

# PREVENT CUTS

**Keep knives sharp.** Dull knives are more likely to slip and cut you instead of the food.

**Use a cutting board.** Place a damp cloth under the cutting board to keep it from slipping.

**Use cut-resistant gloves.** Providing the proper gloves that fit well will encourage use.

**Focus on the task.** Keep distractions to a minimum.

**Use your knife for its intended purpose.** Never substitute a knife for other tools.

**Cut away from your body.** You are less likely to be cut if the food slips.

**Let a falling knife fall.** Step back. Warn others. Never try to catch the knife.

**Clean knives immediately.** Someone could get cut reaching into the cloudy water where knives are soaking.

**Pass knives safely.** Lay the knife flat on a table so the other person can pick it up.

**Store knives in a knife block or knife rack.** Do not store them loose in a drawer.

**Make sure you are properly trained before using any kitchen machine.** Slicers, grinders, and food processors are just as dangerous as knives.

**Confirm machine safety guards are in place.** Keep hands, face, hair, clothing, and jewelry away from moving parts.

**Turn off and unplug machinery.** Never clean or remove a blockage while a machine is turned on and plugged in.

