

Knife Safety

Using a knife safely helps prevent injuries in the kitchen.

How to Hold a Knife

- Make sure the sharp edge is facing down.
- Place your thumb and first finger on either side of the blade, just in front of the handle.
- Wrap the rest of your fingers around the handle in a comfortable grip.

Using a Knife

- Always use a sharp knife. A knife that isn't sharp can slip off the food and cut you.
- Use a damp cloth or paper towel under your cutting board to keep it in place.
- When cutting, curl the fingers on the hand holding the food underneath your knuckles to form a "claw".
- Only use knives for cutting food. It is easy to get injured if you try to open a soup can with a knife, or to separate frozen items stuck together.



Move Around Safely

- If you need to step away, place the blade edge away from you and on the top portion of the cutting board.
- Hold knives close to your side with the knife tip pointing down if you are moving about the kitchen. Say loudly to be heard “behind” or “sharp coming through” to let people know you are walking around with a knife.
- Do not try and catch a falling knife!



After Using Knives

- Wash knives you've used immediately and place on clean tea towel to dry.
- If unable to wash knives immediately, place dirty knives on the counter where it is visible for others to see.
- **DO NOT** place knives directly in the sink. Someone will get a nasty surprise if you reach into soapy water and grab a blade by mistake.
- Store in designated areas in the kitchen.



Takeaways

1. Keep knives out of sinks.
2. Do not try to catch a falling knife.
3. Hold knives properly and move around safely.
4. Store knives properly.