

**Dietary – Safe Use of Knives****What Should I Do?**

Ensure you are kept safe from harm so far as is reasonably practicable.

Assess the risk.

Eliminate/manage the risk of injury so you don't suffer from a cut.

**What are the Hazards?**

Injuries involving knives are common.

Can lead to injuries to the non-knife hand, upper arm, other body parts.

**How Can I Eliminate/Manage the Hazards?**

- Participate in training, and use the skills, for safe use of knives
- Know and use safe work practices and procedures (e.g., for use, sharpening, storing)
- Use the right knife for the task you are doing, and for the type of food you are cutting
- Keep your knives sharp
- Handle all knives carefully when washing, using and putting away
- Only use a surface that is stable and intended for cutting
- Wear personal protective equipment, such as a protective glove, apron
- If you must carry your knife from one location to the other, carry it with the blade pointing down and WALK, don't run
- Store knives appropriately, using the correct case or container

**Always Avoid:**

- catching a falling knife – it could sever your finger or hand
- using a knife as a can opener or lever – it could slip and cause injury; the tip could break off and cause injury
- leaving knives on work surfaces – others may get injured; it may be accidentally knocked off the table
- carrying knives and other items at the same time – puts you and others at risk
- carrying a knife in your pocket, no matter how small
- horseplay, fooling around

**Safety Talk Discussion**

**Be Accountable: Choose safety - work safe - and go home injury free!**