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Knife Safety

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Introduction

Objective

To outline the proper use of knives and sharp objects in the kitchen to avoid injury.

Key Message:

- To understand how to avoid cut and scrape injuries
- To describe some helpful tips on knife usage
- To educate on the different forms of knives found in the kitchen and their various uses



Knife Safety

Tips on Proper Use of Knives
in the Kitchen

How to Properly Use a Knife

- 1. Start by setting up your workstation.**
 - a. Keep a damp towel underneath your cutting board to keep it from moving.
- 2. Choose a sharp knife or sharpen one.**
 - a. All kitchens should have a knife sharpening schedule, or contract with an outside company to sharpen their knives.
 - b. A dull knife is more dangerous than a sharp knife, since it takes more force to cut something with a dull knife which can cause it to slip.
 - c. Never touch the sharp side of the blade to test its sharpness.
- 3. Put a cut-resistant glove on your non-knife-holding hand.**
 - a. If your facility requires it, cover both hands in disposable gloves.
- 4. Hold the item to be cut with fingers curled in.**
 - a. If while cutting someone interrupts you, always place the knife flat on the cutting board. Do not attempt to multitask while cutting.
 - b. Always cut away from the body.

Knife Handling Tips

- Never use a knife for anything other than cutting e.g.. opening a can
- When handing a knife over to a co-worker, lay it down on a flat surface and allow them to pick it up
- Let it go: if a knife slips from your hand, let it drop to the floor while you step back. Also, let those around you know it is falling. Do not attempt to catch a falling knife
- Never leave a knife to soak in water. Always wash knives immediately after use, and store in a knife rack or sheath
- When carrying a knife always keep the blade tip pointed down and the cutting edge angled slightly away from your body

The Right Blade for the Right Job



Chef's knife

8-12"-blade. Good for slicing or dicing and cutting any large, thick cuts of meat.



Serrated knife

Perfect for cutting things with a hard exterior, like crusty bread. Not to be used on meats, as the saw-toothed edge will shred the flesh.



Paring knife

3-4"-blade. Given its small size and thin, sharp nature, this knife is good for peeling fruits and vegetables.



Utility knife

Like a chef's knife, but about half the size. This knife can be used for anything but the most delicate cutting tasks.



Boning knife

Extremely sharp and very thin blade. Good for delicate cutting jobs, like boning a chicken or filleting seafood.

Key Takeaways

- To avoid injury, it is important to follow the correct knife-handling procedure of setting up your work station, choosing a sharp knife, wearing a cut-resistant glove and cutting away from your body
- For a kitchen to run well, employees must work as a team. Knife safety is the same. Following some simple rules, such as allowing a knife drop to the floor without trying to catch it and passing a knife by putting it on a flat surface, will help keep everyone safe
- There are specific knives for every job in the kitchen. Knowing which knife to choose will make the task safer and more efficient



References

- <https://www.ishn.com/articles/101029-knife-safety-30-handling-tips-to-avoid-cuts>
- <https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=1&contentid=26>

Knife Safety Post-Test Answers

1. When handing a co-worker a knife, it is best to:
 - a. Toss it to them.
 - b. Pass it to them, handle side facing towards the co-worker.
 - c. Lay the knife on a flat surface to the person to pick up.**
 - d. All the above
2. You should use a chef's knife when a delicate cut is needed.
 - a. True
 - b. False**
3. One of the steps in the proper cutting procedure is putting on a cut-resistant glove.
 - a. True**
 - b. False
4. A dull knife is less dangerous than a sharp knife.
 - a. True
 - b. False**

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