

### Student Handout

#### Knives and Sharps

Knives and other sharps, such as meat slicers, are essential tools for the culinary artist, but they're also the cause of many injuries, both minor and severe. Safe work habits will decrease your chances of losing time from work or losing a finger.

#### Examples of hazards

- ☐ Knives
- ☐ Meat slicers

#### Safety tips

- ☐ Knives, cleavers
  - Use the right knife for the job and make sure it's sharp.
  - Use a cutting board or flat surface.
  - Hold the knife with your stronger hand.
  - Curl your fingers and cut away from your body when trimming or deboning.
  - Store knives securely in proper racks.
  - Around the sink
    - Do not drop knives into dishwasher.
    - Keep knives out of the sink.
    - Clean knives immediately after use, or place in a container for "knives only" near the sink.
- ☐ Meat slicers, other bladed cutters, grinders
  - Make sure you have training on using a meat slicer, and follow the written safe work procedures.
  - Use guards and glides at all times.
  - Secure meat properly and set slicer before cutting.
  - Never reach across the blade.
  - Turn slicer off and set to 0 after use.
  - Unplug slicer before cleaning.
  - Use cut-resistant gloves on both hands when cleaning.



