

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. Only use knives on food.



When holding a knife, hold it by the handle. Hold the knife the same way you would shake a person's hand.



When you're carrying the knife, always point the tip of the blade down toward the ground. Look around when you walk to make sure nothing is in your way when you carry the knife.

[continued on the next page](#)

Safety with Knives – Continued from previous page.



If a knife falls, step back and let it fall. Never try to catch a falling knife. It could cut your hand.



Use a cutting board when cutting food with a knife. You can cut food on your plate when eating.



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



When cutting with a knife, put your index finger on the flat side of the blade. Keep your other fingers tightly around the handle, close to the blade but not on the blade here.

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

continued on the next page

Safety with Knives – Continued from previous page.



Image source –

<https://food.unl.edu/how-use-chefs-knife>

When cutting something round such as a piece of fruit or a vegetable, be careful when holding the food with your hand. Keep your fingers tucked into your hand to keep them from accidentally slipping under the blade.



If you are unsure about how to use a knife, or if you would like help to cut food with a knife, ask someone you trust to show you or help you.

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

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