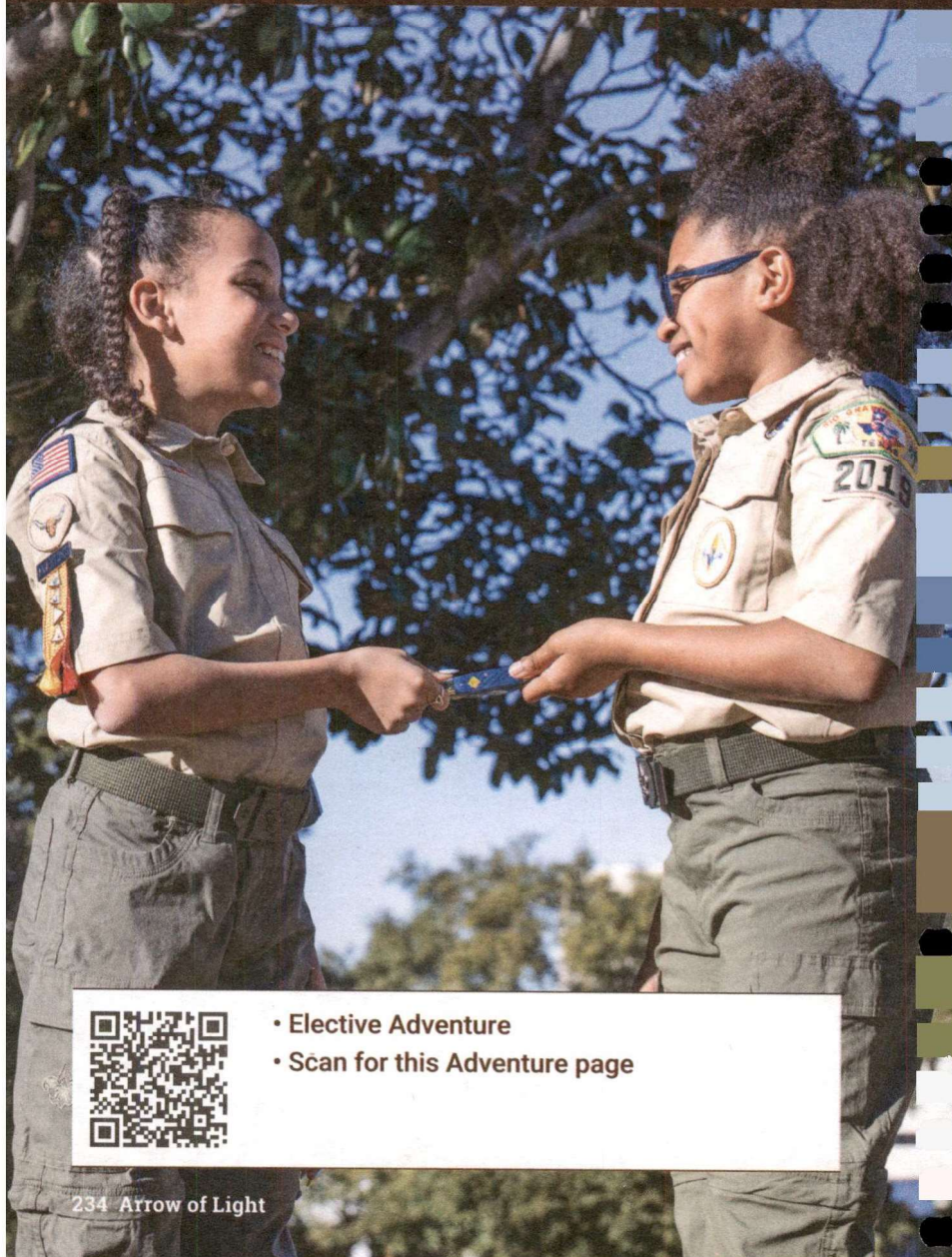


KNIFE SAFETY

ELECTIVE ADVENTURE



- Elective Adventure
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SNAPSHOT OF ADVENTURE



A knife is a tool. A pocketknife or multipurpose tool is one of the Scout Basic Essentials. On campouts, you will be preparing your own food. It's more than likely you'll use a kitchen knife. In this Adventure, you will learn the safety rules about using a knife and some basic instructions on how to use a pocketknife and kitchen knife.

This Adventure allows you as an Arrow of Light Scout to use a knife, with adult permission, during Cub Scout activities. Your pocket certificate for this Adventure may serve as proof you have earned this Adventure. If you earned the Whittling Adventure as a Bear and/or the Chef's Knife Adventure as a Webelos, you must earn the Knife Safety Adventure as an Arrow of Light Scout to earn the privilege of using a knife during a Cub Scout activity.

When joining a Scouts BSA troop, you will be asked to share what you need to know about pocketknife safety for your first rank, Scout. You will also need to earn the Totin' Chip certification to earn the privilege of using a knife during a Scouts BSA activity. The Totin' Chip also covers the proper use of a saw and ax.

REQUIREMENTS

Approved by

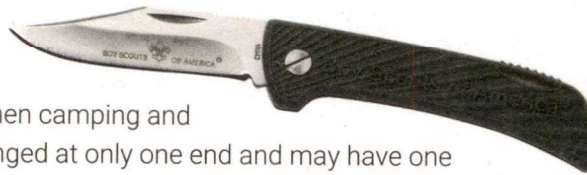
1. Read, understand, and promise to follow the Cub Scout Knife Safety Rules. _____
2. Demonstrate the knife safety circle. _____
3. Demonstrate that you know how to care for and use a knife safely. _____
4. Demonstrate the proper use of a pocketknife to make a useful object on a campout. _____
5. Choose the correct cooking knife, and demonstrate how to properly slice, chop, and mince. _____

POCKETKNIFES

Pocketknives come in all shapes and sizes. Some can be used for many different tasks. Others are designed for special purposes like fishing. Three common designs used in Scouting are the jackknife, the penknife, and the multipurpose knife. Let's look at each type.

JACKKNIFE

A jackknife is a good tool when camping and fishing. It is hinged at only one end and may have one or two blades. Sometimes one blade has a very sharp point, while another blade has a more rounded point. Some jackknives (and other knives) have locking blades. That means you have to push a release before you can close the blade. Locking blades prevent you from accidentally closing the blade on your fingers.



PENKNIFE

A penknife is small and lightweight, so it is easy to carry in your pocket. It is hinged at both ends and usually has one or two blades at each end. Penknives were originally designed to cut or sharpen quills used for writing. Thomas Jefferson wrote the Declaration of Independence with a quill pen.





MULTIPURPOSE KNIFE

Multipurpose knives can be used to do many things. In addition to one or two blades, a multipurpose knife might include a can opener, scissors, leather punch, tweezers, and screwdrivers. These knives can be fun to have, but all those extra pieces can get in your way when you're just trying to carve or cut some string. Also, the more tools your knife includes, the heavier it will be. Pick a multipurpose knife that has only the tools you really need.



KITCHEN KNIVES

There are a lot of different types of kitchen knives. Some are designed for very specific jobs, and others are designed for multiple jobs. Here are the four most common kitchen knives.



Chef's Knife (8 inches or 10 inches)

A chef's knife is the most common knife. It can be used to slice, chop, and mince meat, fruit, vegetables, or any kind of food.



Paring Knife (3 inches)

A paring knife is small by design and is used for small detail cutting, like peeling an apple. Since it has a thin blade, it's usually used for fruits and vegetables.



Long Serrated Bread Knife

A knife that is serrated is one that has a blade with ridges. These ridges work like a saw and prevent the bread from getting squished when cutting.



Slicing/Carving Knife (10 inches)

A carving knife is designed to slice and cut through meat.

REQUIREMENT 1

Read, understand, and promise to follow the
Cub Scout Knife Safety Rules.

There are four Cub Scout Knife Safety Rules that focus on knife safety. Your parent, den leader, and other adults may have additional rules you must follow.

CUB SCOUT KNIFE SAFETY RULES

Stop — Make sure no one else is within arm's reach by making a knife safety circle.

Away — Always cut away from your finger or other body parts.

Sharp — A sharp, clean knife is a safe knife.

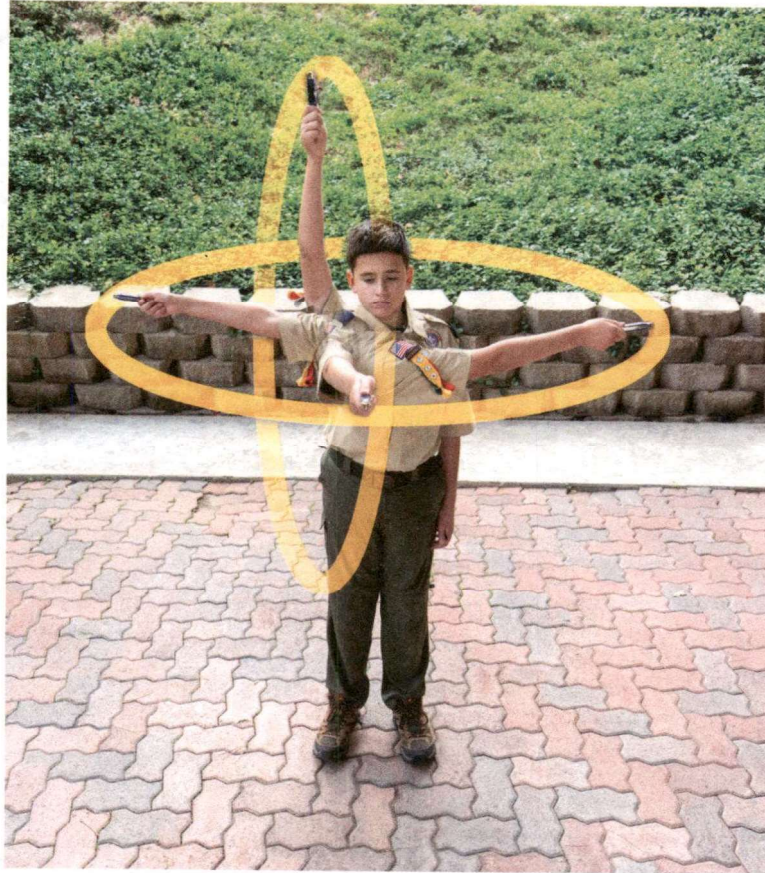
Store — Store knives closed, in a sheath or knife block.

Source: American Knife and Tool Institute

OTHER RULES THAT I MUST FOLLOW

REQUIREMENT 2

Demonstrate the knife safety circle.



Make a safety circle. Before you pick up your knife to use it, stretch your arm out and turn in a circle. If you cannot touch anyone or anything else, it's safe to use your knife. While using your knife, be sure to watch in case someone walks toward you and gets too close.

REQUIREMENT 3

Demonstrate that you know how to care for and use a knife safely.

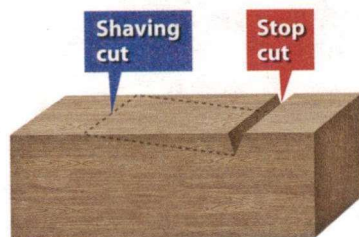
POCKETKNIFE CARE

KEEPING YOUR KNIFE SHARP

When a knife is dull, you have to use more force to cut things. If you slip, with this extra force you are more likely to injure yourself. This is why sharp



knives are safer to use than dull ones. A good way to sharpen your knife is to use a sharpening stone. Lay the blade on the stone at a slight angle. Push the blade forward as if you were going to shave a thin sliver from the stone. Do not push down hard. Next, turn the blade over and shave the stone toward you. This is the only time you should move your knife toward yourself. Keep your fingers below the surface of the stone to protect them. Continue this back-and-forth action until the edge is sharp along its entire length.



MAKING STOP CUTS

Here is a secret to use when you're whittling. Before you make a shaving cut, make a stop cut. At the place you want the shaving to stop, cut straight down with your knife. Press down and rock

the blade back and forth until the cut is as deep as you want the shaving to go. This stop cut will prevent you from shaving off too much wood.

KITCHEN KNIFE CARE

KEEPING YOUR KITCHEN KNIFE SHARP

It is recommended that you have kitchen knives professionally sharpened. Remember that you don't sharpen serrated blades.

STORING KITCHEN KNIVES

Kitchen knives should be stored out of the reach of children and with the blades covered. A knife block is a good choice to keep knives safe.



USING KITCHEN KNIVES

Always use a cutting board when using a kitchen knife. Make sure that the cutting board is flat and stable. Place a kitchen towel flat under a cutting board to give it greater stability. Always follow the Cub Scout Knife Safety Rules.



WASHING KITCHEN KNIVES

Always wash your knife when you're done using it and be careful when washing it by hand. Make sure your kitchen knife is dishwasher safe before placing it in a dishwasher. If the kitchen knife has a wooden handle, chances are it is not dishwasher safe.



FIRST AID FOR KNIFE CUTS

Accidents can happen even when you're being careful. It's important that you know what to do if you or one of your fellow Scouts gets cut while using a pocketknife. Small cuts in the skin can allow bacteria to enter the body and cause infection. Wash minor cuts with soap and water. Apply first-aid ointment and cover with a dry, sterile dressing, an adhesive bandage, or a liquid bandage to help prevent infection and protect the wound. Clean and re-bandage wounds each day. If the cut is more serious, get help from an adult immediately. Taking proper care of a wound will help prevent other health issues like an infection.

REQUIREMENT 4

Demonstrate the proper use of a pocketknife to make a useful object on a campout.



Starting a campfire is a lot easier when you have the right materials. A knife can help create some helpful objects to get your fire started.

Tinder

Tinder is anything that burns as soon as you light it. It can include small twigs, dry leaves, pine needles, tree bark, or wood shavings. You can use your pocketknife to simply whittle a stick to create wood shavings to use as tinder.

Fuzz Stick

Kindling is small sticks, no bigger than a pencil, which will burn easily but not as fast as tinder. If you cannot find sticks that are as thin as a pencil, you can make a fuzz stick from a larger stick. This

also works if it just rained and most of the wood you find is wet. Usually only the outside of the stick may be wet, and the inside is still dry.

First, strip off the bark and hold the piece of wood against something to stabilize it (not your leg — you do not want to end up needing your first-aid kit).

Angle your knife along the wood and slide the blade to create thin, spiral-shaped shavings. Do not cut too deep; you are not trying to make notches. Leave the shavings attached to the wood. The thinner the shavings, the easier they will catch fire. One trick is to split your stick, giving you a wooden edge over which to run your knife — the smaller surface area should make it easier to make shavings.

When you have made quite a few shavings, prop your fuzz stick against your kindling and light the shavings on fire. The flames should easily spread up the stick and to the kindling.



REQUIREMENT 5

Choose the correct kitchen knife, and demonstrate how to properly slice, dice, and mince.

Before you start using a kitchen knife, learn these basics.

GRIP

Use the hand that you are most comfortable with. You can grip the knife on the handle (called the handshake grip) or you can use the pinch grip. The pinch grip is when you pinch the blade of the knife just above the bolster with your thumb and forefinger, then wrap the other fingers around the handle.



THE CLAW

When holding the object you are cutting, use the claw technique to keep the object stable and your fingers out of the way. To make a claw, shape your free hand into a claw by tucking four fingers behind your middle finger. Tightly grip the food with your claw hand, using all five fingers to hold it steady, with the



thumb and pinky finger stabilizing the sides. Make sure the fingertips are always farther back from the knife edge than the knuckles.



SLICE

Move the knife in a rocking, tip-to-heel motion to cleanly slice a food all the way through. Slide the fingers



of your claw hand back and move the knife (not the food) after each cut. Experienced chefs use the knuckle of their middle finger as a width guide for slices.

DICE

Cutting food into uniform cubes is a three-step process. First cut food into even slices. Stack



two or three slices on the cutting board, then cut them lengthwise into thick sticks. Holding the sticks together with your claw hand, cut the sticks crosswise into dice. When working with large quantities of food, make room on the cutting board by transferring the dice to a bowl.



MINCE

Aromatic herbs, ginger, and garlic need to be minced into fine bits that will permeate a finished dish. Place the knife next to the



item to be chopped and set your free hand flat on the tip of the knife. Hold the tip down as you move the knife heel up and down in a chopping motion, rocking back and forth over the food until it is finely minced.