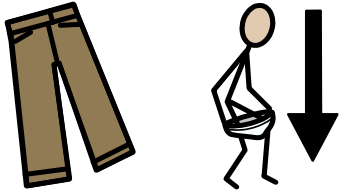
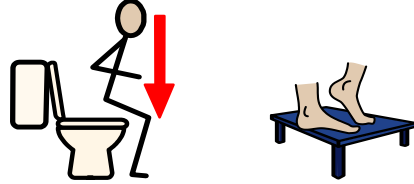




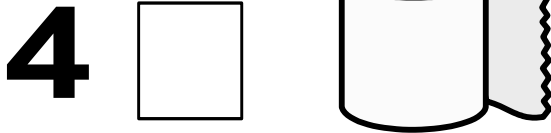
## Sitting on the toilet



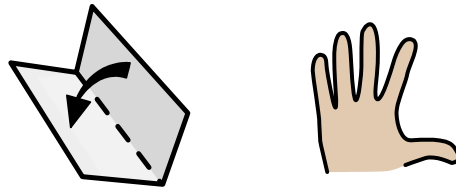
Pull down trousers and pants



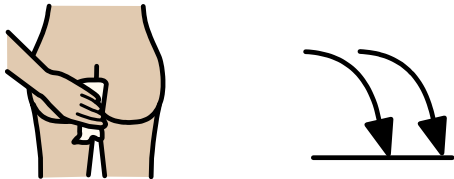
Sit on toilet with stool  
step under feet



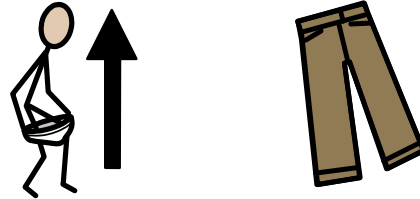
Tear off four squares of  
toilet paper



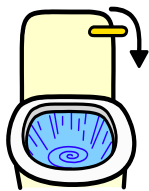
Fold paper in hand



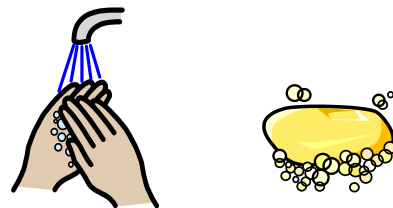
Wipe bottom (front to back).  
Repeat until paper is clean



Pull up pants and trousers



Flush toilet





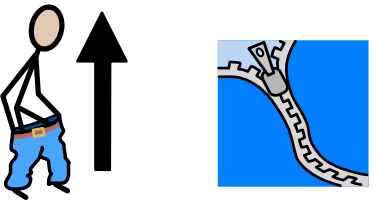
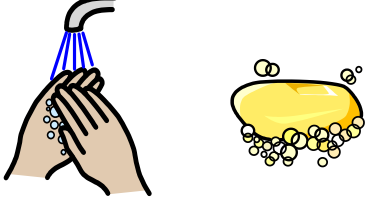
Wash hands with soap



Dry hands with towel



## Standing up to use the toilet

 <p>Stand facing toilet</p>	 <p>Pull down or unzip trousers</p>
 <p>Aim wee into toilet bowl</p>	 <p>Tear off square of toilet paper to pat self dry</p>
 <p>Pull up or zip up trousers</p>	 <p>Flush toilet</p>
 <p>Wash hands with soap</p>	 <p>Dry hands with towel</p>