

# I Am Safe with Knives



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**RWJBarnabas**  
HEALTH

Children's  
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Knives are used for cutting food. I use a knife only when I cut food.

Knives can be sharp and can hurt me or others if they are not used safely.

I always tell an adult when I want to use a knife.



I am careful when carrying a knife.

I always carry a knife with the point down toward the ground.

If the knife falls, I step back and let it fall. I never try to catch the knife. It is dangerous.



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

I never touch the sharp part of the knife with my fingers or any other part of the body.



Using a cutting board when I prepare food is the safest way to use a knife.

When I cut something, I hold the item I am cutting with one hand while I tuck my fingers in toward my hand.

Adults can teach me other important ways to be safe with knives.



# Let's get to know each other !

Find more great resources at  
[RWJBH.org/CSH](http://RWJBH.org/CSH)

