

# 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.

## 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.



## 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.