

Hints and tips on using an overbed table

Overbed tables are useful when you are in bed for short periods of time during the day, giving you a flat surface for drinks and meals. It also allows you free movement in the bed without having to move items off the table as you would if you had a lap tray.

Equipment

Overbed tables come in different heights, tilt and tray size.

They are designed for single beds but can be used with larger beds, however, it may be necessary to reposition yourself to be able to use the table.

If you are in bed for long periods and have been issued with a hospital type bed from a health professional, then refer back to them regarding an overbed table.

Should you have rails or bars attached to your bed to help you get in/out, you should bear in mind that it may not be possible to use an overbed table as the rails/bars could prevent an overbed table from being in a suitable position.

General Advice

Check that there is enough height from the floor to the underside of the bed for the legs to slide under. Remove items stored under the bed and tidy any cables that may be in the way.

Some people find that using non-slip mats under plates or drinks can help to prevent spillage if the table is accidentally moved or knocked.

When you push the table away from the bed, try to push it away so that it does not restrict your ability to get out of bed. Also, try to keep the floor area around the bed clear of clutter so that it is always easy to move the table away.

Safety

You should NEVER lean on these tables to help you get out of bed as they are unstable. They are not walking or transferring aids.

If you have a profiling bed (one that allows you to raise the bed ends or height of the bed at the touch of a button) please be careful not to trap parts of yourself under the table as you adjust the bed. Also, you will need to make sure that the bed is at the right height for the table to go over the bed and still leave room for your legs under the table.