



Newton Mearns Baptist Church

Safe Use of Knives Policy

Date	Version	Names	Notes
Feb 2022	2	Lesley Anne Sheppard Rebecca Forsyth	
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The Basics

- Concentrate and pay attention to what you are doing. It only takes a second to make a mistake.
- Select the correct size and type of knife for the job. Too large or too small can be dangerous. Use a serrated knife for bread, a safety peeler for peeling vegetables, and a sharp-edged knife for other tasks.
- Don't use a knife which is blunt and therefore liable to slip and cause injury. The Facilities Officer or office should be informed of any knife which needs to be sharpened.
- Hand slicing over a container is particularly dangerous and is FORBIDDEN in this kitchen. NEVER slice anything in your hand. ALWAYS slice on a chopping board.
- Never use a knife with a dirty handle which can easily slip from your hand and cause injury.
- Knives must be kept out of the reach of children. Use of knives by young people under the age of 19 must always be at the discretion and under the direct supervision of the Food Hygiene Certificate holder, after consultation with a parent or guardian to determine the young person's ability. In any case of uncertainty, tasks which do not involve knives should be assigned.

How to chop

- Select an appropriately coloured board and place it flat on the worktop over a damp paper towel to prevent it from slipping.
- Place the food to be cut flat on the chopping board. If the item is rounded it is helpful to cut a sliver from it to create a flat edge on which it can rest.
- Using firm downward pressure, steady the food to be cut with your non-dominant hand, tucking your fingers inwards and keeping your knuckles pointed towards the blade.
- Hold the knife with a firm grip in your dominant hand. With the blade pointed away from your body, keep the tip of the knife anchored on the board and use a downward, pivoting action to slice the food.

Safe Housekeeping

- Place knives at the back of the worktop when not in use and never leave them close to the edge of the work surface.
- NEVER leave knives in a sink or basin of washing-up water where someone might put their hand in unaware of the hazard. ALWAYS wash and remove knives in one go.
- Always point knives downwards when walking across the kitchen. Carry them by the handle with a firm grip, never loose on a tray or board.
- Store knives in the sharps box in the cupboard. Never leave them loose in a drawer.
- If a knife falls, step to the side and let it fall. NEVER try to catch a knife.