



## C is for Correct Cutting

U. S. Consumer Product Safety Commission data indicate in 2005 more than 80,000 youth aged five to 19 years were treated in hospitals for injuries received while using knives. Most injuries occurred to the fingers (64%) followed by hands (20%), forearms (4%), and wrists (2%). Nearly all of the injuries were lacerations with a relatively small number of puncture wounds. Many of the injuries were caused by the knife user being careless or inattentive and could have been prevented by taking several simple precautions.



### General Knife Safety

- Always keep your knife sharp. Dull knives are more dangerous than sharp knives.
- Never run or climb while carrying a knife with an unprotected blade.
- When using a knife, cut in a direction away from your body and fingers, hands, arms, and legs.
- Use knives in well-lighted work areas.
- Never engage in horseplay with knives.
- Only use knives for their intended cutting/slicing/carving purpose. Do not use knives for prying, screwing, hammering, or pounding.
- Never throw a knife.
- Do not attempt to catch a dropped a knife. Let it fall and then pick it up.
- Never use a knife on live electrical cords or equipment like appliances.
- Always set the knife down to pass it to another person. Let them pick it up.
- Focus on the task at hand when using a knife. Stop using the knife if you want to look up.
- Always use a cutting board when slicing food.
- When using a chef's knife to slice smaller food items (carrots or celery), hold the knife handle with your last three fingers and grasp the blade with your index finger and thumb. Place the knife tip on the cutting board and slice downward using a continuous rocking motion. Use your other hand to stabilize the food being cut and guide the knife. Protect your fingers by keeping them curled in a "C" and your thumb by tucking it behind your curled fingers for Correct Cutting. See illustration above.
- When using a chef's knife to slice larger food items (potatoes or onions), hold the knife as described above. Start the cut with the tip end of the knife and force the knife down and forward across the food until the knife heel encounters the cutting board. Use your other hand to hold the food while protecting your fingers and thumb as described above in the "C" for Correct Cutting.
- When not being used, keep pocket knife blades folded and straight-blade knives in sheaths or holding racks.
- If you suffer a cut or puncture wound, tell an adult, parent, or guardian. Wash the wound with soap and water and cover with a clean bandage. Wear a food service glove on your bandaged hand. Seek medical attention if the wound is large/deep or appears to be infected. The knife and cutting area needs to be cleaned and sanitized with soap and water, then soaked in a bleach solution (1 Tablespoon bleach in 1 gallon of water) for 15 seconds. Any food that has been contaminated by the blood spill needs to be put in a plastic bag, sealed and disposed of properly. Be sure an adult helps.

