

# Living Safely

with disabilities and special health needs

## Safety with Knives



Children's  
Specialized Hospital®

An RWJBarnabas Health facility



---

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 accidentally 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](http://www.rwjbh.org/cshlivingsafely)

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

The information contained in *Living Safely with Disabilities and Special Health Needs (Living Safely)* is provided for educational and informational purposes only. The content contains general information and may not reflect a person's individual needs or current legal developments or information. Children's Specialized Hospital makes no guarantee, either communicated or implied, about the accuracy, application, appropriateness, or completeness of the information within *Living Safely*, or at any other website to which it is linked. Children's Specialized Hospital specifically relinquishes all liability with respect to any person's actions, taken or not taken, based upon any or all of the information or other contents from *Living Safely*.



This initiative was funded in part by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.



© 2021 Children's Specialized Hospital