



Follow these guidelines while using knives to prevent injury:

- Keep knives sharp; dull knives slip more easily than sharp ones.
- Take your time and concentrate when using the sharpening steel or other sharpening implement.
- Choose the proper knife for the job:
 - Paring knife: for paring fruits and vegetables.
 - French knife: used to chop vegetables.
 - Cleaver: to crack bones.
 - Boning knife: to slice meat.
 - Slicer: use for slicing prepared meats and bread.
- Using a cutting board:
 - Place a wet galley towel under the board to prevent it from slipping
 - Place the product, to be cut, on cutting board
- Always cut away from your body; do not hack, use smooth strokes!
- **Use cut resistant glove on hand, which holds the item to be cut.**
- Let falling knives fall! NEVER attempt to catch them!
- Store knives in their proper place immediately after use and cleaning. Do not store in rack that leaves the blade exposed.
 - NEVER keep knives stored in drawers with other utensils such as measuring spoons, always store knives with knives only!
- DO NOT place a knife in a sink of water, making it invisible. After using a knife; wash, sanitize, dry, and store it, or use it for the next task.
- When carrying a knife:
 - always carry it with the point down, the dull side of the blade forward and the sharp edge towards the back.
- When passing a knife:
 - Hold it by the handle, and allow the other person to grasp the handle as well.
 - Place it down on a flat surface, allowing the other person to retrieve it by the handle
- Only use a knife for what it is intended for, it is not an ice pick, or a can opener

It is important for any food service operation that uses knives and equipment with sharp edges to understand how the type of accidents involving these implements happen and how to prevent them. It is very important for us to understand and to take measures to prevent these kinds of injuries.