

# KITCHEN KNIFE SAFETY



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## 12 Tips for Preventing Knife and Cutting Injuries

- 1 Choose the right knife for the task.
- 2 Keep knives sharp by periodically sharpening them.
- 3 Use a proper cutting board/block.
- 4 Make sure chopping board/block is secure on a flat table.
- 5 Clean knife handle if oily or greasy.
- 6 Hold knife with your dominant hand and keep firm grip on handle.
- 7 Chop ingredients flat-side down.
- 8 Cut away from your body.
- 9 Do not rush while cutting/chopping. Pay attention at all times.
- 10 Never leave knife in sink where it can be covered by soap or dishes.
- 11 Wash knife with blade facing away from you.
- 12 Store knives properly in sheaths, trays, or blocks.

If you experience an injury at work, report it to your supervisor immediately.

Submit an online accident/incident e-form within **24 hours** via:

[ehs.utoronto.ca/report-an-incident/](https://ehs.utoronto.ca/report-an-incident/)