



1

Examine body front and back in mirror, then right and left sides, arms raised.



2

Bend elbows, look carefully at forearms, back of upper arms, and palms.



3

Look at backs of legs and feet, spaces between toes, and soles.



4

Examine back of neck and scalp with a hand mirror. Part hair and lift.



5

Finally, check back and buttocks with a hand mirror.