

KNIFE SAFETY TIPS

- Inspect knife before each use
- Use a sharp knife
- DO NOT use a damaged knife
- Use the correct type of knife for the job – Review *Knife Terms and Techniques*
- Always use a cutting board with corner grips
- Wear cut resistant gloves – Review *Care & Maintenance*
- Use scrub brush to clean and sanitize knife handle and blade
- DO NOT place or wash knives in sink
- Take micro-breaks to relieve tired muscles
- Store knives in designated areas in the kitchen
- Do not attempt to catch a falling knife
- Carry knife down at your side when walking through the kitchen
- DO NOT improperly use knives for tasks other than cutting (*E.g. open bottles, cans or to separate frozen patties*)



Knife Usage

Holding a knife

- Grasp the knife with all fingers, and hold your thumb against the side of the blade;
- Hold the object to be cut in your other hand, protected by a cut resistant glove and a disposable glove over top to keep clean;
- Keep your fingers curled under and letting your knuckles guide the blade;
- Move the blade forward and down; and
- Keep the tip of the blade on the cutting board, while moving the heel up and down as you cut.



Knife Terms and Techniques:

- **Chef knife** – blade is usually 8-14 inches long; wide at the heel and tapered at the point. Most frequently used knife in the kitchen used for general purpose chopping, slicing and dicing.
- **Paring knife** – short blade usually 2-4 inches long; used for trimming and paring vegetables and fruits.
- **Utility knife** – blade is usually 5-7 inches long; narrow and pointed.
- **Slicer** – long slender flexible blade up to 14 inches long; used for carving and slicing cooked meats.
- **Serrated knife** – blade has teeth or notches; used for slicing bread and cakes.
- **Y-Peeler or Straight Peeler** – thin blade held in place with handle used to remove peels and rinds from cucumbers and mangos.

Cleaning

- Clean and sanitize knives (both handle and blade) using a scrub brush after use
- Properly store knives in the designated knife holder after use

Cut Resistant Gloves: Care & Maintenance

A cut resistant glove is provided to each employee within Hospitality Services, to use when performing cutting related tasks in the kitchens at Western. Best practises of glove care and maintenance are as follows:

- To be worn on the non-cutting hand during cutting tasks;
- Disposable gloves are to be worn overtop to keep the cut resistant glove clean;
- Disposable gloves should fit snug overtop of the glove;
- The cut resistant glove should be stored with personal belongings when clean and not in use;
- Cut resistant gloves should be washed regularly – safe to go through the dishwasher; and
- Drying racks are provided to hang gloves up to dry following a shift so they are dry and ready for the next shift.

