

Health Tip of the Month

Are you knife safe?

Have you ever cut yourself while cooking in the kitchen?

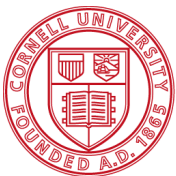
Based on the National Ambulatory Care medical survey, knife injuries rank top 5 for emergency room visits.

Be a model for your family and practice knife safety in your home. Adopt these skills and teach them to your children.

Check your knife safety skills. See if you can find at least one way to create a safer kitchen.

Check your knife safety skills ✓

- ◆ Always use good quality knives. Keep them sharp. You will have less accidents.
- ◆ Never cut in your hand. Instead, use a cutting board that won't slide.
- ◆ Create a flat surface that doesn't roll. Cut the ends of onions and place them flat side down.
- ◆ Use the **CLAW!**
Hold item firmly with one hand "clawed" by tucking or curling your fingers in. This will prevent cutting your fingertips.
- ◆ Wash and put away your knives immediately after use. Don't toss knives in the sink.
- ◆ Step back, let your knife fall. Don't try to catch it!
- ◆ Store knives away from children's reach.



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