

## How to Milk a Cow in 8 easy steps!

1

Brush off any hay or dirt that is on the teats

2

Sanitize teats using a iodine based pre dip or a moist towel

3

Rub teats to stimulate milk letdown

4

Squirt milk from teats to clear passageway and ensure milk quality

5

Attach milking unit

6

Thoroughly dry teat

7

Wait 3-5 minutes until cow is milked out and then remove unit

8

Dip teats with an iodine based post-dip to keep the teat from getting infected