

# How To Use

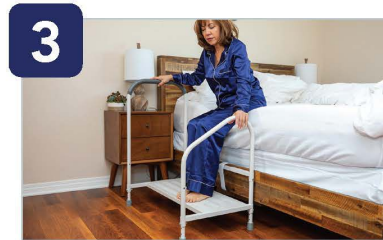
## 4 STEPS TO GET IN BED



**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.



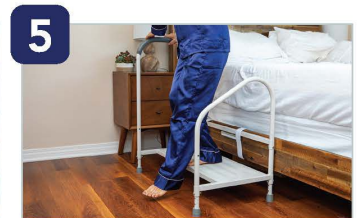
**2** Use rail to lift shoulders off the bed while swinging legs over short rail place feet on step.



**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.