

**Q. Ask for examples of other causes of cut injuries and how to prevent them?**

- Broken crockery or glass in a sink
- Clearing up and disposing of broken crockery and glassware
- Using and cleaning equipment with sharp blades, e.g. slicing machines, food processors, mandolins, tomato witches, hand-held blenders, vegetable choppers etc
- Polishing glasses
- Cleaning dishwashing and glass-washing machines
- Cleaning equipment with known sharp edges
- Opening and disposing of cans
- Using and assembling roll cages
- Opening and breaking down cardboard boxes

**Q. And how to prevent them?**

- Wear cut resistant gloves for tasks when instructed to
- Disconnect electrical equipment from the power supply before attempting to dismantle and clean
- Drain the water out of the sink before attempting to remove broken crockery and glassware and wear protective gloves
- Avoid handling crockery and glassware breakages whenever possible. Use a brush to sweep up and dispose carefully into a rigid container
- Never submerge mandolins and tomato witches into a wash up sink where they may not be seen and someone may plunge their hands in a cut themselves. Use a brush to clean the blades
- Take care when cleaning inside dishwashing and glass-washing machines to avoid being cut by breakages that may be present
- Before polishing glassware, inspect for damage such as chips on the rim or cracks and remove defective glasses from service
- Polish glassware with a glass cloth, taking extra care not to exert excess pressure in case the glass is fragile or should crack. Do not twist the glass or glass stem
- Safety knives for cutting cardboard boxes and containers are available from Bunzl

## Your validation

### Questions

- Describe 5 ways to avoid knife cut injuries?
- What precautions would you take when cleaning an item of equipment which has sharp blades?
- What simple action can you take to reduce the number of cutting injuries by up to 50%?



## Putting what you've learnt into practice

### REMEMBER

- ALL CUTS ARE PREVENTABLE
- RESPONSIBILITY IS IN YOUR HANDS

## For further support

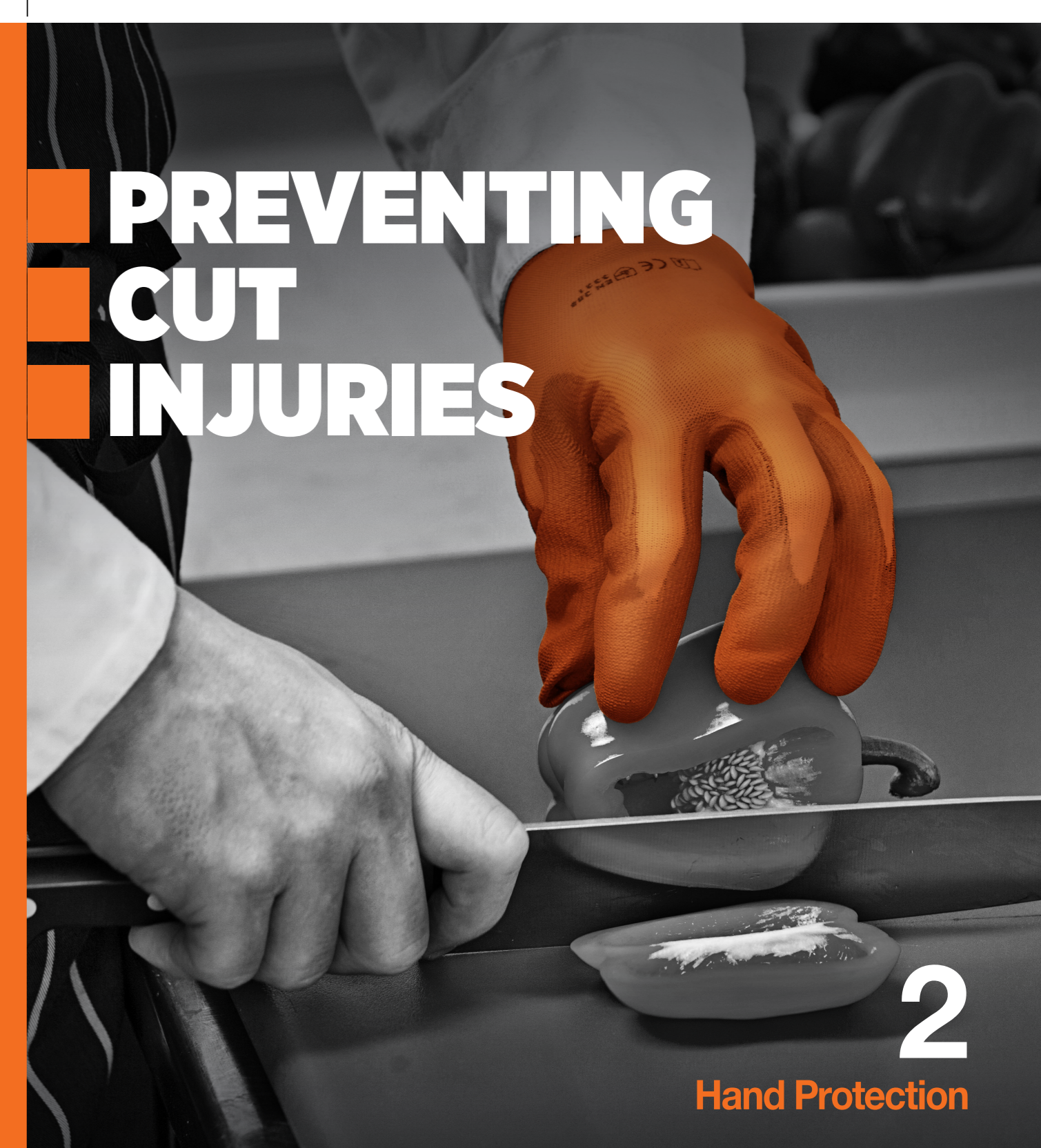
To support this training, please refer to the following;

- Safety First posters and information displayed in your unit
- See also: [www.mycompasshse.co.uk/138.htm](http://www.mycompasshse.co.uk/138.htm) Risk Assessments in the Compass HSE website and view specific mandatory, commonly used and catering risk assessments.

Compass HSE website  
[www.mycompasshse.co.uk](http://www.mycompasshse.co.uk)  
[www.mycompasshse.ie](http://www.mycompasshse.ie)

HSE Helpdesk 0121 457 5194 HSE Out of Hours 0121 457 5370 HSE Fax 0121 457 5383

# PREVENTING CUT INJURIES



2

Hand Protection



## What you're going to learn

In this Safety Conversation you will learn about the main causes of cut injuries in our business and how to prevent them. Taking part in this Safety Conversation demonstrates good safety behaviours; you will be able to:



### FOLLOW RULES

and use the right procedures to stay safe



### BE MINDFUL

of the risks of cutting yourself



### SPEAK OUT

to check understanding and to report incidents



### GET INVOLVED

and talk about safety issues

Following this Safety Conversation, you will:

- Be aware of the types of cut injuries that commonly occur in our business
- Be clear about the things you can do to avoid cut injuries

## What you need to know

The most common cut injuries happen when using knives

**Q. Ask the group to give examples of how this happens and what can be done to prevent cuts from knives?**

- Using the wrong type of knife for the task
- Not holding a knife correctly
- Holding food items in the hand whilst cutting it
- Not carrying the knife correctly
- Trying to catch a falling knife
- Applying too much pressure to the knife
- Carrying knives to wash on top of chopping boards
- Lapse of concentration or poor judgement
- Knife left in the sink
- Sharpening
- Using a blunt knife

**If you sharpen knives as part of your job you must follow our sharpening knives with a steel process – see poster for guidance.**



## Preventing cuts from knives

- Where possible the use of knives shall be eliminated or substituted for scissors or safety knives. This should include cutting tasks in store rooms and tasks in areas beyond the kitchen
- Chopping and shredding tasks may be completed using a food processor instead of cutting by hand
- Scissors should be used for cutting milk pergal and other similar nozzles, frozen vegetable packets etc
- Safety knives should be readily available in the stores for cutting tape and opening cardboard boxes
- Keep your knives sharp
- Always cut on a firm surface
- Keep free hand out of line of cutting
- Wear a cut resistant glove on the hand not holding the knife
- Keep knives secure when not in use
- Let a dropping knife come to rest before picking it up

- Never use a knife as a lever or screwdriver
- When carrying a sharp knife always hold it by you side, pointing down to the floor with the sharp edge facing behind you
- Store knives in a knife rack or on a magnetic holder; not in a drawer
- For food safety reasons wear a single use disposable glove over the cut resistant glove for each task

### Using cut resistant gloves

#### GREY single glove or pair

1. Wash your hands before and after wearing cut resistant gloves and disposable food preparation gloves.
2. Put the (GREY) cut resistant glove onto the hand that will be holding the food.
3. The disposable outer gloves MUST be changed when moving between raw and ready to eat foods to avoid cross contamination.
4. When changing single-use disposable food preparation gloves ensure that both gloves in the pair are changed.

5. When changing/removing the cut resistant glove and the disposable food preparation gloves this must be carried out in the following sequence:
  - Remove the glove from the knife hand first by grasping the top of the cuff and pulling it off by peeling it inside out and disposing of it straight away.
  - Reach inside the cuff of the disposable glove on the non-knife hand, and remove it by peeling it inside out and disposing of it straight away.
  - Remove the cut resistant glove with minimal risk of contamination.
6. The cut resistant gloves can be re-used provided they are not soiled or contaminated.
7. THIS PROCESS MUST BE DEMONSTRATED DURING SAFETY CONVERSATION TRAINING.
8. Keep your gloves in good condition and do not share them with colleagues.

### Laundering and storage

1. If the cut resistant glove becomes soiled or contaminated it must be laundered.
2. Laundering facilities vary from contract to contract, your unit manager will advise you on the contract best practice. For example: where you launder your own uniform you can include the cut resistant gloves in the wash.
3. If your gloves are issued to you then you are responsible for ensuring they are laundered and stored correctly.
4. Ensure that washing/laundrying of cut resistant gloves is effective in sanitising the gloves (use a biological washing detergent).
5. Store your gloves securely, for example: in your personal locker/ plastic container with lid.
6. Ensure that colour coded gloves are not stored in contact with each other.
7. When storing gloves ensure they are dry and clean.

### Important

- Do not use the glove against flame or temperatures greater than 70°C i.e not to be used as an oven glove
- Do not use against chemicals
- Gloves are not puncture resistant

