

# Knife Safety

Knives are a staple of a home cook's kitchen. A good knife makes meal prep easier and more fun. Here are some tips and tricks to use your knives safely and get the most out of them.

## Most used knives:



Chef's knife



Serrated knife



Paring knife

## DON'T

try to catch a falling knife.



**DO** walk with the knife tip pointed down and the knife at your side.



**DO** pass knives handle first.

## A sharp knife is safer than a dull knife.

*Keep knives sharp!* Don't scrape food off a cutting board with the blade. Don't put knives in a sink of water. Periodically sharpen your knives at a hardware store. Put a wet paper towel or wet rag under your cutting board so it doesn't slip.



**TIP:** When you're not using it, place your knife at the top of your cutting board.



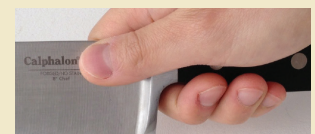
With round foods, create a flat surface. Use "the claw" to keep your fingertips out of the way as you chop.



**NOT Stable**



**NOT Stable**



**MOST Stable**

Hold your knife with a pinch grip.