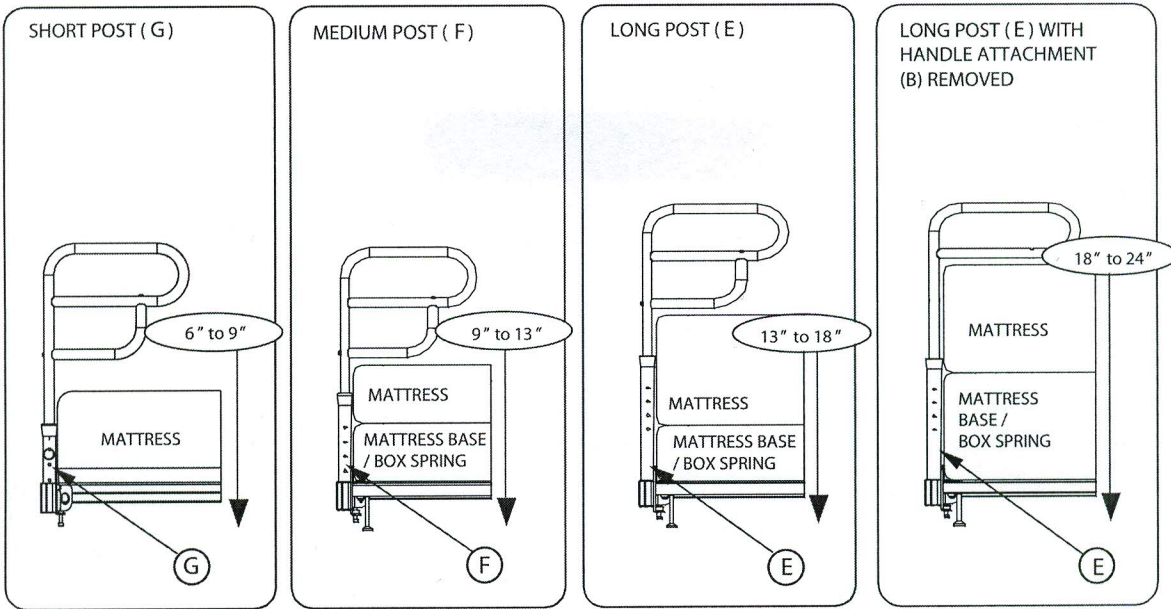
Item	Qty.	Description
A	1	HANDLE
B	1	HANDLE ATTACHMENT
C	1	BACK ANCHOR ASSEMBLY
D	1	FRONT ANCHOR TUBE ASSEMBLY
E	1	LONG POST
F	1	MEDIUM POST
G	1	SHORT POST
H	2	EXTENSION TUBE
I	1	HEIGHT ADJUSTING PIN
J	1	POST CAP
L	1	3/16" ALLEN KEY
M	1	5/32" ALLEN KEY
N	1	LARGE HOME STYLE CLAMP
O	1	SMALL HOME STYLE CLAMP



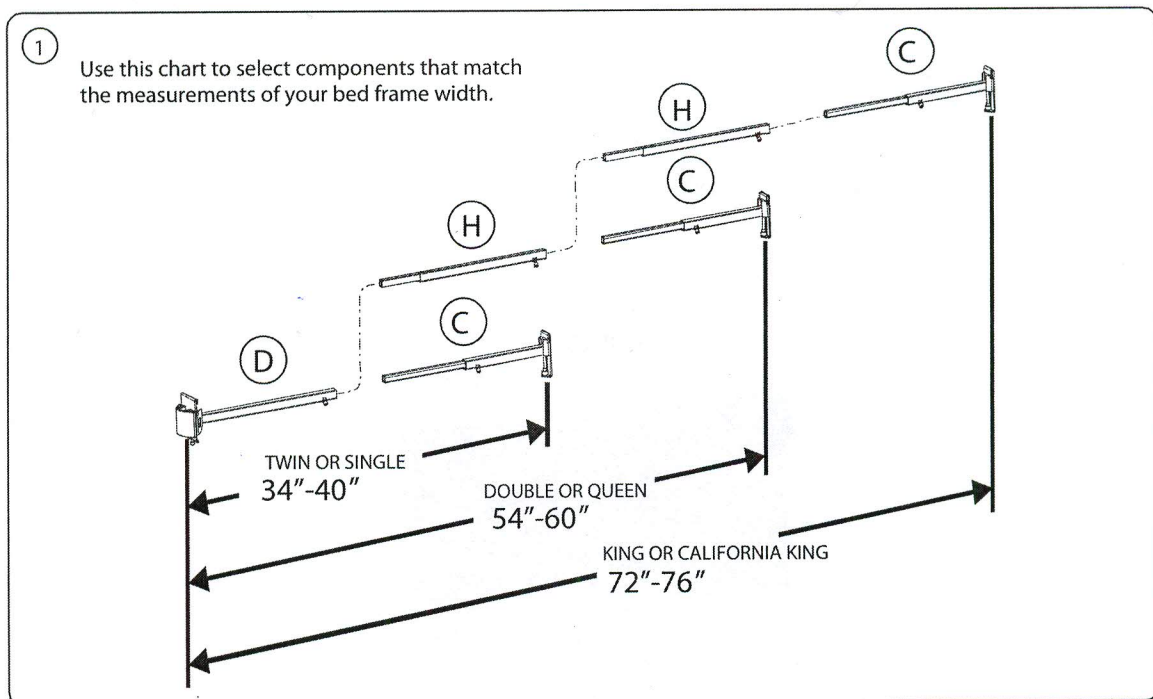
NOTE: ITEMS (N) AND (O) ARE PRE-INSTALLED



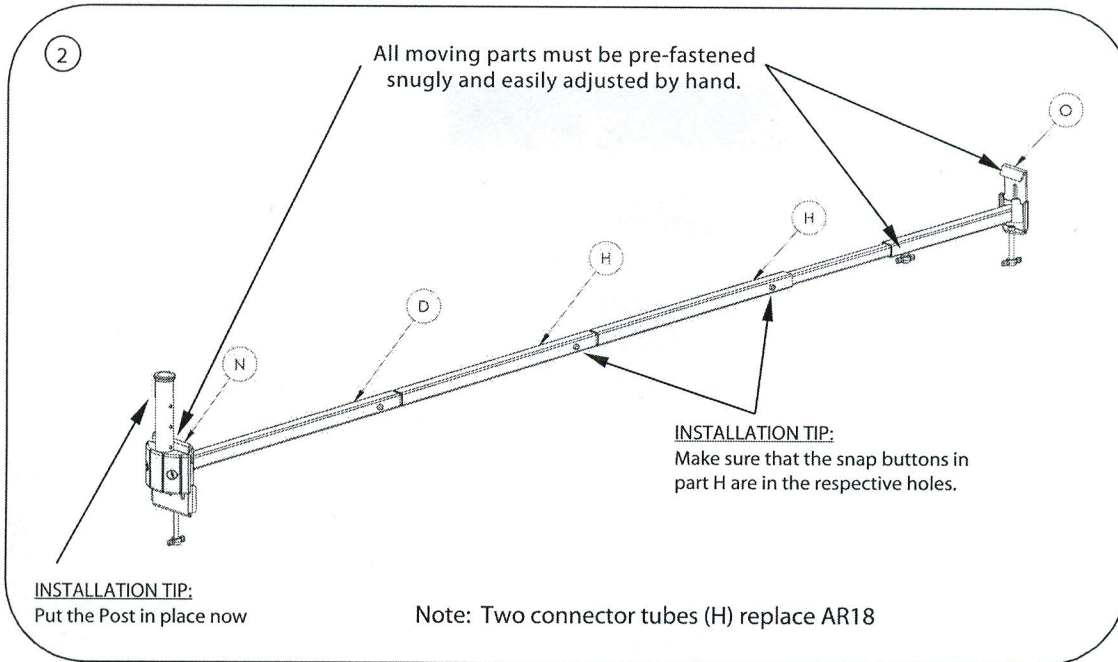
## Pick Post Length & Handle Configuration



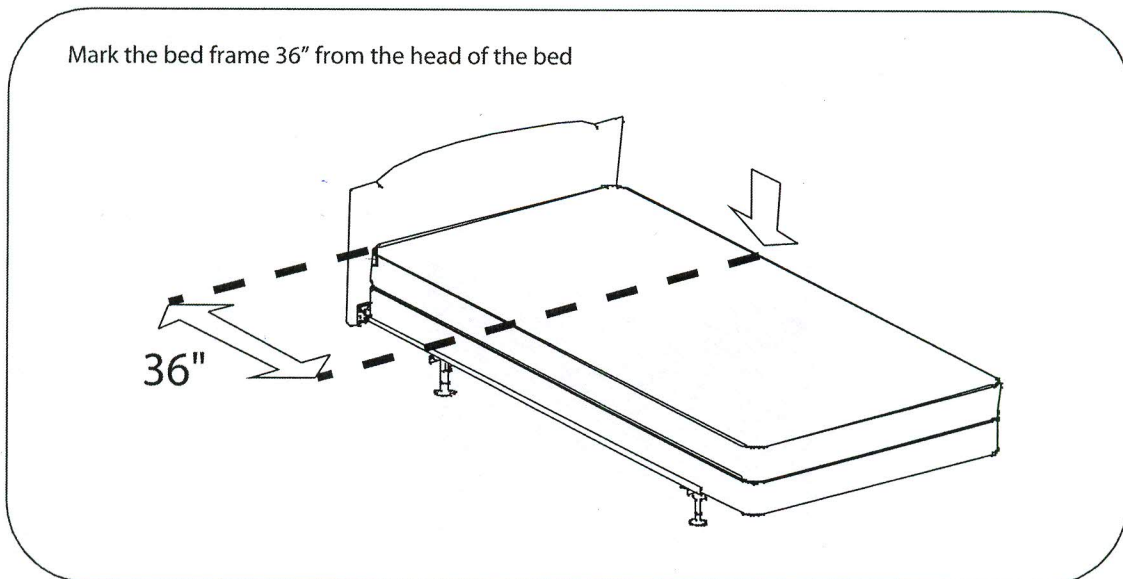
## Pick Frame Width



## Pre-Assemble These Parts

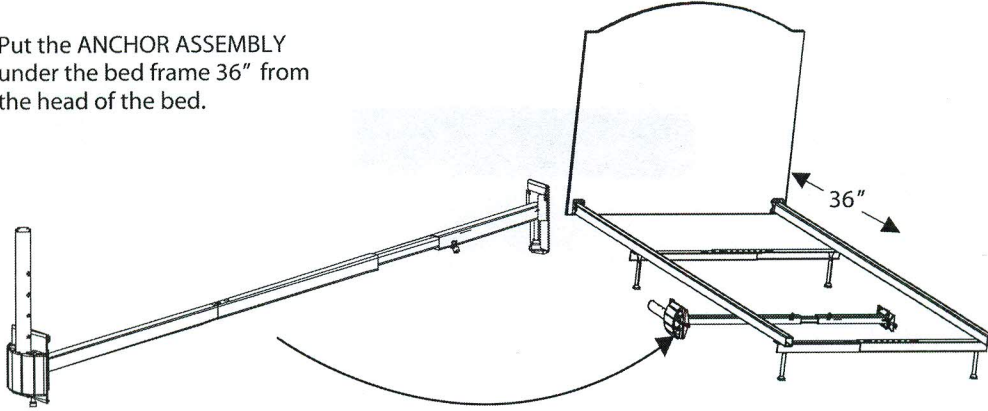


## Select Installation Position

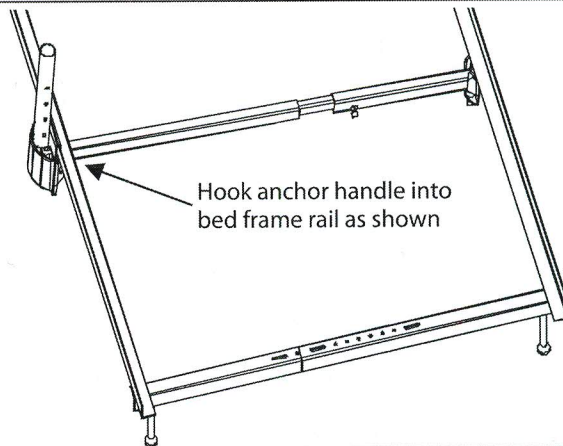


## Fitting Arcorail Base to Frame

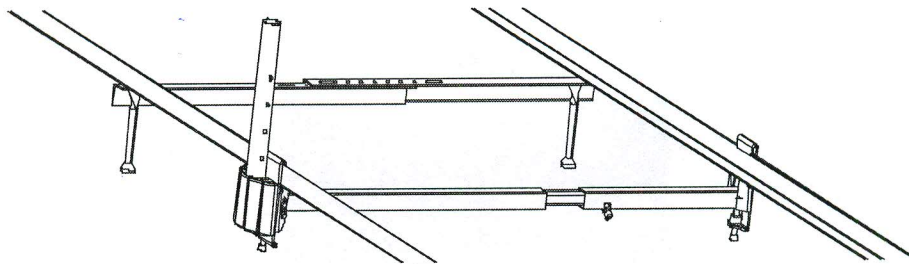
- ① Put the ANCHOR ASSEMBLY under the bed frame 36" from the head of the bed.



②



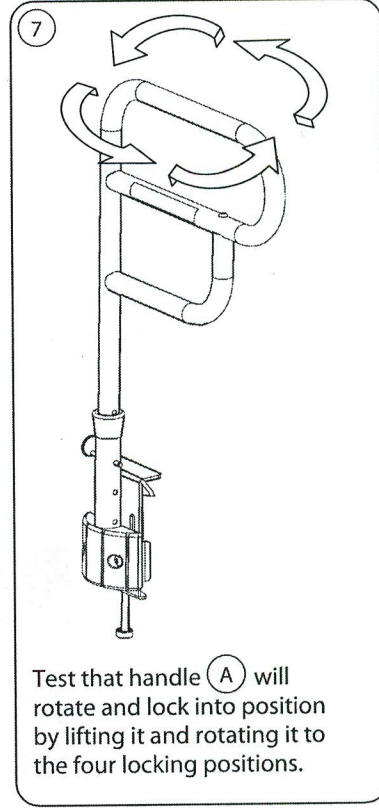
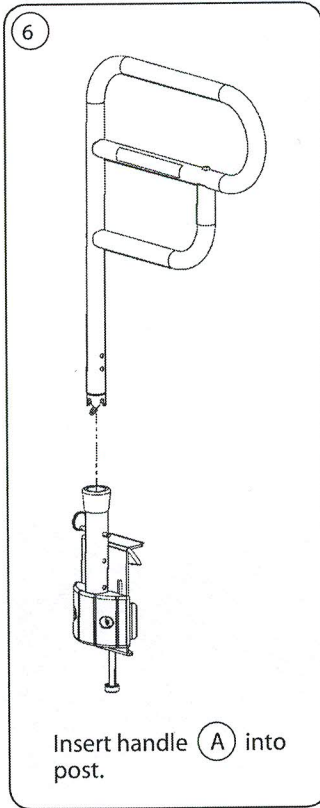
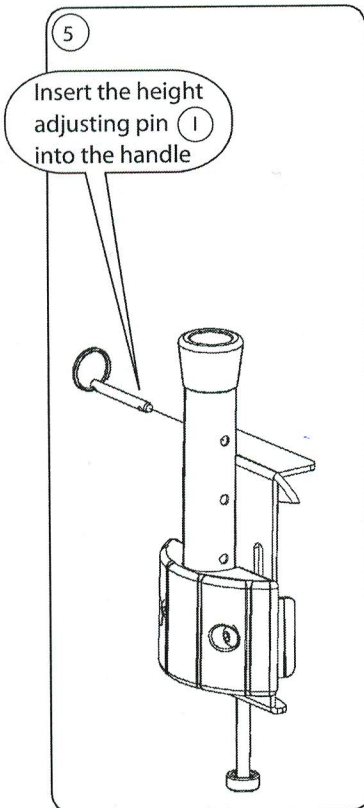
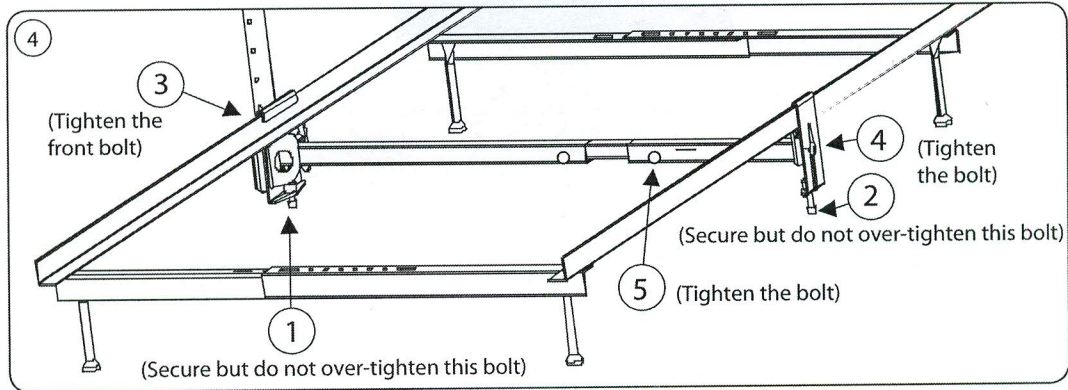
③



Take opposite end and hook it onto the bed frame.  
Proceed to tightening bolts in step 4.

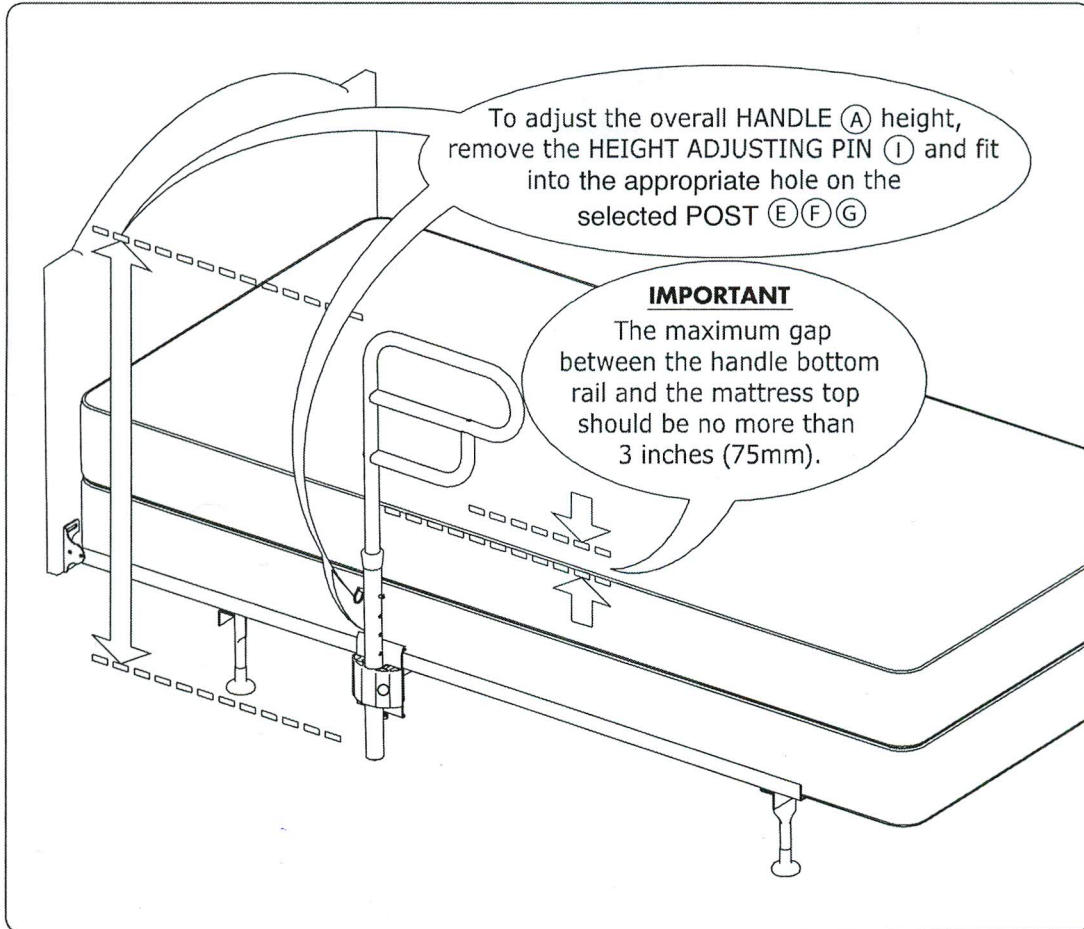
## Tightening Arcorail Base to Frame

Ensure all parts are attached firmly (to simulate one solid part) and install in numeric order as shown.



## Safety-Check:

Set height of Arcorail for safety (do not allow a gap greater than 3 inches (75mm) – see below for important details) and check to ensure all bolts and parts are firmly fastened before placing mattresses onto the bed frame and periodically tighten as required.





## UNIVERSAL DESIGN (AR-200)

### Instructions to Convert the Pre-Assembled REGULAR HOME STYLE (AR-25) ARCORAIL to a HOME-CARE or HOSPITAL STYLE (AR-3040) ARCORAIL

#### Step 1:

Remove the extra parts from the bag marked  
"HOME-CARE and HOSPITAL STYLE BEDS (AR30 and AR40) parts"

- Item (P) is the Large HOME-CARE and HOSPITAL STYLE Clamp
- Item (Q) is the Small HOME-CARE and HOSPITAL STYLE Clamp

#### Step 2:

Disassemble the Clamps: Item (N) on Assembly (D) and Item (O) on Assembly (C).  
Replace these two Clamps with Items (P) and (Q) from the Bag.

#### Step 3:

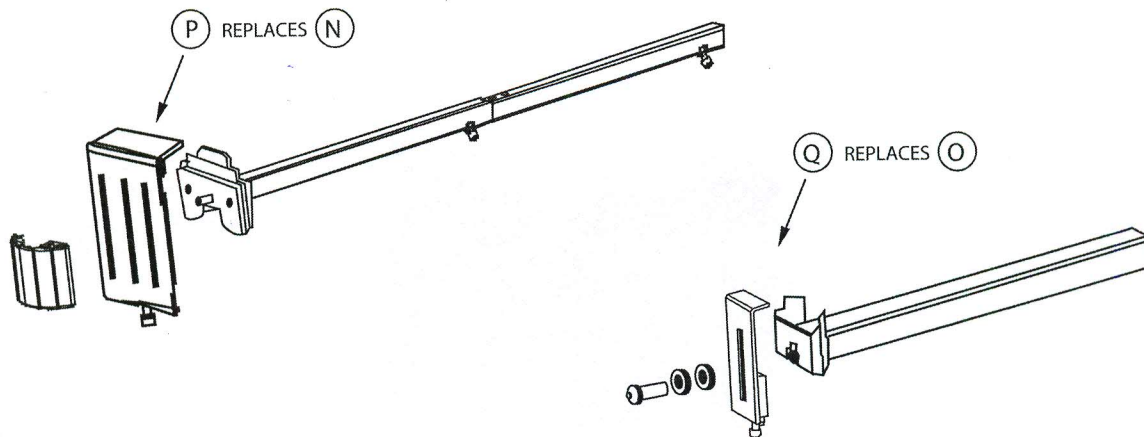
HOME-CARE and HOSPITAL STYLE beds only use the Short Post Item (G).  
Discard the Long Post – Item (E) and the Medium Post – Item (F).

#### Step 4:

The two pieces of Item (H) are not required – discard them also.

#### Step 5:

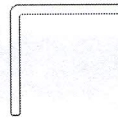
You have converted the ArcoRail. Now follow the Installation Instructions  
for the HOME-CARE and HOSPITAL STYLE (AR-3040) beds.



# Arcorail Assembly Instructions for HOME-CARE and HOSPITAL STYLE (AR-3040)

(AR-30)

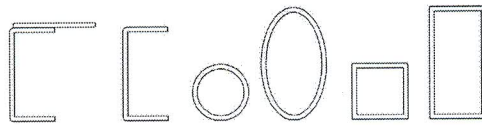
FITS HOME-CARE  
BED FRAMES  
(1" - 3") IN HEIGHT



HOME CARE STYLE beds have  
INVERTED ANGLE IRON FRAMES that  
are horizontal and flat at the top.

(AR-40)

FITS HOSPITAL STYLE  
BED FRAMES  
(1" - 3") IN HEIGHT



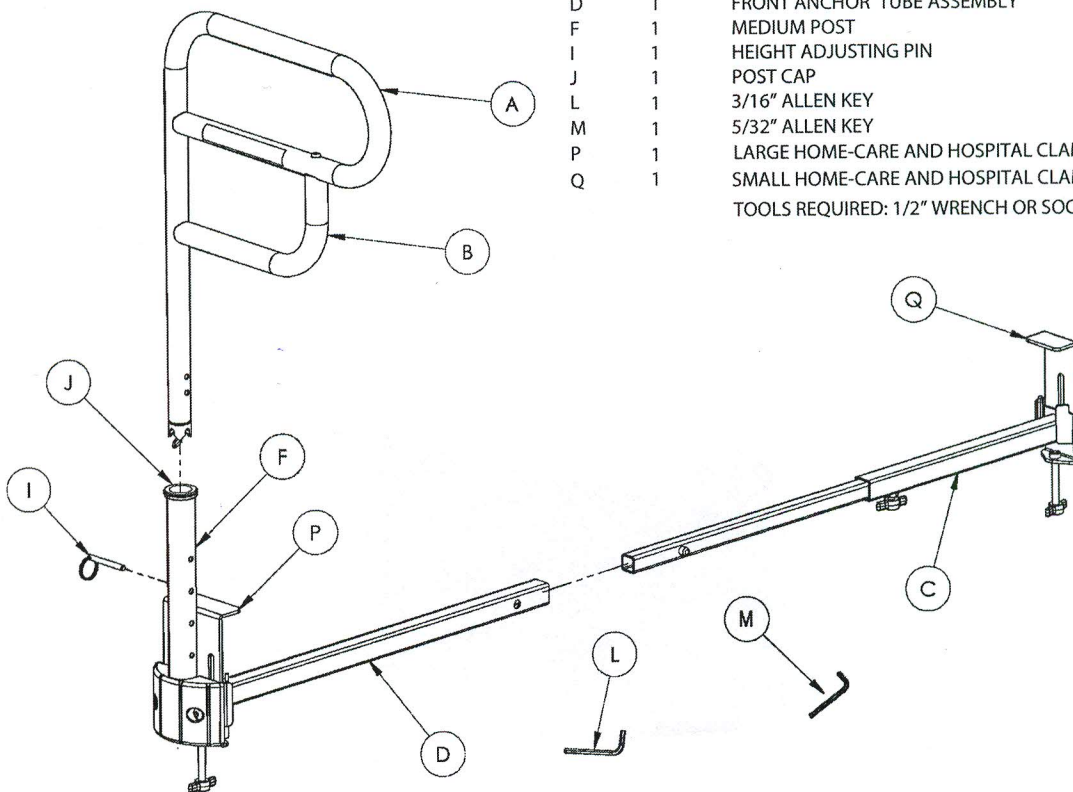
HOSPITAL STYLE beds have a  
variety of frame cross-sections.

Please read the following instructions before you start to assemble the Arcorail bedside handrail.  
This document contains important safety information.

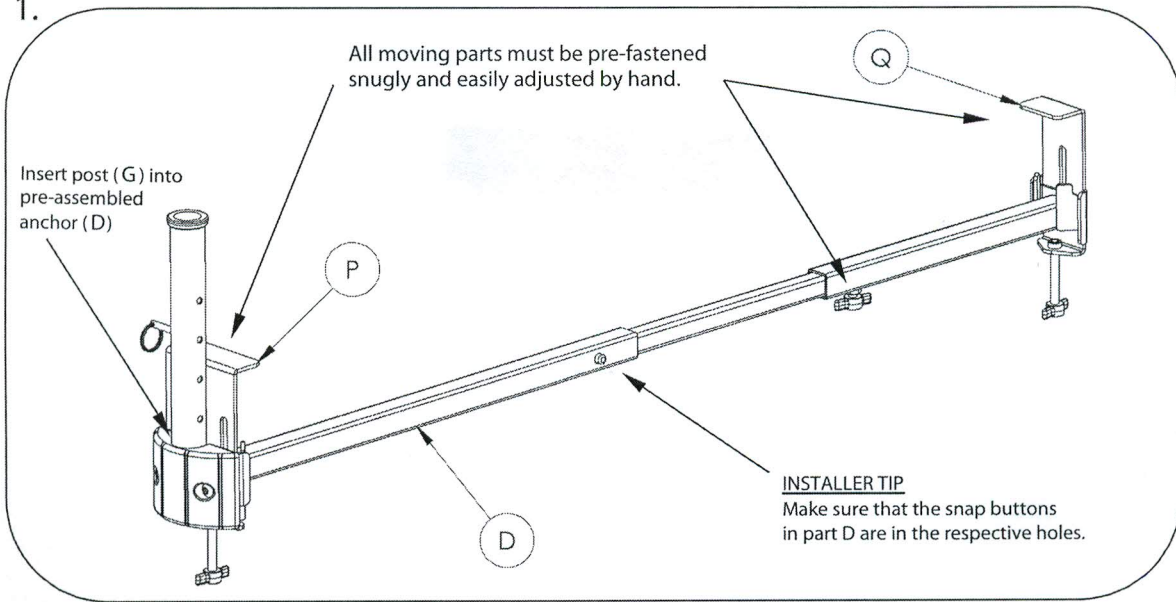
## Bag Contents

Item	Qty.	Description
A	1	HANDLE
B	1	HANDLE ATTACHMENT
C	1	BACK ANCHOR ASSEMBLY
D	1	FRONT ANCHOR TUBE ASSEMBLY
F	1	MEDIUM POST
I	1	HEIGHT ADJUSTING PIN
J	1	POST CAP
L	1	3/16" ALLEN KEY
M	1	5/32" ALLEN KEY
P	1	LARGE HOME-CARE AND HOSPITAL CLAMP
Q	1	SMALL HOME-CARE AND HOSPITAL CLAMP

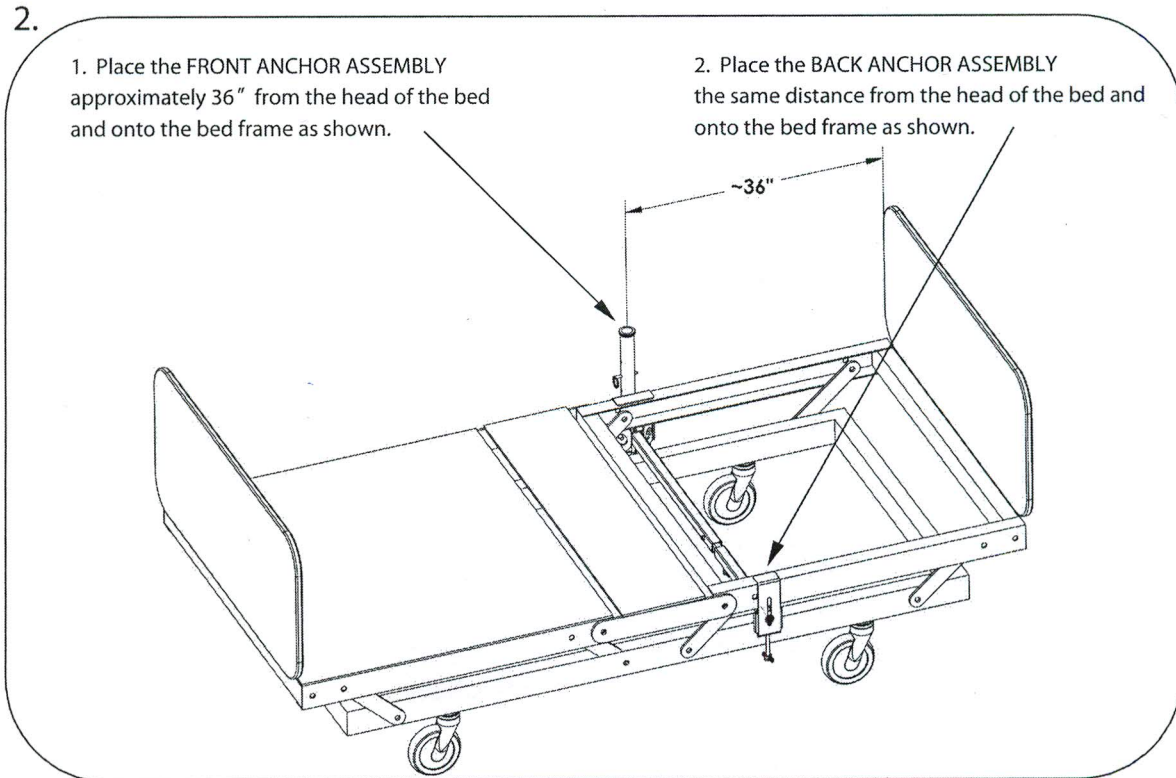
TOOLS REQUIRED: 1/2" WRENCH OR SOCKET



1.

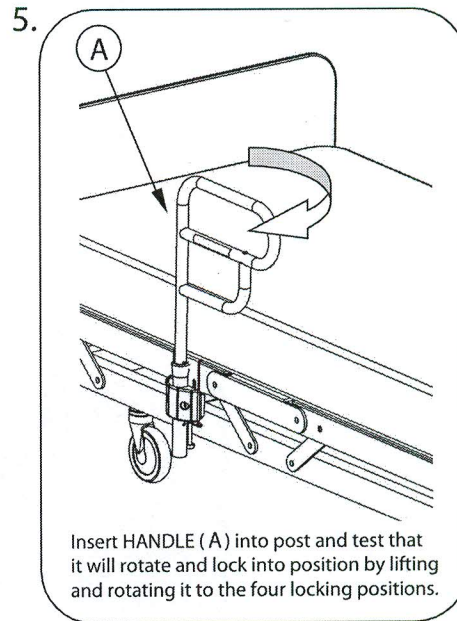
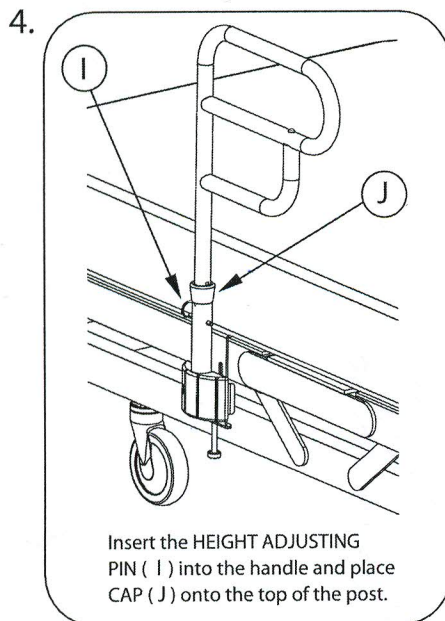
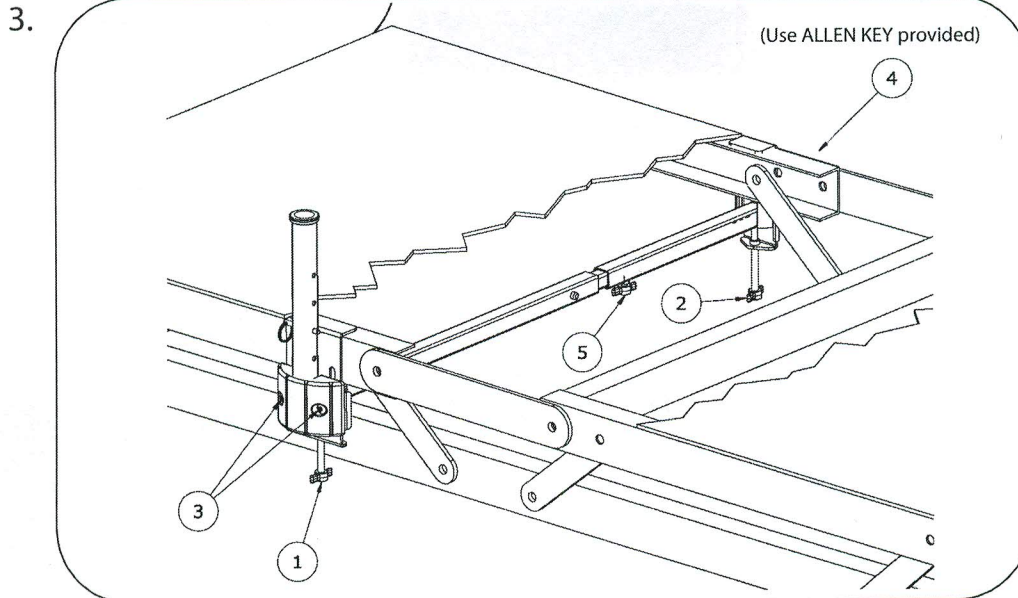


2.



## Tightening Arcorail Base to Frame

Ensure all parts are attached firmly (to simulate one solid part) and install in numeric order as shown. For all steps: secure, but do not over tighten.



## Safety-Check:

Set height of Arcorail for safety (do not allow a gap greater than 3 inches (75 mm) - see below for important details) and check to ensure all bolts and parts are firmly fastened before placing mattresses onto the bed frame and periodically tighten as required.

