

## Knife safety

### Introduction:

Improper use of knives is a common cause of injury in many industries, especially food service.

Knife-related injuries can be serious because the cut can involve tendons in the fingers or arm, which often times requires surgical repair.

### Hazards to watch for:

- **Improper storage of knives.** If not stored properly, a knife may not lay flat and may be laying blade up. Store knives in their designated area.
- **Dull knives.** A sharp knife will slide easily through what you are cutting with little force. If a knife is dull, more force is needed and there is more chance of slipping and cutting yourself.

### Safe procedures:

- Always cut with the blade of the knife angled away from you.
- Use a cutting board. Do not cut items in your hand.

- Use the correct knife for the task. For example: a paring knife for paring or a chef's knife for chopping.
- Never use a knife for opening boxes. Use retractable safety razor or box cutter.
- Cut away from your body and do not "hack" at food.
- If you should drop a knife, do not attempt to catch it.
- Use cut resistant gloves for routine cutting.
- Carry the knife with the point down.
- Do not wash sharp knives in a dishwasher. They will become dull.

### In conclusion:

Knives are a simple tool that are used on a daily basis. Using knives properly can avoid potentially serious injuries.

Let's talk about how knives should be used here at work and what we can do to prevent cuts in the future.