

# Kitchen Safety

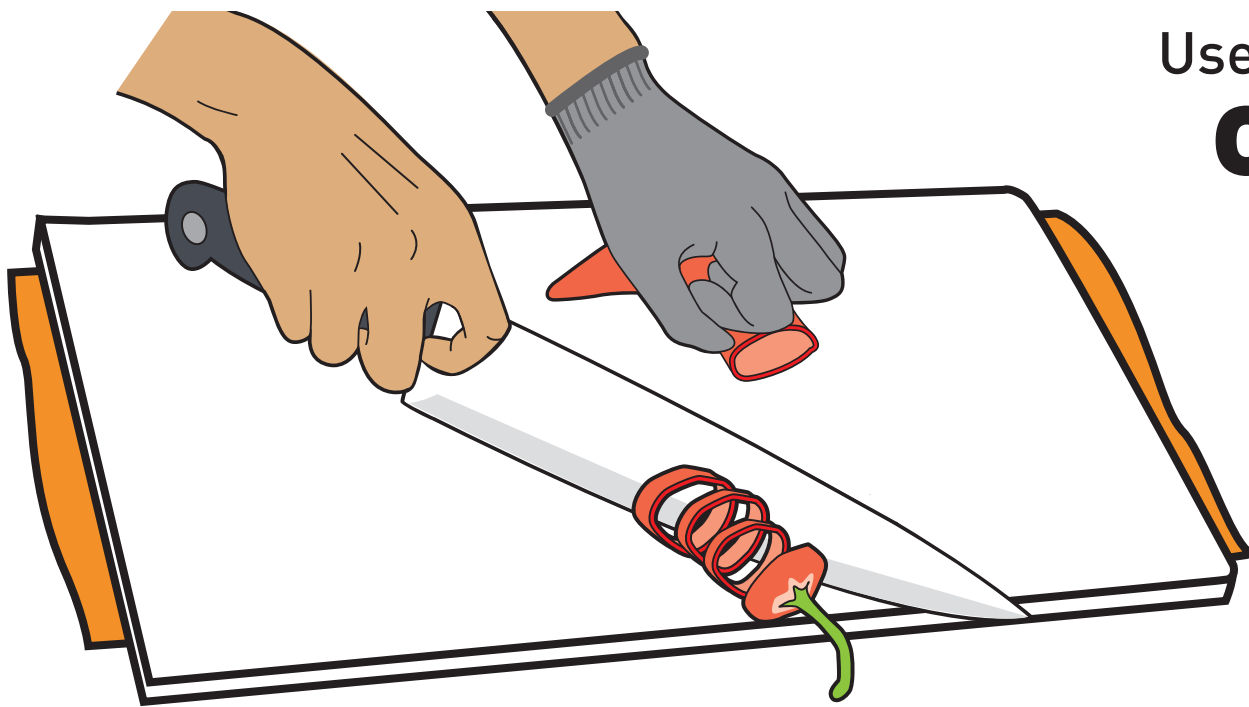
PREVENT CUTS



When cutting,  
**tuck fingers**  
on the hand holding food;  
wear a protective glove.

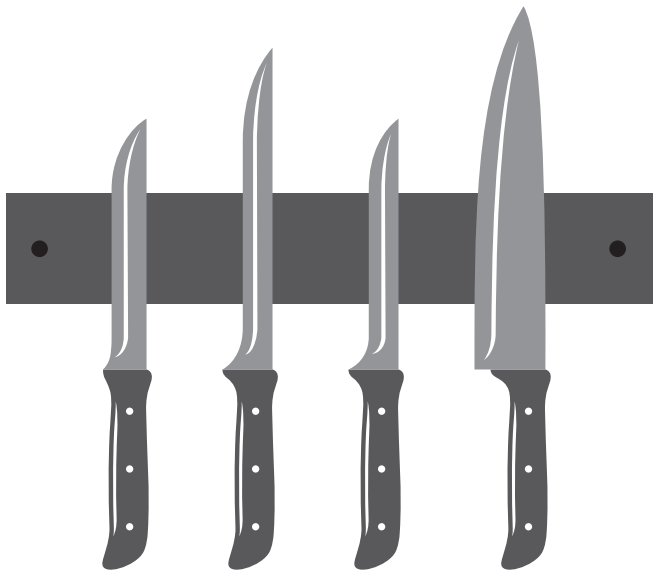
**Keep knives  
sharp.**

A sharp knife is safer  
than a dull one.



Use a  
**cutting  
board.**

Place a damp cloth  
underneath the  
board to prevent it  
from slipping.



Use the  
**appropriate knife**  
for the job. Never substitute a knife  
for other tools.

**Store knives**

in a knife block or rack, never loose in  
a drawer or left in soapy water.



**How do I feel? Being  
distracted, stressed, or overly  
tired can be unsafe, too.**

Whether you're a seasoned chef, or working your first job  
in a commercial kitchen, follow these basic guidelines to  
avoid common injuries, such as cuts.

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