



Knife Safety

RULES OF KNIFE SAFETY:

- S**ecurely hold your knife
- A**nchor cutting boards
- F**ingertips curled back (BEAR CLAW)
- E**yes on your knife
- T**ake your time
- Y**ield to falling knives

DO'S and DON'Ts of Safe Knife Handling

DO:

- Use a knife only for its intended purpose
- Use the appropriate knife for the job
- Carry knives with the cutting edge slightly away from your body
- Store knives properly in racks or knife coverings.

DON'T:

- Touch knife blades (Can you explain why?)
- Try and catch a falling knife, let it fall (Can you explain why?)
- Hand a knife to someone. Put it down on the counter and let him or her pick it up.
- Leave a knife soaking in a sink of water (Can you explain why?)
- Talk to people while using a knife (Can you explain why?)

Stand at the right height: Kitchen counters are built to be the right height for **MOST** people. Students that are younger will need a chair or stepstool to make sure they are

tall enough to clearly see what they are cutting and to make sure they have a good, solid grip on the knife.

When Using a Knife, Peeler or Box Grater:

- Keep your fingertips out of harm's way by curling your fingers under on the hand that is holding the item you are cutting (bear claw). This puts your knuckles, not your fingers nearest the knife.
- Angle the blade away from your when slicing or peeling so the knife won't cut you if it slips.
- If you get distracted while holding the knife, stop what you are doing until you can focus on the task at hand.
- Never use a knife as a substitute for another tool.
- Avoid scraping food off a cutting board with the edge of a knife; it can dull the blade.
- Carry knives with the point downward.



Cleaning

- Lay the knife blade on a flat surface.
- Carefully wipe one side and then the other.
- Wipe from the spine (back) of the blade.
- Use hot water and soap when a knife has been used to cut meats, poultry or fish.
- Wash and dry knives by hand.



- Do not put knives into soapy water and leave it unattended. Someone could reach into the water and get cut.

Storage

- Store knives away from other utensils
- Always use blade covers or a knife block

