

How To Use

4 STEPS TO GET IN BED



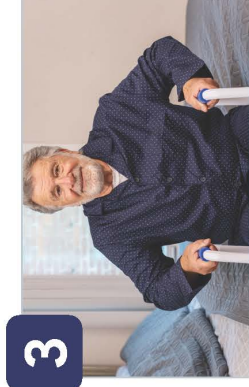
1

Approach the step2bed mini, step onto the base and firmly grab both bars. Be sure that your feet are facing the bed to ensure maximum stability.



2

With both hands on the grab bar, turn sideways and ensure both feet are resting comfortably in a stable position on the step.



3

With your hands firmly on the grab bar, turn around with your backside facing the bed and sit down.



4

Begin to lay down to a resting position and lift legs in between the grab bar into bed.

5 STEPS TO GET OUT OF BED



1

Reach closest arm over to the grab bar.



2

Use each grab bar to propel yourself up from your lying position while placing both feet firmly on the step.



3

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



4

(When ready) begin to lift yourself up by bending your knees to stand up. Be sure to have a firm grip on both grab bars the entire time.



5

While keeping one hand firmly gripped to one side of the grab bar slowly step off the step2bed mini and onto the floor.