

Knife Usage: Step by Step

1. **Select the Right Knife**
Choose the appropriate knife for the task (e.g., chef's knife, paring knife).
2. **Hold the Knife Correctly**
Grip the handle firmly with your dominant hand, ensuring a secure hold.
3. **Use a Stable Cutting Surface**
Place the cutting board on a non-slip surface to prevent movement.
4. **Keep the Knife Sharp**
Ensure the knife is sharp to reduce the risk of slips and to make cutting easier.
5. **Position Your Fingers Safely**
Hold the food with your non-dominant hand, curling your fingers inward to avoid cuts.
6. **Cut with Proper Technique**
Use a rocking motion for chopping and slicing, keeping the blade edge away from your body.
7. **Cut in Small Portions**
Cut food into manageable pieces to maintain control over the knife.
8. **Focus and Stay Alert**
Always be mindful of the blade's position and avoid distractions.
9. **Clean the Knife Immediately**
Wash the knife after use to prevent contamination and rust.
10. **Store the Knife Safely**
Place knives in a knife block, drawer insert, or magnetic strip to avoid accidents.
11. **Never Leave a Knife Unattended**
Always store or handle knives carefully to prevent injuries.
12. **Dispose of Damaged Knives Properly**
If a knife is damaged or broken, dispose of it safely to avoid further risks.