



## Using a Knife

## Worker Info Handout

Knife usage resulting in cuts are the most common injuries in a commercial kitchen setting. Most incidents are caused by using a dull knife or the wrong knife for the job. Maintaining knife sharpness is very important. A sharp knife is a safe knife as it will cut through the item rather than slip off into your hand or fingers. Don't use a knife as a substitute for another tool.

**Direct Hazards:** Sharp Knife Blades

**Potential Injuries:** Cuts, Lacerations, Puncture Wounds, Over-use or Repetitive Strain

**Personal Protective Equipment:** Slip-resistant shoes

**Training Required:** On-the-job Training

**Legal Requirements:** N/A

### Important Information for Workers

#### Worker Responsibilities When Using a Knife:

- Set up your workstation using a clean, damp cloth to secure your cutting board to the counter.
- Gather everything you need for your task, so you don't have to leave your station unattended during the task.
- Position yourself well in front of your workstation with your feet shoulder-width apart.
- Never look away when cutting.
- Hold the knife with your dominant hand and grasp the item in the other hand tightly with your fingers curled inward. Guide the knife with your knuckles.
- Always cut away from your body when trimming or de-boning.
- If you get interrupted or distracted when using a knife, put it down.
- Place the knife down with the blade away from you if leaving your station unattended.



#### Worker Responsibilities When Walking with a Knife:

- Hold the knife close to your side with the tip pointing down and the blade exposed behind you, or have the knife wrapped.
- Bend your elbow slightly so the knife isn't so low that it could injure your calf as you walk.
- Say "sharp and behind" when moving past someone to announce the hazard.

#### Worker Responsibilities After Use:

- Never leave knives under food or on the edges of tables or boards.
- Clean knives immediately, or place them in a labelled container near the sink.
- Do not put knives in the dishwasher or leave them submerged underwater in the sink.
- Store them in a proper knife rack, block or knife bag when not in use.
- Keep your knives sharp.

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