



# Facts About Professional Knife Safety

## **WHEN HANDLING A KNIFE**

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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)
- You should always cut away from your body, not towards it
- 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
- Never fling or throw a knife

## **WHEN NOT HANDLING A KNIFE**

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- 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 transporting a knife, wrap the knife inside a secured box or package. DO NOT transport inside a bag, purse, or plastic bags, as these knives are sharp and will cut through material.
- When you stop cutting, place knife in a flat safe place and a safe distance from children.
- Never leave knives soaking in water
- Do not test the sharpness of the knife by running your finger along the edge of the blade.
- Knives should only be used for their intended purpose. DO NOT use knives as can openers, screw drivers, box cutters, staple removers, or frozen foods. This can void your warranty.