

# Safer Swallowing Techniques

## Unsafe



- ✗ Food scraped onto upper teeth
- ✗ Person has not closed mouth before spoon removed

## Safer



- ✓ Spoon placed flat onto tongue
- ✓ Wait for lips to close



- ✗ Head back. Airway open
- ✗ Risk of food/drink entering airway
- ✗ DO NOT stand when assisting



- ✓ Head is upright or looking slightly down
- ✓ Remind person to look down when swallowing (**chin tuck**)

# Positioning for Mealtimes

## Unsafe



**X** Bed re-positioned, person not moved and remains slumped



**X** Person still lying down



**x** Person slumped in chair

## Safer



- ✓ Bed upright
- ✓ Person re-positioned upright
- ✓ Person supported with pillows



- ✓ Feet on floor
- ✓ Upright in supportive chair