

Knife Competency Assessment

Safe Use of Knives



Introduction

This assessment is to be completed by all knife users and must be carried out before the start of employment or the earliest opportunity if already employed.

The assessment can be carried out as a group exercise and should be carried out by the unit/site lead caterer/SME.

This assessment covers safe use of the following equipment;

- Cooks knife, 10 – 12 Inch
- Small vegetable/paring knife <10cm
- Small serrated knife, <10cm
- Bread Knife, Serrated
- Carving Knife > 10+ Inch
- Sharpening steel

The assessment compliance for each unit/site must be confirmed weekly on the food safety MPRO5 review.

Please ensure all knife users have watched the knife skills training video on WeAreESS prior to delivering the competency assessment.

A copy of this completed assessment must be retained in each knife users personnel file.

Safety

Cooking / food preparation knives must not be used outside of food production - for example opening boxes or containers.

Cooking / food preparation knives must not be used for splitting items frozen together. The thawing process according to the compass FSM should be adhered to for this process.

Knives must always be sharp and in good order

Note

Competence to be assessed every 24 months, or whenever there is a significant change in the task, work environment and following any accident or incident involving this task. This Competence Assessment must be retained for a period of 6 years on the personnel file.



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Employee Name: _____

Job Title: _____

Assessor: _____

Unit: _____

Cooks Knife	Task peeling onions
Assessment Includes:	
<ul style="list-style-type: none"> • Stability of onion • Control of the knife • Removing peel safely 	
This confirms that the candidate has demonstrated competence in the above tasks.	
Signed: _____	
Assessor	Date

Cooks Knife	Task peeling onions on a board
Assessment Includes:	
<ul style="list-style-type: none"> • Place onion on board • Stabilise with fingers turned in and removed root end and top end with knife • Take onion up in hands and peel away skin with no knife, using fingers 	
This confirms that the candidate has demonstrated competence in the above tasks.	
Signed: _____	
Assessor	Date

Bread Knife	Task Cutting Bread Rolls & Baguettes
Assessment Includes:	
<ul style="list-style-type: none"> • Place roll / baguette on board at right angles to the surface • Hold roll firmly in place with palm and fingers flat along the roll or baguette • Use a sawing motion parallel to the board – let blade do the work 	
This confirms that the candidate has demonstrated competence in the above tasks.	
Signed: _____	
Assessor	Date



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Small serrated Knife or small vegetable prep knife	Tasks preparing fruit and vegetables
Assessment Includes:	
Cut shaped apple <ul style="list-style-type: none"> • Stalk removed by hand and apple placed stalk end down on board to aid stability • Apple cut in half through core • Cut side down. Fingers turned out of the way • Firmly hold apple and cut slits in top, either side of this 	
This confirms that the candidate has demonstrated competence in the above tasks.	
Signed: _____ Assessor	_____ Date

Cook's Knife	Tasks slicing tomatoes / garnish and chopping onion
Assessment Includes:	
Cutting tomatoes <ul style="list-style-type: none"> • Place tomato on board, using the bottom or flatter side down as stability • Slice in half, then cut side down • Cut into shape required 	
Sliced onions <ul style="list-style-type: none"> • Halve peeled onion • Remove root end • Place on board cut side down root end towards self • Fingers turned in, keeping point of knife on board, slice through onion in long strokes 	
Chopping onions <ul style="list-style-type: none"> • Halve peeled down • Place cut side down at right angles to body • Cut in downward strokes from stalk end to root. (For smaller dice, closer cuts) • Turn fingers out of the way and cut in horizontal strokes (to suit required size of dice) from stalk end to root • Then cut into dice across slits already cut 	
This confirms that the candidate has demonstrated competence in the above tasks.	
Signed: _____ Assessor	_____ Date

Reviewed 03/03/21



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Cooks Knife	Tasks slicing peppers / chopping carrots / dicing carrots
Assessment Includes:	
Slicing Peppers	
<ul style="list-style-type: none"> • Cut stalk away and remove seeds from inside with fingers • Cut pepper in half, from stalk to base • Cut into quarters • Fingers turned in, firm grip on pepper essential • Knife used in a drawing motion through the pepper 	
Chopping Carrot	
<ul style="list-style-type: none"> • Slice removed from carrot to give a base, flat enough to anchor & stabilise • Carrot sliced lengthways, fingers turned in • With point of knife not leaving the board, the blade should be rolled in a downwards motion through the carrot 	
Dicing Carrot	
<ul style="list-style-type: none"> • Each slice is cut lengthways in manner as above • The carrot is then placed cross ways on the board • The knife drawn through • Point of the knife not leaving board to achieve dice 	
This confirms that the candidate has demonstrated competence in the above tasks.	
Signed: _____ Assessor	_____ Date

Carving Knife	Tasks carving on the servery
Assessment Includes:	
<ul style="list-style-type: none"> • Knife to be sharp and in good order • Joint to anchored using roasting fork • Knife to be held by handle only • Carve using sawing motion onto carving dish on server board in the kitchen • Knife to be kept sharp 	
This confirms that the candidate has demonstrated competence in the above tasks.	
Signed: _____ Assessor	_____ Date



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Sharpening Steel	Tasks using a steel to keep knives sharp
<p>Assessment Includes:</p> <ul style="list-style-type: none"> • Ensuring knife & steel are clean before use - to prevent slipping • Standing on a clean, non-slip, level surface where colleague will not be knocked or distracted • Hold the steel firmly either horizontally or vertically with the point resting firmly on a solid surface such as a chopping board • When using the steel, the colleague is holding the knife in their main hand and they are keeping their fingers behind the guard on the steel • The colleague should draw the blade along the steel at the same slant and at a 45-degree angle • As the knife is drawn along the steel the portion of the knife blade in contact with the steel should progress down towards the point/end of the of the steel. • The colleague should repeat a few times - pressing firmly but not hard. Repeat for the other face of the knife. • After sharpening the colleague should wash the knife under running water to remove any loose filings from the blade • The colleague should take great care whilst using a knife after being sharpened 	
<p>This confirms that the candidate has demonstrated competence in the above tasks.</p>	
<p>Signed: _____</p> <p style="text-align: center;">Assessor</p>	
<p>_____</p> <p style="text-align: right;">Date</p>	

This confirms that the candidate has completed safe use of knife training, including watching the required video, awareness of the OSP and has satisfactorily demonstrated their skills in this assessment

Signed: _____

Candidate

Date

Signed: _____

Assessor

Date



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