Living Safely

with disabilities and special health needs

Safety with Knives





Kitchen knives are used to cut, chop, or slice food.

Knives can be used to spread things on food, such as butter or peanut butter.



Knives can be sharp and can hurt someone if not used safely. I should only use knives on food.



When holding a knife, I hold it by the handle.

I hold the knife the same way I would shake a person's hand.



When I'm carrying the knife, I always point the tip of the blade down toward the ground.

I need to look around when I walk to make sure nothing is in my way when I carry the knife.



If a knife falls, I step back and let it fall.

I never try to catch a falling knife. It could cut my hand



I use a cutting board when cutting food with a knife.

I can cut food on my plate when eating.



When cutting food with a knife, I can stick a fork into the food with my other hand to keep it steady while I cut.



Image source –
https://www.foodnetwork.com/how-to/packages/help-around-the-kitchen/photos/learn-pro-knife-skills

When cutting with a knife, I put my index finger on the flat side of the blade.

I keep my other fingers tightly around the handle, close to the blade but not on the blade.

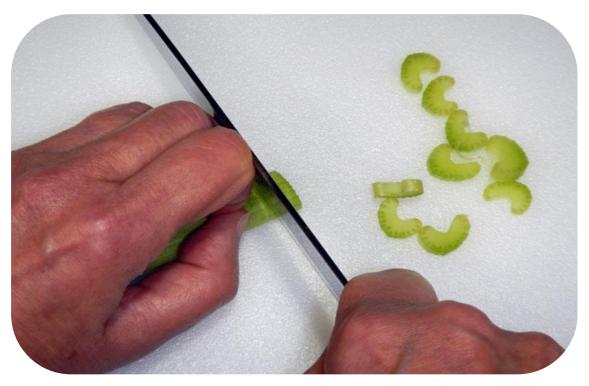


Image source – https://food.unl.edu/how-use-chefs-knife

When cutting something round such as a piece of fruit or a vegetable, I need to be careful when holding the food with my hand.

I keep my fingers tucked into my hand to keep them from accidently slipping under the blade.



If I am unsure about how to use a knife, or if I would like help to cut food with a knife, I should ask someone I trust to show me or help me.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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