

# SEE CARE SHARE SAFETY CONVERSATION



SEE



CARE



SHARE

WE LOOK OUT FOR EACH OTHER

## SEE CARE SHARE

### WHAT WE ARE GOING TO LEARN

In this safety conversation we will discuss the safety precautions to take when selecting, using and storing knives in your workplace. We will also discuss useful tips to avoid injuries from knives.

### HOW IT WILL HELP YOU IN YOUR JOB

Following this conversation, you will:

- Understand the knife selection process
- Know the safest way to store and look after knives
- Understand the fundamentals of using a knife safely
- Be given tips to avoid nicks and cuts from knives

### WHAT YOU NEED TO KNOW

Getting the knife selection right ensures you have the right tool for the job, this will make the job easier and safer.

#### Know Your Knives



##### Chef's Knife

Usually, the largest knife in the kitchen, a multi-purpose knife.



##### Utility Knife

A slightly narrower blade than a chef's knife.



##### Bread Knife

The serrated blades of bread knives can cut soft bread without crushing it.



##### Boning Knife

This knife is for deboning meat. The more flexible blade makes in perfect for this.



##### Paring Knife

Typically, 2" to 4" inches in length, the pairing knife is ideal for cutting and slicing small objects

#### Knife Storage

Storing your knives safely and securely is vital to ensure there are no accidental cut injuries. Knives to be stored on suitable racks or magnetic holders; or neatly in a suitable container or drawer clearly marked "Sharp Knives". Knife drawers must not be used for storing any other items. Remember to keep your knives and wherever you are storing them clean at all times. If storing in drawers make sure they are all facing the same direction.

#### General Knife Safety

There are some basic practices that must be followed when handling or using knives:

- The condition of knives to be checked before use. Damaged knives must not be used and safely disposed of
- The correct knife to be selected for the task
- Only carry knives with the blade pointing downwards and never attempt to catch a falling knife
- When using a knife, hold with a firm grip, cut downwards and/or away from the body
- Do not cut items whilst being held in the palm of the hand
- Never use a knife to separate frozen items of food, e.g. burgers, chops
- Make sure to use your chopping boards on a flat, dry and stable surface
- Wash sharp knives individually and never place them into sinks
- When cutting round items always slice one side to create a flat edge and stabilise the item whilst slicing.



### SPEAK OUT

- Stop using, report and replace damaged knives
- Challenge colleagues who are not using the correct knife or handling them incorrectly

### BE MINDFUL

- Concentrate on the task when using knives and do not distract others
- When handling or walking with knives be aware of those around you
- Store knives safely and securely

### GET INVOLVED

- Describe 5 ways to avoid cut injuries?
- What should knife is best for cutting small items i.e. fruit
- Why is important to keep your knives sharp?
- What are you going to do differently when handling or using knives now?

### MORE INFORMATION

- HSE Website – Workplace Safety Management System
- STCCS 11a – Safety with Sharp Knives
- STCCS 11b – Sharpening Knives with a Steel

#### VISIT THE HSE WEBSITE

