



AmTrust North America
An AmTrust Financial Company

Safety Zone

Knife Safety Basics - Grocery

Grocery employees use knives frequently. We therefore may take their use, and their hazards, for granted. Using knives correctly will protect you from cuts.

The main causes of knife cuts are rushing and inattention. Another cause is dull blades. A dull blade results in more cut incidents than a sharp one. Knives require maintenance. Use the correct type of knife for the task.

Paying close attention to your task is the best way to protect yourself and others from cuts. Inattention can mean the difference between controlling the knife and lamenting, “the knife slipped on me.” Although we use them frequently in Grocery, never take knives for granted. Be aware of the dangers of using a knife or an open blade. Do not hurry. If customers ask for help, stop cutting and put the knife down.

Even when taking the best precautions, knives can slip. Keep handles non-slippery by cleaning knives before using them. Always wear cut-resistant gloves to reduce accidents. The correct gloves may not stop an injury, but they should minimize the severity of a cut to your hands, knuckles, or fingers.

Rushing or turning away from the task, for even a second, can cause a cut. Never use a knife that is not in good condition. Segregate knives in poor condition so no one else uses them. Sharpen or repair them before putting them back in service.

Other kinds of knife injuries include cuts to your free (non-cutting) hand or your body. Always make cut strokes away from the hand holding the object being cut. If you must make a cut toward the body, use protective gear or a “belly guard” abdominal protector.

Improperly stored knives can cause accidents. Never leave a knife lying on a table or counter or in the sink, even for a few seconds. While you may not get hurt, too often another person does. Always use the scabbard or the knife holder to protect yourself and others from sharp edges.

Knife basics

- Use a knife only for its intended purpose.
- Use cut-resistant gloves, especially on the hand not holding the knife.
- Keep the knife dry and clean. To maintain a good grip, make sure the handle is not greasy.
- Keep knives sharpened and in good condition. Never use a knife that is dull, broken, or defective.
- Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip.
- Carry all knives in a sheath. Wear the sheath over your hip and toward your back. Carrying a knife in front or over your leg could cause serious injury in a fall.
- Store knives in safe places with the cutting edges covered or keep them in a knife holder.
- Do not leave a knife on a counter, the floor, or a worktable.
- Do not point with a knife or pass anything to others while holding a knife.
- Don't try to catch a dropped knife. Let it fall while quickly moving your feet out of the way.
- Let the blade do the work. Do not force a cut.
- Treat a cut injury quickly. To prevent infection, keep the cut clean and dry while it's healing.

Are You In The Zone?

1. What are main reasons for knife cuts?
2. What causes more cuts than a sharp knife?
3. What is the best way to protect against cuts?
4. What should you do if you are using a knife and a customer needs help?
5. Cutting strokes should always be made _____.

I have received information on knife safety basics.

Employee Name: _____ Date: _____

For additional information and resources on this topic and other safety and risk management subjects be sure to visit the Loss Control section on our website:

<https://www.amtrustgroup.com/small-business-insurance/claims/prevention>

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