



Safety Talk



June 2021

Knife Safety

A sharp knife is a safe knife, but care and attention are required when working with them.

Here are a few tips to keep you and anyone else working in your prep areas safe.

1. Maintain a sharp edge with periodic sharpening. A sharp knife allows you to have more control without adding more force to cut through.
2. Cut on a stable surface, preferably a plastic or wooden cutting board, that is knife-friendly.
3. Don't use a knife as a can opener. This is just asking for trouble if the knife slips or if the tip breaks off.
4. Take your time while cutting, stay focused on the task at hand.
5. When cutting fruits and vegetables, cut them so there's a flat side and lay it down for stable cutting.
6. Never put a knife in a sink full of water. Wash them with the blade facing away from you.
7. Never attempt to catch a falling knife. Move away and let the knife fall to the ground.
8. When handing a knife to someone else, lay it down on the work surface to let the other person pick it up.
9. When walking through the prep areas, hold the knife straight down at your side with the sharp edge facing behind you.
10. Store knives properly in sturdy sheaths, trays, magnets or in a wood block. It keeps you safe and your knives safe.
11. Place your guide hand into a claw position when cutting. Keep your fingers and thumb tucked under to avoid any mishaps.

Remember, the key to good knife habits is to go slow, stay focused and follow proper safety guidelines.



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