



## KNIFE SAFETY

Here are some safety tips that will help you keep from being hurt when you work with your kitchen knives and the other sharp edges around the kitchen.

- Purchase a good knife
- Keep your knives sharp. If your knife is sharp, it will easily slide through what you are cutting with little force involved. If the knife is dull, you have to force it to do the cutting, and if you slip a little, the force makes the knife glance off anything in its way, often cutting the user.
- When you are using a knife, don't cut with the edge toward you or your fingers. If you slip, the blade keeps going toward you and can easily cut you. Pay attention to where the edge of your sharp blade is pointing and make sure it cannot cut you if it slips.
- **Always use a cutting board.** Knives should not be used on kitchen counters, metal, glass, or steel surfaces when chopping, slicing, or mincing. Using a knife on such a surface can cause slipping and sliding. When setting up a work area, place a damp kitchen towel beneath the cutting board to prevent it from slipping while you work.
- **Protect your fingers.** Curl your fingers under and position them on top of the item to be cut, for example, an onion half. With your hand on the item and fingers safely tucked, place the side of the knife next to your knuckles. Maintain a strong grip on the item you are cutting.
- **Always store knives in a knife holder.** Storing knives loose in a drawer with other tools can damage the knife blade. More importantly it can lead to severe cuts.
- If you are working with or handling a knife and you drop it, stand back and let it fall, don't try to catch it. This sounds elementary, but instincts tell you to grab it.
- If you have a dirty knife, don't toss it in the dishwasher. There is a good chance the dishwasher, which may be you, will come up with a handful of sharp knife-edge. Banging around in the dishwasher will also ruin a good edge, so make sure you wash the knives separately.
- When you are working with a knife don't lay it down with the edge pointing up. It is hard to see the edge and someone could accidentally put his or her hand down on it.
- **Clean knives.** Carbon steel knives should be washed and dried immediately after using to prevent rusting. Never soak knives in water. Do not place your knives in the dishwasher – always wash them by hand or the handles will gradually deteriorate and the blades will dull.
- One last non-knife piece of advice – any kind of broken glass is incredibly sharp and dangerous. Clean it up carefully and make sure you don't leave pieces of it in the sponge for the next guy. Don't just toss broken glass in the trash bag to cut the person who picks up the bag later. Wrap it in old newspaper or something comparable and if there is a lot of it, warn all concerned. Don't ever toss glass in a trash bag you are going to throw over your shoulder.