

Knife Safety

Chef's Knife



- Largest knife in the kitchen.
- Usually 8 – 10" long.
- Should feel comfortable and balanced in your hand.
- Select a chef's knife with a full tang, meaning that the blade should go completely through the handle to promote long wear and stability.
- Use the chef's knife to cut any food that would be chopped or minced or needing a cutting board including herbs, slicing watermelon, cutting all types of fruits and veggies and more!

Paring Knife



- Small blade – 2 ½ - 4" long
- Mainly used for peeling fruits and vegetables
- Also used to create garnishes

Cutting Tips

- * Always cut slowly and with care.
- * Cut away from the body.
- * Make sure to cut with dry hands to prevent slippage
- * Keep distractions out of the kitchen when you are chopping.
- * Pay attention as you chop to prevent injury.
- * Any time you are chopping fruits and vegetables, chop in half first to create a flat surface. This will give you better control so the food won't roll under the knife.

The Three Essential Kitchen Knives

Chef's knife

Paring knife

Serrated bread knife



Serrated Bread Knife

- Must be very sharp to slice bread.
- Blade must be at least 7" long, but preferably 9" to adequately slice bread – the longer the blade, the cleaner the slice.
- Serrated knife allows bread to be sliced easily.
- Bread knives can also be effective for cutting tomatoes.

Safety Tips

- Always use the correct knife for the task.
- Never use a knife to perform inappropriate tasks, such as opening a can or bottle. Doing so could damage the knife and injure you.
- Always use a sharp knife. More accidents happen when using a dull knife because it may require more force.

Storing Knives

Always store knives separately using a

- knife block
- specially designed blocks for kitchen drawers
- magnetic strip

Careful storage will help to keep the blade sharp.



Using the Knife to Chop

- * Use your non-dominant hand (guiding hand) in a “claw” to stabilize the food to be cut.
- * Using the “claw” will prevent your fingers from being cut. The link below will show you how to hold your other hand to keep it safe.
- * As you chop, use the dominant hand to rock the knife without lifting it.
- * The guiding hand (using “the claw”) will move the food toward the knife as you chop.

Cutting Board Tips

- ◆ Use a clean wooden, bamboo or plastic cutting board.
- ◆ Avoid glass, ceramic and marble cutting surfaces. They dull knives.
- ◆ Stabilize the cutting board by placing a flattened damp towel under it. This will prevent the board from slipping.

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What's wrong with this picture?

<— — — Look at the picture to the left:

- ◆ Notice the way each hand is positioned.
- ◆ The knife is held improperly.
- ◆ The guiding hand is not in “the claw” position.
- ◆ The knife has left the board.

Carrying Knives

- When carrying a knife, hold it by the handle with the point of the blade straight down at your side. Make sure the sharp edge is facing behind you.
- Don't try to catch a falling knife. Step away and let it fall.
- When passing a knife to someone, lay the knife down on the work surface or pass it carefully holding the dull side of the blade with the handle facing toward the other person.



Use Separate Boards for Different Foods

- * Have at least two separate cutting boards to reduce the risk of cross-contamination.
- * Dedicate one for raw meats, poultry and fish.
- * Use the second board for cutting breads, vegetables, fruits, and other foods.

Cleaning Knives

- ◇ Always hand wash, sanitize, and dry knives before putting them away.
- ◇ When washing knives, keep separate from other dishes.
- ◇ Carefully dry knives from the dull side.



Cutting Board Safety & Sanitation

- * Always use a clean and sanitized cutting board.
- * Sanitize the meat cutting board with a solution of a tablespoon of chlorine bleach to one gallon of water.
- * Replace the cutting board when it develops significant grooves. Disease causing bacteria can grow in the grooves.