



DAIRY DEVELOPMENT AUTHORITY (DDA)

Right Procedure for Milking a cow



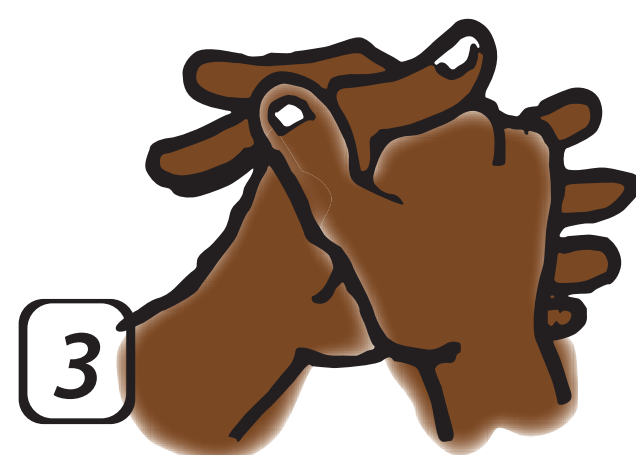
1

Position the cow



2

Tie the hind legs of the cow to avoid kicking



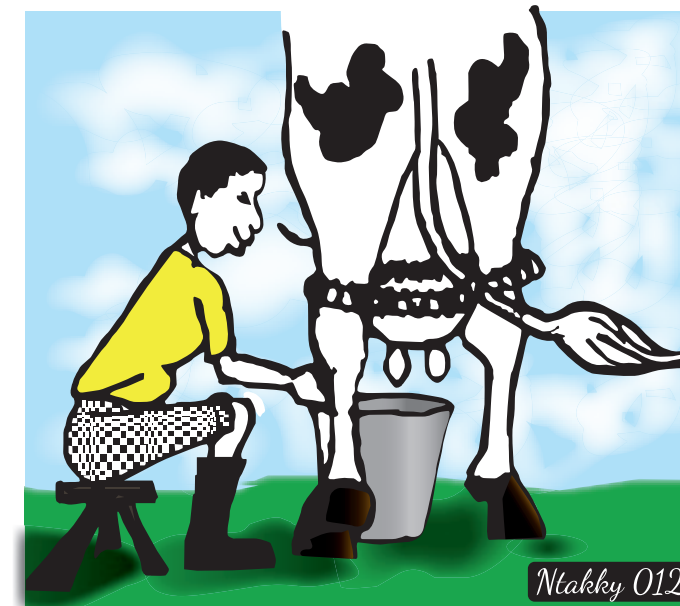
3

Clean your hands with water and soap



4

Wipe the teats clean



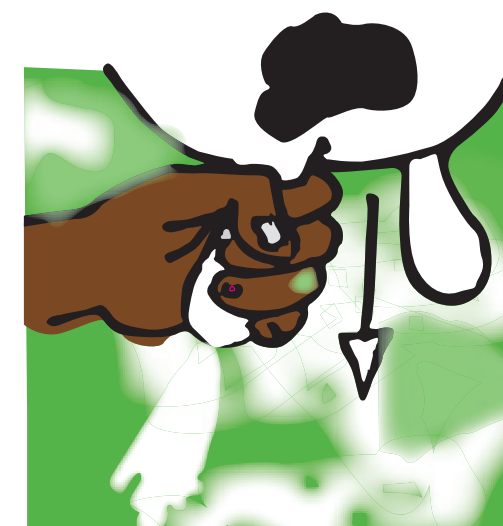
5

Sit or squat in the position above for safety and easy access



6

Wrap your hands around two of the four teats



7

Squeeze the base of the teat and milk while maintaining a firm grip



8

Filter and transfer the milk to a clean milk can