

Toothbrushing Routine/ Task analysis

1. Take up the toothpaste
2. Unscrew toothpaste cap.
3. Lay cap on countertop.
4. Pick up your toothbrush.
5. Put pea sized amount of toothpaste on toothbrush.
6. Lay toothpaste tube on countertop.
7. Bring toothbrush with paste up to mouth.
8. Begin brushing teeth. Choose a routine and do the same pattern every time.
Left back: top – outside Front: top – outside Right back: top – outside
Left back: top – inside Front: top – inside Right back: top – inside
Left back: bottom – outside Front: bottom – outside Right back: bottom – outside
Left back: bottom – inside Front: bottom – inside Right back: bottom – inside
9. Spit toothpaste into sink
10. Rinse toothbrush under water stream.
11. Shake water out of brush
12. replace toothbrush in its container
13. Put toothpaste cap on tube.
25. Put toothpaste away