



Task Analysis: Changing Sanitary Pads



1 Go to bathroom



2 Pull down underwear



3 Remove used pad



4 Wrap used pad in tissue



5 Throw pad in trash bin



6 Wipe if needed



7 Open new pad



8 Stick pad onto underwear



9 Pull underwear up



10 Wash hands



♥ You did it! Great job taking care of yourself! ♥