Knife Handling and Safety

Knives are useful tools for preparing food, but they can also be dangerous.

Handling a knife:
- Keep fingertips curled under the hand that is holding the food.
- Point the blade away from your body when cutting, washing, or drying a knife.
- Always use a cutting board.
- Secure your cutting board with a damp paper towel or non-slip mat.
- Do not use the knife while distracted.
- Do not leave the knife near the edge of counters or tables or in a sink full of soapy water.
- Use knives only for cutting food.
- Carry knives with the blade pointed downward.
- Keep knives sharp.
- Do not try to catch a falling knife.

Cleaning a knife:
- Wash and dry the knife as soon as you are finished and put it away.
- Keep the knife blade and handle clean with soap and water to avoid slipping.
- Hand wash knives. Never put knives in the dishwasher as it dulls the blade.
- Lay knives flat, never on the back or edge.

Storing a knife:
Store knives in:
- A wooden knife block
- On a wall mounted magnet strip
- In racks or trays
- Away from open flames or extreme heat
- Separate from other utensils

Use the right knife for the job

<table>
<thead>
<tr>
<th>Chef’s knife:</th>
<th>ideal for chopping and slicing most foods</th>
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<tbody>
<tr>
<td>Paring knife:</td>
<td>ideal for small jobs such as peeling, coring and trimming vegetables</td>
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