



KNIFE SAFETY TIPS



Be Prepared	Work Safe	Finish Right
<ul style="list-style-type: none"> ✓ 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): <ul style="list-style-type: none"> - Gloves - Apron - Footwear 	<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ 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.

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