Knife and Kitchen Safety Basics

Safe habits for every cook

A steady board

Put a damp cloth under the cutting board so it cannot slide.

Claw grip

Curl the fingers of the hand holding the food, so the knife slides along the knuckles.

Sharp is safer

A sharp knife needs less force and slips less. Keep it sharp.

Carrying and washing

Carry a knife with the point down and the blade by your side. Wash knives by hand one at a time. Never leave one in a sink of water.

Hot pans

Turn handles inward. Use dry oven mitts: wet cloth conducts heat. If oil catches fire, cover it with a lid and turn off the heat. Never use water.

Clean habits

Wash your hands before cooking and after touching raw food. Use a separate board for raw meat if others cook meat.

Tip: Kids should cook with a grown-up nearby, and learn knife skills slowly.

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