



INTRODUCTION

Chefs and butchers have their choice of knives when it comes to cutting meat or vegetables. One of the most popular knives is known as a boning knife. The boning knife can be used for a variety of tasks, though it is primarily used to trim meat and remove meat from bones. Similar to other knives, employees who handle a boning knife could potentially be exposed to harm. Following the safe work practices presented in this lesson will help ensure employee safety.

TYPES OF BONING KNIVES

There are two types of boning knives available on the market:

- Flexible blade
- Stiff blade



HAZARDS

Employees who use boning knives could potentially be exposed to the following hazards:

- Cuts or lacerations
- Strains
- Sprains

PERSONAL PROTECTIVE EQUIPMENT

Employees should wear the appropriate personal protective equipment, which may include:

- Cut-resistant gloves
- Non-slip, closed-toe shoes





SAFE WORK PRACTICES

Before using the boning knife, employees should do the following:

- Inspect provided PPE for damage. Report damaged PPE to your supervisor. Do NOT wear damaged PPE.
- Inspect the knife for damage. Report damaged knives to your supervisor. Do NOT use a damaged knife.
- Inspect the blade for sharpness. Sharpen dull blades as needed. Do NOT use a knife with a dull blade. Using a dull blade can lead to strains and sprains.
- Sharpen knives in accordance with the manufacturer's instructions.

When using a boning knife, employees should do the following:

- Only use the knife for its intended purpose.
- Use the appropriate knife for the task.
- Ensure that you are using the appropriately sized cutting board for both the size of the meat and knife (if applicable).
- Ensure that the cutting board has been properly stabilized prior to cutting (if applicable).
- Do NOT point the blade at anyone.
- If you need to walk with the knife, ensure that the blade is pointed down.
- Do NOT touch the blade of the knife.
- Curl the fingers on the non-cutting hand in order to protect your fingertips.
- Use the non-cutting hand to stabilize the meat.
- Keep a strong grip on the handle of the knife while cutting.
- Do NOT rush the cutting process.
- Ensure that the non-cutting hand is positioned away from the knife when making cuts.
- Ensure that the knife is set down on the cutting board or a flat surface when it is not being used for cutting.
- Report all cut injuries to your supervisor. Clean the wound with soap and water. Employees should seek medical treatment for wounds that require stitches.

When employees are finished using the knife, they should do the following:

- Do NOT put the knife in a sink that is full of soapy water. Soapy water makes it hard to see where the blade is and reaching in blindly could result in injury.
- Clean the knife in accordance with the manufacturer's instructions.
- Ensure that the knife is properly stored in a knife block, drawer, or on a magnetic strip at the end of shift or when the task is finished.

CONCLUSION

Boning knives are used in a similar fashion to other knives that can be found in the cooking environment. Employees who use a boning knife could potentially be exposed to harm if they use the knife improperly. By following the safe work practices presented in this lesson, employees can help minimize their chances of an accident occurring when using a boning knife.