

Food & Drink “Safety Pause”





BEFORE FOOD & DRINK, STOP & THINK!


Before serving EVERY meal, drink or snack, all relevant Staff must participate in a “**Safety Pause**” by asking each other:


“What service user safety issues for meal, drink or snack times do we need to be aware of today?”

During the “**Safety Pause**”, the following mealtime safety concerns must be considered and shared with the whole team:

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- ▶ Has the **PERSON and the ENVIRONMENT** been prepared for the meal and/or beverage service?
 - ▶ Is the Person in a comfortable, upright **POSITION** for eating and drinking?
 - ▶ Does the Person **need SUPERVISION and/or ASSISTANCE** with food and drinks?
 - ▶ Have you considered medical needs, e.g. Oxygen requirements?

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- ▶ Does the Person have **RECOMMENDATIONS for EATING, DRINKING AND SWALLOWING (REDS)** in place for food, snacks and / or drinks?
 - ▶ What **LEVEL OF SUPERVISION and / or ASSISTANCE** is recommended?
 - ▶ Is the correct meal / food / drink **CONSISTENCY AVAILABLE?**

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- ▶ Does the person have any **FOOD ALLERGIES / INTOLERANCES?**
 - ▶ Is an **ALLERGEN FREE** meal / food / drink available?

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- ▶ Is the Person at risk of **MALNUTRITION** and / or **DEHYDRATION?**
 - ▶ **Have you identified those who require:**
 - Extra helpings?
 - Extra snacks?
 - Fortified food and drinks?
 - ▶ **Does the person:**
 - Finish their meals?
 - Take enough to drink?
 - Appear to have lost weight?
 - ▶ Is a **FOOD and/or Fluid balance CHART** available to monitor?
 - ▶ If able to eat & drink independently, is a drink or meal available & within their reach?

If you have any CONCERNS have you alerted your Mealtime Coordinator?



Mealtimes Matter

Putting People First at Mealtimes