

Toothpaste_Map

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Toothpaste application concept

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This task refers to the application of toothpaste on a toothbrush. It is intended to novices to this process, who have no experience at all with toothpaste, toothbrushes or tube packaging.

- [Required items](#) on page 4

Below is the list of things needed to perform the activity

Toothpaste application procedure

This task refers to the application of toothpaste on a toothbrush. It is intended to novices to this process, who have no experience at all with toothpaste, toothbrushes or tube packaging.

Make sure that you have obtained all required items.

Application of toothpaste on a toothbrush.

1. Take the toothpaste and the toothbrush and go to the bathroom.
2. Put the toothbrush on the washbasin or on the countertop, depending on the interior design of your bathroom.

You will not need the toothbrush for a while.

3. Remove the cap from the toothpaste tube.
4. Use your fingers to remove the silver safety seal from the tube opening.
5. Throw the safety seal to the litter bin.
6. While still holding the toothpaste tube in one hand, pick the toothbrush with your other hand.
7. Position the toothpaste tube opening slightly above the toothbrush bristle.

Ideally, the end of the tube opening should be located directly above the end of the toothbrush bristle that is closer to your hand holding the toothbrush.

8. Press lightly the rear area of the toothpaste tube with your thumb.

Remember to press the rear area of the toothpaste tube (rear area is the area on the opposite side of the tube opening). This helps control the rate of toothpaste application.

9. While pressing the toothpaste tube, observe the toothpaste coming out and place it on the toothpaste bristle.
10. Continue pressing the toothpaste tube, while slowly moving the hand holding the toothbrush away from the hand holding the toothpaste tube.

Remember that the toothpaste opening must be located directly above the toothbrush bristle at all times.

11. Once the toothpaste you are applying on the toothbrush reaches the other end of the bristle, stop pressing the toothpaste tube.

Alternatively, you can stop pressing the toothpaste tube even earlier. The result will be less toothpaste on the toothbrush.

12. Put the toothpaste tube aside.

Toothpaste is present on the toothbrush and you are ready to brush your teeth.

Related reference

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Below is the list of things needed to perform the activity

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Required items

Below is the list of things needed to perform the activity

List of things needed to perform the activity:

- toothpaste
- toothbrush

Related tasks

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