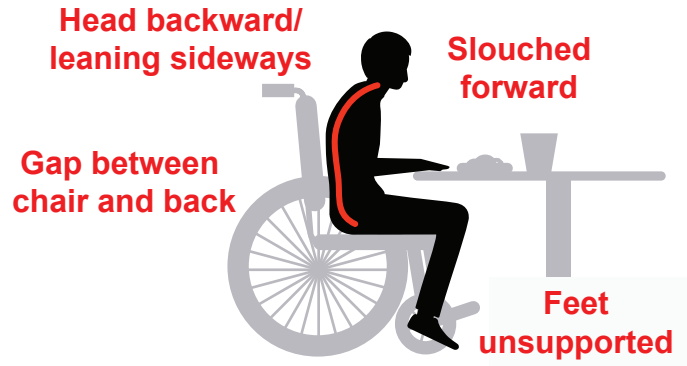
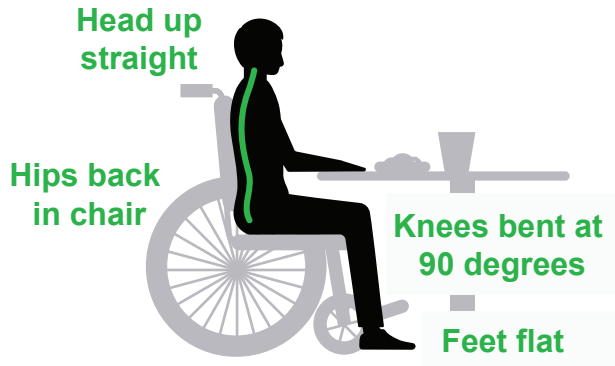




DINING POSITIONING TIPS

Help keep dining safe
(sit in chair or wheelchair)



While seated in chair or wheelchair, DO:

- ✓ Keep head/chin/neck upright
- ✓ Keep table at elbow height
- ✓ Have support at hips and back
- ✓ Keep both feet supported (on floor or footrests)



DO NOT Eat or Drink:

- ✗ While walking/moving around
- ✗ Sitting or lying on floor
- ✗ Sitting or lying in bed
- ✗ Sitting in recliner
- ✗ Riding/sitting in car/van

Every BODY is different.

Some people may not be able to get into these exact positions.
Consult with the health care provider for how best to support the person.