

PLAYING IT

# SAFE

Be safe and healthy on the job with these helpful tips provided by Peabody Insurance Agency.

## Avoid Cutting Hazards in the Kitchen

*Safety tips for using knives and other sharp utensils*

The food service industry can be a hazardous one. Among other things, workers are at risk for cuts while preparing food, clearing tables and washing dishes. However, there are many safety precautions that you can take to reduce your risk of getting cut at work.

### Knife Safety Tips

- Handle, use and store knives and other sharp utensils safely.
- Cut in the direction away from your body.
- Keep your fingers and thumbs out of the way of the cutting line.
- Wear protective clothing, such as steel mesh gloves.
- Use a knife only for its intended purpose and use the correct knife for each cutting or chopping job.
- Never try to rush a cutting, slicing or chopping task—you may get careless and have an accident.
- Keep knives sharpened and in good condition. Let your supervisor know if you have concerns about the condition of any knife in the kitchen.
- Store knives and cleavers in a designated area when they are not in use, and never store them

with the blades exposed.

- Let a falling knife fall to the ground—never try and catch it.
- Carry knives with the cutting edge angled slightly away from your body with tip pointed down to your side.
- Place a knife down on a clean surface for a co-worker to use rather than handing it to the individual.
- Avoid placing knives near the edge of a countertop.
- Never place a dirty knife in the sink after usage. You or a co-worker may reach into the sink and get cut unknowingly. Instead, place them in the dishwasher or in a container labeled “knives only.”
- Do not interrupt or talk with co-workers who are using knives or other sharp utensils. They may get distracted and hurt themselves accidentally.

### Stay Sharp

Your safety is our top priority at Peabody Insurance. It is your responsibility to follow all proper safety procedures when working with knives and other sharp objects, for your safety and the safety of others in the kitchen.



### Don't Get Distracted

Kitchens can be hectic during food preparation, but don't let your attention be pulled away from the task at hand. It is easy to let your mind drift when doing a chopping or cutting activity that you are accustomed to, but that is also how accidents happen.

