Manager’s Corner

Knife Skills: Safety

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**PURPOSE**
Improve the operation of child nutrition programs through research, education and training, and information dissemination.

**VISION**
Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

**MISSION**
Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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Introduction

Manager’s Corner: Knife Skills: Safety is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. This resource is one of a continuous set of training resources designed to give directors/managers an easy-to-use lesson plan for training staff in various topics. Manager’s Corner: Knife Skills: Safety provides a method for training using many of the Institute of Child Nutrition’s resources. Every lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- additional resources to strengthen or refresh the knowledge of the manager.

Culinary Skills - 2130

Develop culinary skills necessary for school meal preparation.

Professional Standards
Objective: Participants will be able to describe good knife safety practices and demonstrate how to carry a knife properly.

Why it is important: Knife safety skills help reduce potential work-related accidents.

Materials:
- One knife for trainer and one for participant.

Note: Disposable knives may be used for this activity.

Instruction:
Ask the staff to answer the questions included in this training. Facilitate the activity.

Questions for the staff:

- What are some good knife safety practices?
  Answer: Potential responses may include:
  o Avoid placing unattended knives in the sink,
  o Practice proper cutting techniques,
  o Curl fingers into a claw when cutting,
  o Keep the knives sharp,
  o Keep knives clean,
  o Store knives correctly,
  o Hold knives properly,
  o Carry knives properly,
  o Follow safe handling procedures with knives,
  o Do not try to catch falling knives, and
  o Do not point knives toward anyone.

- How do you carry a knife from one area to another?
  Answer: Carry the knife pointing downwards with the sharp edge pointing behind you directly by your side.

- Why is knife safety important?
  Answer: To help reduce potential workplace related accident.
Activity

Knife Carrying Activity Instructions:

- Collect the knives to be used for the demonstration.
- Ask participants to gather around the worktable to start the demonstration.
- Demonstrate to employees how to properly carry a chef’s knife.
  - Carry the knife by the handle.
  - Carry the knife pointing downwards with the sharp edge facing behind you directly by your side.

Chef’s Knife carrying activity:

- Ask participants to demonstrate how to carry a knife one at a time.
  - Allow the first participant to pick up the knife, and ask them to correctly hold the kitchen knife and walk a short distance.
  - When the participant returns with the knife, ask the participant to place the knife on the work table.
  - Have the next participant pick up the knife by the handle from the work table.
  - Have each participant complete the knife carrying activity.
  - After all participants have completed the activity, discard all disposable knives or wash, rinse, and sanitize knives.
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References

