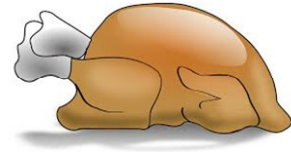


Turkey Carving Injury Prevention Tips

Please consider the following recommendations from the American Society of Hand Therapists for carving turkey or other poultry.



Did you know 88% of Americans eat turkey on Thanksgiving, and cuts from carving are one of the top five most common injuries on Thanksgiving?

Never cut toward yourself. One slip of the knife can cause a horrific injury. Your free hand should be placed opposite the side you are carving toward. Don't place your hand underneath the blade to catch the slice of meat.

Keep all cutting utensils sharp. If your knife is sharp enough, it should not need force in order to carve. A knife too dull to cut properly is still sharp enough to cause an injury.

If possible, use an electric knife for the carving. Use kitchen shears to cut the bones and joints of the turkey.

Do not let children assist with the carving, cutting or chopping.

Keep your cutting area well-lit and dry. Good lighting will help prevent an accidental cut of the finger and making sure your cutting surface is dry will prevent ingredients from slipping while chopping.

Keep your knife handles dry. A wet handle can prove slippery and cause your hand to slip down onto the blade, resulting in a nasty cut.

Lastly, should you cut your finger or hand, bleeding from minor cuts will often stop on their own by applying direct pressure to the wound with a clean cloth.

Seek medical help if:

Continuous pressure does not stop the bleeding after 15 minutes.

You are unsure of your tetanus immunization status.

You are unable to thoroughly cleanse the wound by rinsing with mild soap and plenty of clean water.

You notice persistent numbness or tingling in the fingertip.

You do not have full range of motion in the hand or finger.