



# The process of milking

## Introduction

It is important to remember that quality milk production must begin at the farm. That way, your milk will have fewer bacteria that cause spoilage and diseases. In order to ensure good quality and protect the health of consumers, you must always carry out milking in accordance with good hygienic practice.

You should observe the following:

- Maintain clean and healthy cows. Sick animals can transmit diseases to humans through contaminated milk
- Keep a clean milking environment, free of dust and mud. Garbage and dung in the milking area provide a good breeding ground for rats, flies and cockroaches that may transmit dirt and bacteria to the milk.

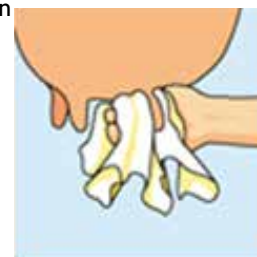


- Do not milk cows if you are suffering from communicable diseases like diarrhoea or typhoid, but seek medical treatment and resume milking only when you have fully recovered.
- Do not mix colostrums (the milk produced for the first seven days after calving) with normal milk.

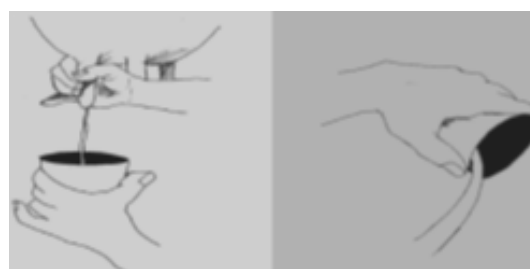
- Before milking wash your hands with soap and clean water before milking.



- Wash the udder with a clean cloth and warm water and dry with a clean dry cloth



- Make the first draw into a dark strip cup to check for mastitis and throw away from the milking area even if the milk appears clean. This exercise ensures that this first jet of milk cleans the teat channels from any material that might have entered between milking times.



- Use clean metal stainless steel buckets – left picture for milking and not dirty ones like in the drawing to the right.



- Cows with mastitis should be milked last and their milk discarded.
- Milk from cows under antibiotic treatment

should not be sold or consumed until 3 days after last treatment or as advised by the veterinary practitioner

- After milking, dip the teats into an “antiseptic dip”. Mild solution of vinegar will be a good alternative!!



- During milking, the milker should not:

Have long nails!

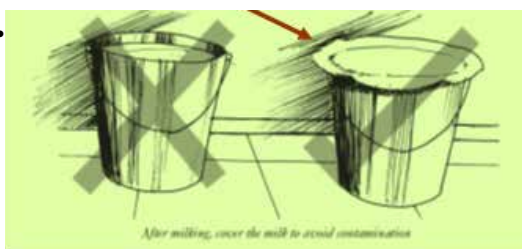
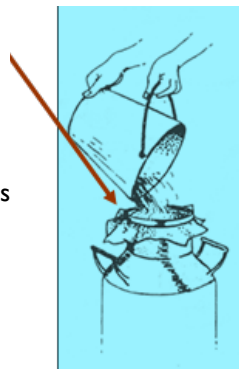
Sneeze!

Spit!

Cough! or

Smoke!

- After milking, sieve the milk through a strainer or muslin cloth to remove solid particles that may have fallen in during milking.



- Move the milk to a clean and cool area

Provide shade as the minimum means of cooling



Milk cans put into cold water basin, flowing water is perfect



Wet cloth wrapped around milk can



An initial version of this factsheet was developed through the Agricultural Innovation Program for Pakistan. It was made possible by the support of the American people through the United States Agency for International Development (USAID). The contents are the sole responsibility of ILRI and do not necessarily reflect the views of USAID or the United States Government.

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