

## Safe Handling and Storage of Knives Note Sheet – Answer Key

### Slide 2: Essential Safety Rules for All Kitchen Tasks

- To prevent injuries
  - **Pay close attention** to what you are doing
  - Avoid being **distracted** by others
  - Avoid **causing** distraction for others

*These rules are particularly important when using knives*

### Slide 3: Knife Safety

Knives are a frequently used kitchen **tool** for preparing foods. When used properly they are **useful** and **efficient**. When used improperly, they can be the cause of accidents and injuries.

Practicing safe techniques will reduce the chance of injury, maintain the quality and function of your knives, and make your kitchen work more enjoyable.

### Slide 4: Knife Safety Guidelines

- Keep knives **sharp**
  - Sharp knives take less effort and are less likely to slip and cause injury
- Always cut on a **cutting board** or cutting mat
  - Use a cutting board with grippers or secure it to the countertop with a damp towel or grip mat

### Slide 5: Knife Safety Guidelines (cont.)

- Choose the correct knife for the **cutting task**
- Cut **away** from your body
- Do not **point** knives at others
- Carry knives with the point down **at your side** and the sharp part of the blade facing **behind** you

### Slide 6: Knife Safety Guidelines (cont.)

- Pass a knife by **laying it down** with the handle toward the other person or hand it to them by gripping the **dull edge** of the blade and presenting the **handle** to the other person
- If a knife falls, Do **NOT** try to **catch** it, instead, carefully step back and allow it to fall, then pick it up by the **handle**

### Slide 7: Knife Safety Guidelines (cont.)

- Wash and dry knives **separately**
  - Leaving a knife in a sink of soapy water might cause someone to get cut when they reach into the sink
  - Wash and dry knives by holding with the sharp edge **away** from you as you wipe the **dull** side of the blade

### Slide 8: Knife Safety Guidelines (cont.)

- Store knives properly
  - A sheath, tray, knife block or knife rack keeps knives in **good condition** and prevents injuries
- Knives are tools for cutting **food**, do not use them as **other tools** for prying or as a screwdriver

### Slide 8: Knife Safety Guidelines (cont.)

- Cutting, slicing, chopping, mincing and dicing are enjoyable tasks in preparing food when you work efficiently and safe