

# Knife Safety



## Hold Knife Properly:

Grip the knife where the handle meets the blade. Place your thumb on one side of the blade and index finger on the opposite side.



## Create a Flat Surface:

With round foods, cut them in half first. Lay the flat side down, then cut. This will make the food more stable.



## Make a Claw:

Tuck your fingers toward your palm to create a claw with the hand holding the food. This will prevent you from cutting your fingertips.



## Never Cut Foods in Your Hand:

Always cut foods on a cutting board, never in your hand. Place a damp paper towel under the cutting board to keep it from slipping.



## Point the Knife Blade Down:

When walking with a knife, point the blade down. Pass knife to others by the handle. Do not try to catch a falling knife.