

# Knife Safety

- ★ **Keep knives sharp.** If your knife is sharp, it will slide easily through what you are cutting, with little force involved. If the knife is blunt, you have to use force; it will be more likely to slip and there is real danger of cuts.
- ★ **Point Away.** When you are using a knife, don't cut toward you or your fingers. Pay a lot of attention to where the edge of your sharp blade is pointing, and make sure it can not get you if you slip a bit. Never cut anything that is placed in your hand.
- ★ **Don't leave sharp knives loose in a drawer.** Banging around in a drawer ruins the good sharp edge on your knives, and can be dangerous if someone reaches into the drawer. Store knives properly, a knife block or knife rack is best.
- ★ **Do not try and catch dropped knives.** If you are working with or handling a knife and you drop it, step back and let it fall, don't try to catch it. This sounds elementary, but the instinct is to try and catch it, and that can be dangerous.
- ★ **Put knives down safely.** When you are working with a knife, and you lay it down, don't lay it down with the blade pointing up and make sure it is away from the surface edge. Never drive a knife into a surface by its point.
- ★ **Don't use a knife to cut string, bones, metal, or paper.** These objects can dull the blade or create spurs on the side of the blade. They also provide undetermined resistance and can easily slip.
- ★ **Always use a cutting board.** Keep boards firmly in place by placing a damp towel underneath to keep it from moving around the countertop. Use the board and make sure it has ample space for the task.
- ★ **Use the right knife for the job:** paring knives for paring, a chef's knife for chopping or mincing, a cleaver for hacking or slicing, and so forth.
- ★ **Hand-wash your knives and dry thoroughly.** Never put knives into the dishwasher or drop them into a sink filled with sudsy water as the knives will not be visible and may cause cuts. Wash the knives separately.
- ★ **Always hold a knife by its handle, never the blade.** Carry the knife with the point down, and blade inward. Pass knives by offering the other person the handle.
- ★ **Keep your mind focused on the job when using a knife.**