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 DeVilbiss<sup>®</sup>  
HEALTHCARE

# Foam Mattress Inspection Protocol



### Why do you need to test your mattress?

*"Identifying a problem is halfway to solving it"*

It is recommended that a mattress should be regularly checked, to ensure it remains clinically effective and poses no risk of infection to either the patient or the carer.

### How to check a mattress:

The checks should focus on both the internal and external appearance of the mattress (the foam and the cover), ensuring they are free from infection and maintain optimum pressure reducing properties.

### Daily/weekly checks: Condition of the foam and cover

- 1 Check for any signs of staining
- 2 Check for any signs of tearing and/or punctures
- 3 Check all the seams for signs of splitting
- 4 Check the zip(s) for any signs of damage
- 5 Unzip, and inspect the cover internally for any signs of fluid ingress/staining
- 6 Ensure that the cover is suitable for the type of mattress in use
- 7 Check the foam core for any signs of fluid ingress/staining

If any signs of contamination are identified on the cover the mattress should be withdrawn from use immediately until the cover is replaced. If the foam and the cover are both showing signs of contamination the mattress should be removed from use immediately and the entire mattress should be replaced. Failure to do so will pose significant risk of cross infection to both the patient and the carer.

**NOTE: the top, bottom and all four sides of the mattress MUST be checked**

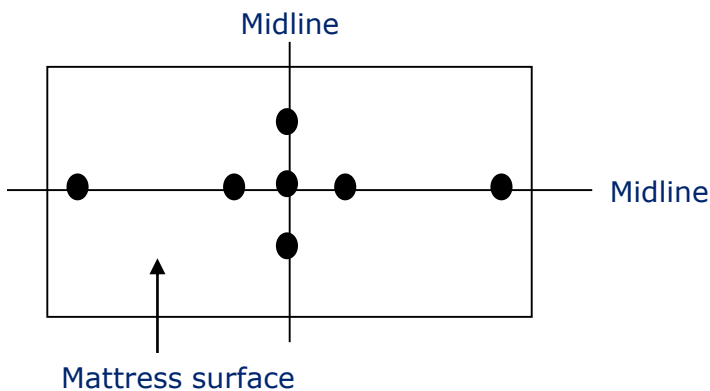
## Recommendations | Mattress Testing Recommendations

### Mount Vernon Test: Condition of the foam

The Mount Vernon Test should be performed at least once monthly to ensure the mattress has not bottomed out and is still delivering adequate support for the patient.

### How to perform the Mount Vernon Test:

1. Make sure the mattress is level with your trochanter (hip bone) and the cover is in place
2. Stand at the side of the bed and link your hands to form a fist
3. Keeping your elbows straight, lean forward and push the fist into the mattress along the seven points indicated below:



If the base of the mattress can be felt then the mattress has bottomed out and should be removed from use immediately. Failure to do so will pose significant risk of pressure damage to the patient.

