

FS-SWP-402.1		USING KNIVES	
Department / Area: Nutrition & Food Services		Date Created: January 20, 2014	Review / Revised date: March 1, 2018
Approved By: Regional Manager Nutrition and Food Services			

Potential Hazards: Fill in those that apply	Personal protective equipment / devices required / other safety considerations
H M L risk for injury <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> Awkward / sustained postures <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> Repetitive movements – sustained cutting <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sharp points / edges – slicing blade is very sharp	<ul style="list-style-type: none"> • Store knives in sheaths or scabbards • Anti fatigue matting will reduce stress from long periods of standing • Let items thaw sufficiently before cutting • First Aid kit
	Training / Reference information
	<ul style="list-style-type: none"> • Department orientation/checklist • Job Hazard Analysis

Note: Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report these to your supervisor.

Employers must ensure that workers are trained and follow this safe work procedure
Steps to perform this task safely:

Operating

1. Keep knives sharp so less effort is required when using them. Never try to tear or break through a tough food item (such as a frozen item or a bone) with force. Choose a more appropriate knife, technique or process.
2. When possible, choose to use ergonomic knives which keep your wrist in a more neutral (straight) position, especially when using a knife for extended periods.
3. Remove/store appropriate knife from sheath, block or scabbard.
4. Cut in a direction away from your body and keep finger curled away from the cutting line, or whenever possible, use a device to hold the food item to be cut.
5. Never try to catch a falling knife.
6. When using a knife for extended periods, take micro breaks or change tasks to rest the muscles. Try to maintain an upright posture and try to work with your elbows close to your body.
7. When placing a knife down, always ensure the blade is facing in a direction away from the user
8. Never use knives to pry open cans or as screwdrivers. Use only for cutting or slicing.
9. Use an appropriate firmly fixed cutting surface.

Cleaning

10. Never attempt to wipe foodstuffs off the blade with your fingers.
11. Leave sharp blades where they are visible for the washer.
12. Never leave knives or other sharp blades under the water where visibility is reduced.
13. Point blades down when placing knives in vertical containers such as the dishwasher.