Proper Milking Routine = Mastitis control & Milk quality

	1	Hand hygiene	Milker's hand should be cleaned & disinfected before milking. Wear gloves during milking & disinfect after a cow with mastitis.
	2	Forestrip	Forestrip in a specific cup: - to avoid spread of mastitis causing bacteria in the environment - to detect clinical mastitis signs
	3	CMT test	Use regularly CMT test to detect subclinical mastitis (e.g. on a monthly basis). Use specifically CMT test: - After a mastitis treatment - Before dry period - At the beginning of the lactation
PART -	4	Pre-dip	Predip with a cleaning, disinfecting and conditioning solution. Do not wet the udder, focus on the teats. CLEAN WET, MILK DRY!
	5	Dry	MILK DRY! Dry the teats with one single paper towel per cow. Pay particular attention to teat end.
	6	Milk	Attach milking unit immediately after drying the teats.
	7	Post-dip	Apply effective teat dip immediately after milking. Choose a teatdip with adequate viscosity, optimum conditioning and disinfecting properties.
	8	Cluster disinfection	Dip or spray the teatcups with a fast acting disinfectant. Replace the teat liners on time to avoid damaging the teats.
	9	After milking	Keep cows standing to reduce the risk of infection while the sphincter is open. Keep the bedding DRY & CLEAN.



