



## 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

#### Chef's knife:

ideal for chopping and slicing most foods

#### Paring knife:

ideal for small jobs such as peeling, coring and trimming vegetables

