

## Food Service – *Knife Safety*

Knives are a very important part of any food service operation. Commercial kitchens, restaurants, bakeries and even basic food service points have a need for knives to function from day to day. However, we can all agree that knives are one of the more dangerous items in the kitchen. Here are some tips for safe knife use:

- **Safety Gloves** - Always use a “cut resistant” glove when using a knife. They’re FDA approved and are made of a tough material called “Kevlar”. You might recall the name of the material, Kevlar, as it’s the same material that’s in bullet proof vests that police wear. Wear it on the hand that’s holding the food product and be sure to run it through the dishwasher when you’re done using it.
- **A Sharp Knife Is Safer** – Always keep knives sharp. When dull, a knife can slip from the food product and cause a serious injury.
- **Cut Downward** - away from your hand. Always curl the tips of your fingers in towards your palm when holding the food product.
- **Put It Back** – Never leave a knife lying on a table, chair, sink or desk. There are only three places that a knife can ever be –
  - 1) in use,
  - 2) stored safely in a drawer or on a knife rack, or,
  - 3) in the dishwasher (blade down, handle up).

Never put knives in a sink full of soapy or dirty water. Someone could reach into the water and severely cut their hand.

- **Let It Go!** – Never attempt to catch a dropped knife – let it fall. Step back away from a falling knife and warn others around you of the danger.
- **Wipe Away From The Sharp Edge** – if you need to wipe material off the blade, always wipe away from the sharp edge.
- **Never Touch The Sharp Edge** – Always use a food product of some kind to test the sharpness of a knife – NEVER use your fingers!