

KNIFE SKILLS

- Use sharp knives. Dull blades cause more accidents.
- Always hold a knife by its handle.
- Do not allow the blade of the knife to extend over the edge of a table or cutting board.
- Never attempt to catch a falling knife.
- Carry a knife by the handle with the tip pointing down and the sharp edge facing behind you.
- Pass a knife to coworker safely by laying it down on the work surface or presenting it with the handle toward the person taking the knife.
- Keep knife handles free of grease or other slippery materials.
- Do not put knives in sinks or where they cannot easily be seen.
- Grip the knife with thumb and index finger at the heel of the blade and three fingers curled around the handle.
- Hold the tip of your index finger back slightly to keep it away from the cutting edge.
- Use your other hand to guide foods, with fingertips curled back out of the way.



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