



Making the bed shouldn't hurt your back, shoulders, or wrists. This mattress and bed-making assist tool is designed to take the strain out of one of the most physical daily tasks, helping you lift the mattress and tuck sheets with far less effort. The slim, wedge-shaped end slides easily between the mattress and bed base, gently lifting and holding the mattress up so you can adjust sheets, blankets, or mattress protectors without heavy lifting. You can also use the tool itself to tuck sheets neatly and firmly into place, without needing to push your hands deep under the mattress. Whether you're managing pain, fatigue, reduced strength, or simply want an easier way to make the bed, this tool helps you get the job done with more control and less strain.

Great for:

- Making the bed with less bending, lifting, and physical strain
- Reducing back, shoulder, wrist, and hand fatigue during bed making
- People with limited mobility or reduced strength in arms, hands, or grip
- Arthritis, joint pain, hypermobility, or hand and wrist instability
- Fatigue-related conditions where energy conservation matters
- Chronic pain conditions such as fibromyalgia, Ehlers-Danlos syndrome, or ongoing musculoskeletal pain
- Neurological conditions affecting coordination, strength, or endurance (including stroke recovery, MS, or brain injury)
- Wheelchair users or people who need to make beds from a seated position
- Post-surgery recovery when lifting and twisting movements are restricted
- Older adults who want to maintain independence with everyday tasks
- Support workers, carers, and family members assisting with bed making

Features:

- Wedge-shaped edge designed to gently lift the mattress with less effort
- Flat edge helps tuck sheets neatly without straining fingers or wrists
- Reduces bending, twisting, and awkward reaching while making the bed
- Lightweight but sturdy design that's easy to handle and store
- Supports energy conservation during everyday tasks
- Smooth surface that won't snag sheets or bedding
- Simple, practical tool for daily use at home or in care settings



BED MAKING ASSIST TOOL INSTRUCTION MANUAL

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Image Description: Images show a blue bed making assist tool being used to lift a mattress and tuck in bedding with minimal effort. The wedge-shaped end is slid between the mattress and bed base to gently raise the mattress, creating space to tuck sheets in without lifting by hand. Step-by-step photos show the tool holding the mattress up while sheets are smoothed and tucked, as well as close-up views of the tool's shape, handle loop, and sturdy plastic design.

Details:

Material: ABS Plastic

Size: 25cm (L) x 6cm (W) x 8.2cm (H)

Weight: 78 grams each

Package includes: 1x Bed Making Tool

Age Guidance: Suitable for all ages.

How to Use:

1. Slide the wedge end of the tool between the mattress and the bed base
2. Use gentle downward pressure on the handle to lift the mattress slightly
3. Tuck sheets, mattress protectors, or bedding into place while the mattress is lifted
4. Move along the edge of the bed as needed to continue tucking
5. Can be used standing, seated, or from a wheelchair depending on your needs
6. Remove the tool once bedding is secure

Care Instructions:

- Wipe clean with a damp cloth after use
- Use mild soap if needed
- Do not place in dishwasher or washing machine
- Store in a dry place away from direct heat or sunlight