

Know your knives

Chef's Knife

A chef's knife is usually the largest knife in the kitchen with a blade that is 8" to 10" long.



Utility Knife



Bread Knife



Boning Knife

This type of knife has a more flexible blade to curve around meat and bone.



Paring Knife

Paring knives are the most used knife in the kitchen and are generally 2" to 4" inches in length. They are ideal for coring fruits and vegetables, cutting small objects and slicing.



		I will...	I will not...
STANDARDS	 FOLLOW RULES	<ul style="list-style-type: none"> Select the correct knife for the task Use and carry knives safely Store knives safely Be aware of any exposed sharp edges and blades on equipment 	<ul style="list-style-type: none"> Use the first knife that comes to hand Use a knife that is damaged or blunt Carry a knife in a way that could endanger others Place sharp knives or blade attachments in a sink Ignore safety precautions when using or cleaning equipment with exposed sharp edges or blades
COMMUNICATION	 SPEAK OUT	<ul style="list-style-type: none"> Report any damage to knives or equipment to my line manager immediately Tell my colleagues as soon as I become aware of any damage to knives or equipment Practice safe cutting techniques when using knives or equipment Challenge colleagues who use knives and equipment unsafely 	<ul style="list-style-type: none"> Use damaged knives or equipment Ignore unsafe practices Ignore training and instruction provided on preventing cut injuries
RISK MANAGEMENT	 BE MINDFUL	<ul style="list-style-type: none"> Remain aware of the hazards and risks of using and cleaning knives and equipment Concentrate on the task when using knives and equipment Keep knife blades sharp and clean Store knives safely in between tasks and when not in use 	<ul style="list-style-type: none"> Use a knife to open packets and boxes Allow myself to become distracted Use a blunt knife when cutting, slicing, chopping, filleting or shredding Leave knives or exposed blades in an unsafe place or in a sink
INVOLVEMENT	 GET INVOLVED	<ul style="list-style-type: none"> Encourage colleagues to work safely with knives and equipment Contribute to Safety Conversations about preventing cut injuries Support incident investigations Share my own knowledge and experience with my colleagues 	<ul style="list-style-type: none"> Assume someone else will report damaged knives or faulty equipment Undermine Safety Conversations with negative comments Fail to cooperate with incident investigations when required Fail to encourage others to work safely and prevent cut injuries

All cuts are preventable. Responsibility is now in your hands

To support this Safety Conversation, please refer to the following;

- Safety First Posters and information displayed in your unit
- See also: - <http://www.mycompasshse.co.uk/138.htm> Risk Assessments in the Compass HSE website and view specific mandatory, commonly used and catering risk assessments.

Now we have talked about the causes of cut injuries and how to prevent these, let's test what you learned

Questions

- What cutting tasks can be carried out without using a sharp knife, and how should this be done?
- What precautions would you take when cleaning an item of equipment which has sharp blades?
- Why are sharp knives much safer and easier to use than blunt knives?
- How should knives be carried and stored?
- How can you prevent a chopping board moving when being used for cutting tasks?

Compass HSE website
www.mycompasshse.co.uk
www.mycompasshse.ie

HSE Helpdesk 0121 457 5194 HSE Out of Hours 0121 457 5370 HSE Fax 0121 457 5383

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SAFETY WITH BLADES AND SHARP EDGES



Hand Protection

What you're going to learn

This Safety Conversation focuses on preventing cut injuries, predominantly when working with knives. You will learn about the main causes of cut injuries in our business and understand how to prevent them. Taking part in this session will help you demonstrate good safety behaviours by:



FOLLOW RULES
to keep you and others safe



BE MINDFUL
of hazards and risks



SPEAK OUT
if you have any safety concerns



GET INVOLVED
and talk about safety issues

What you need to know

In catering the most common cause of cut injuries happen when using knives.

Q. Can you think why this happens and what we can do to stop knife cuts?

Example answers:

- Using the wrong type of knife for the task
- Using a blunt knife
- Lapse of concentration, poor judgement or not holding a knife correctly
- Holding food items in the hand whilst cutting them
- Fingers not tucked out of the way of the blade during cutting
- Not carrying the knife correctly
- Trying to catch a falling knife
- Applying too much pressure to the knife
- Knife left in the sink
- Sharpening a knife
- Carrying knives to the wash area on top of chopping boards

If you sharpen knives as part of your job you must follow our sharpening knives with a steel process – see poster for guidance.

To summarise here are the Top Ten Tips for Preventing Knife Cuts

- Where possible the use of knives should be eliminated or substituted e.g. using scissors for opening packets, milk pergals and other similar nozzles; and using safety knives for opening boxes.
- If available use a food processor or food mixer attachments for chopping and shredding tasks instead of cutting by hand
- Select the correct knife for the task
- Keep your knives sharp
- During preparation keep knives secure between tasks and store clean knives in a knife rack or on a magnetic holder; and not in a drawer
- When using a chopping board always place on a firm surface. To help stop the board from moving a good tip is to place a clean damp cloth under the board
- When using a knife keep your free hand out of the line of cutting
- Never try to catch a falling knife, instead let it fall and come to a complete stop before picking it up by the handle
- Never use a knife as a lever or screwdriver
- When carrying a sharp knife always hold it by the handle at your side, pointing down to the floor with the sharp edge facing behind you



So we've talked about knife cuts, now let's think about other causes of cut injuries in the workplace.

Q. Can you think of any?

Example answers:

- Broken crockery and glass in a sink
- Clearing up and disposing of broken crockery and glass
- Using and cleaning equipment with sharp blades, e.g. slicing machines, food processors, mandolins, tomato witches, hand-held blenders, vegetable choppers
- Polishing glasses
- Cleaning dishwashers and glass washers
- Cleaning equipment, fixtures and furniture with exposed sharp edges
- Opening and disposing of cans
- Opening and breaking down cardboard boxes
- Paper cuts
- Using and assembling roll cages

Here are some tips to prevent these types of cuts

- Drain the water out of the sink before attempting to remove broken crockery and glass
- Always wear protective gloves
- Avoid handling broken crockery and glass. Use a brush to sweep up and dispose carefully into a designated container
- Use a brush to clean equipment with blades; e.g. slicing machines, food processors, hand-held blenders, mandolins, tomato witches and vegetable choppers
- Never submerge any of the above blades into a wash up sink as they may not be seen and someone may plunge their hands in and cut themselves
- Take care when cleaning inside dishwashers and glass washers to avoid being cut by any fragments of broken glass or crockery

- Before polishing glass, inspect for damage such as chips on the rim or cracks. Remove damaged glasses and dispose of safely
- Take care when polishing glasses to prevent accidental breakages
- Report equipment, fixtures and furniture with exposed sharp edges
- When opening cans remove the lid carefully and avoid touching the sharp edge
- After emptying the contents of the can and rinsing it, place the lid back inside the can and dispose of it safely
- Wear protective gloves when using and assembling roll cages
- Use a safety knife to open and break down cardboard boxes, taking care to avoid any staples
- Safety knives for cutting cardboard boxes and containers are available from Bunzl

