





KNIFE SAFETY TIPS







Be Prepared

- √ Have the correct knives for the work available
- ✓ Review proper cutting techniques for ingredients to be cut
- ✓ Select the right knife for the job
- ✓ Ensure knives are sharp and in good condition
- ✓ Ensure cutting board is stable on counter
- ✓ Use a cutting surface height that allows you to maintain a comfortable posture
- ✓ Carry knives with blade pointing downwards
- ✓ Select and inspect the appropriate personal protective equipment (PPE):
 - Gloves
 - Apron
 - Footwear

Work Safe

- ✓ Be aware of other people in your work area
- √ Maintain a tidy work area
- ✓ Only use knives to cut food, not to pry or open cans
- ✓ For deboning, use a suitable protective glove worn on the non-knife hand, and use a protective apron
- ✓ Put on appropriate PPE
- ✓ Clean/disinfect knife regularly
- ✓ Tuck fingers and thumb away from the blade
- ✓ Cut away from the body
- ✓ Keep wrist straight while cutting
- √ Take frequent micro-breaks from repetitive movements
- ✓ If a knife falls, get out of the way and let it go

Finish Right

- √ Place dirty knives in a safe location (not hidden in soapy water)
- √ Wash and dry knives individually after use
- √ Store knives in block, case or magnetic board
- ✓ Clean work area
- ✓ Clean and put away the PPE
- √ Wash hands and any exposed areas after use
- ✓ Let your supervisor know about any damaged or dull knives and any PPE that needs replacement or maintenance











)) Speak up!

If you see a hazard, let a supervisor know. Everyone plays a role in your safety and health.





HOW TO USE SAFETY CHECKS FOR WORKERS

Safety checks provide information for workers on how to work safely with specific hazards. Safety Check information can be used in orientation training, tailgate talks or even in one-one coaching. Use the following tips to help you communicate this information in your workplace:

- Use language that is consistent with the workplace
- Consider the work you do and specific examples of how these hazards can result in injury or illness
- Explain how the safe work practices will help prevent injury and illness
- Wherever possible, use the actual tools, equipment, materials and PPE to demonstrate proper use
- Ask specific questions during your talk to check understanding
- Keep a record of each talk that you deliver (see the form below)
- Post a copy of the Safety Check for workers to reference



OWNERS AND SUPERVISORS

Have you taken reasonable measures to control this hazard using the hierarchy of controls?

- Eliminating this hazard by using pre-cut ingredients
- Using well engineered, good quality knives
- Maintaining knives in good, sharp condition
- Training on knife selection and proper usage
- Posting signage on safe use and storage
- Implementing and enforcing a PPE program

Date:	_ Topic:		
Safety Check Session Leader:			
Learner Name (Please print)		Signature	





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