

Facts About Professional Knife Safety

WHEN HANDLING A KNIFE

Cuts and lacerations are some of the most common injuries reported in restaurants. These types of injuries can be reduced by implementing some simple strategies.

- Keep knives sharp (dull knives are unsafe and cause fatigue)
- Never leave knives soaking in water
- Make sure your hands are dry and the surface you are working on is not slippery
- Place a non-slip pad under cutting boards
- Always use a cutting board. This will aid in keeping knives sharp
- Keep fingers tucked in on the hand that's holding the food when cutting
- Direct your knife strokes away from your body when cutting
- Hold the knife firmly with your dominant hand
- Never try to catch a falling knife, instead step back and warn others

WHEN NOT HANDLING A KNIFE

- After using a knife, clean it immediately and put it away
- Carry only one knife at a time, tip pointed down at your side
- Store knives securely in a knife block or in an appropriate rack with the sharp edges pointed away from you
- When you stop cutting, place knife in a flat safe place
- Never leave knives soaking in water