



Choking Prevention Tips

Choking Prevention Tip #1: Organization

- 1. Get everything ready before starting the meal so that you can supervise at the table while the person who is eating.
- Have diet orders, mealtime strategies, and supervision requirements in an easily accessible spot. Try organizing them in a binder kept in the dining area.



- 3. If preparing lunch for the day program, ensure prescribed diets are adhered to.
- 4. All grounds and pureed foods should be labeled when sent to the day program.





Choking Prevention Tip #2: Positioning/Seating

- Positioning is very important— upright at the table, feet on the floor, and hips against the back of the chair.
- People in wheelchairs should be repositioned just before they eat.
- Avoid allowing individuals to eat while laying down/reclining, standing, walking, in front of the TV, or in the car.



Choking Prevention Tip #3: Helpful Practices

- Portion meals using small plates, small cups, and small utensils if warranted for the individual. A prescription may be required. Refill the plate or cup as needed.
- Encourage all individuals to alternate every few bites with a sip of liquid. This can assist with pacing and wash down any food that may get stuck in the mouth/throat.



 Keep meal and snack schedules predictable and consistent. This may reduce food grabbing caused by hunger or a late snack/meal.



Choking prevention Tip #4: Reacting in an Emergency

- If choking occurs, call 911 as per Danielle's Law only trained medical personnel can ensure the person's airway is clear.
- If an individual starts coughing while eating, DO NOT give them water or any other food/beverage. Coughing is a defense mechanism, and the individual should be given the opportunity to cough the food out.



• If coughing becomes severe or if breathing becomes impacted, implement first aid strategies and your facility's choking response protocol (e.g., abdominal thrusts, back blows, CPR).

