



# KNIFE & MEAT CUTTER

## SAFETY



# Training overview

- 2011 Mishap reports
- Types of knives
- Rules for safe handling of knives
- What are the Hazards
- Injury Prevention Measures
- Safe operation of meat slicers
- Summary

# 2011 mishap reports involving knives and meat cutting devices

During 2011 there were 13 (as of Sep 2011) MCCS employees that suffered lacerations while performing their duties.

6 - Fingers

4 - Thumbs

1- Thigh

1- Arm

1- Hand

All of these mishaps could have been avoided if employees had;

- Slowed down and taken their time
- Taken precautions when handling sharp objects
- Observed others around them that were handling sharp objects
- Worn Proper PPE

# Types of knives

Boning Knives

Steak Knives

Breaking Knives

Meat Cleavers

Utility Knives/Box-cutters

Scissors



# Rules for safe handling of knives

\*THE SAFE USE OF KNIVES IS NOT ONLY FOR YOUR SAFETY, BUT FOR THE PEOPLE AROUND YOU! THIS ALSO INCLUDES BOX CUTTERS.

\*REMEMBERING THESE FEW RULES WILL HELP YOU IN LEARNING KNIFE SKILLS AND SAFETY.

# Rules for safe handling of knives cont.

- 1.** A sharp knife is a safe knife. Using a dull knife is an invitation to disaster. If you try to force a dull knife through the surface of a food product, it's more likely to slip and cause an injury. If you do happen to cut yourself, a sharp knife will result in an easier cut to attend to.

# Rules for safe handling of knives cont.

**2.** NEVER, EVER grab a falling knife. The best way to avoid having to think about this rule is to make sure your knife is always on your cutting board, with no handle sticking out into traffic areas. However, at some point in time, you will be bumped or a knife will slip out of your hands, resulting in a knife falling. We all have a natural instinct to grab for anything that's falling. You must overcome this feeling.

**REMEMBER:** a falling knife has no handle. Just get your hands and feet out of the way!

# Rules for safe handling of knives cont.

**3.** Use the RIGHT knife for the RIGHT job. Many knife injuries occur when laziness induces us to use the knife at hand rather than the correct knife for a job.

**4.** Always cut away from – never towards – yourself. Sometimes this a hard rule to follow. Again, don't be lazy! If the angle is wrong, turn the product around. Keep your free hand away from the cut line!

# Rules for safe handling of knives cont.

**5.** When you have a knife in your hand, keep your eyes on the blade. This rule stands whether you are cutting something, or carrying a knife. The simple fact is: you're unlikely to cut yourself if you're watching the blade.

# Rules for safe handling of knives cont.

6. Carry a knife properly. If you're carrying a knife through the kitchen, especially a busy commercial kitchen, there are often people hurrying everywhere. You must get used to the idea that the proper way to walk with a knife in hand is to carry it pointed straight down. Keep your arm rigid, and knife firmly against your thigh or in a protective scabbard.
- \* If you carrying a retractable knife around, make sure that it is in the closed position prior to moving around.

# Rules for safe handling of knives cont.

**7.** You will sometimes be asked to hand a person a knife. The proper way to do this is to lay the knife down on a solid surface and turn the handle toward them, they can now pick up the knife by the handle.

**8. NEVER, EVER** put a knife in a sink full of soap bubbles and water. The pot washer may not see the knife and cut his/her hand. The proper way to clean your knife is to hand wash it yourself, dry and put back in your station drawer.

# Rules for safe handling of knives cont.

9. When knives and box cutters are not in use store them in their proper place. Don't leave open knives laying around and do not leave knives unattended.

# What are the Hazards

- \* Cuts – from knives and box cutters
- \* Slips, trips and falls while cutting – slippery, wet or cluttered floors
- \* Back, shoulder elbow & wrist injuries from repetitive - cutting motions, awkward postures, constant standing
- \* Cold temperatures - Grip control

# Injury Prevention Measures

Personal protective equipment (PPE) is clothing or equipment designed to be worn by worker to protect them from risks of injury or illness while performing their job duties.

PPE for your job may include:

Slip-resistant shoes



Cutting gloves (non cutting hand)



Protective clothing - aprons, uniforms



# Safe Operation of Meat Slicers

- Always read operations manual before operating any piece of equipment
- Focus; avoid distractions
- Wear **cut resistant gloves** when operating or cleaning
- Secure the meat properly so it won't slip
- Unplug, turn off and set blade adjustment to zero before cleaning
- Keep work area clean
- Always use the tampers or pushers to push food into place
- Never use hands to feed meat into the slicer
- Never reach across the blade
- Use locking features to keep blade in place if not operating



# Safe Operation of Meat Slicers

Always  
use the  
guard !



# Summary

- A sharp knife is a safe knife.
- Never grab a falling knife.
- Use the right knife for the right job.
- **Always cut away from yourself!**
- Keep your eyes on the blade.
- Always cut on a stable cutting board.
- Carry the knife pointed down, or in a scabbard.
- Always keep the knife out in the open - don't cover it.
- Don't put a knife in a sink full of soapy water - wash it off immediately.

