

IET

Soldier's Handbook

TRADOC PAMPHLET 600-4
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HEADQUARTERS
DEPARTMENT OF THE ARMY
United States Army Training and Doctrine Command
Fort Monroe, Virginia 23651-5000

THE SOLDIER'S CREED

I am an American Soldier. I am a member of the United States Army—a protector of the greatest nation on earth. Because I am proud of the uniform I wear, I will always act in ways creditable to the military service and the nation it is sworn to guard.

I am proud of my own organization. I will do all I can to make it the finest unit of the Army. I will be loyal to those under whom I serve. I will do my full part to carry out orders and instructions given my unit or me.

As a soldier, I realize that I am a member of a time-honored profession—that I am doing my share to keep alive the principles of freedom for which my country stands. No matter what situation I am in, I will never do anything, for pleasure, profit, or personal safety, which will disgrace my uniform, my unit, or my country. I will use every means I have, even beyond the line of duty, to restrain my Army comrades from actions disgraceful to themselves and the uniform.

I am proud of my country and its flag. I will try to make the people of this nation proud of the service I represent, for I am an American Soldier.

TRADOC Pam 600-4

DEPARTMENT OF THE ARMY
HEADQUARTERS
UNITED STATES ARMY TRAINING AND DOCTRINE COMMAND
Fort Monroe, Virginia 23651-5000
PERSONNEL—GENERAL
SOLDIER'S HANDBOOK

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PREFACE

This handbook is a handy pocket reference for subjects in which you must maintain proficiency. It condenses information from field manuals, training circulars, Army regulations, and other sources.

You will need this handbook in initial-entry training (IET). Carry it with you at all times. Use it to review the training you will receive and to prepare for proficiency testing. It will also be useful throughout your military career.

This handbook addresses both general subjects and selected combat tasks. It includes evaluation guides to test your knowledge. You must know this information in order to be an effective soldier. The information on selected combat tasks is important, regardless of your grade or military occupational specialty (MOS).

Unless this handbook states otherwise, masculine nouns and pronouns do not refer exclusively to men.

CHAPTER 1: GENERAL SUBJECTS

AMERICA'S ARMY

Every American can be proud of the history of the United States Army. The American Army was created on June 14, 1775, when the Continental Congress first authorized the muster of troops to serve under its own authority. Those soldiers came from the provincial forces of the colonies, which were at that time laying siege to Boston. From its birth, the American Army has relied on the citizen soldier, exemplified by the militia and the Minutemen who fought the British at Lexington and Concord. Commanded by General George Washington and supported by our French allies, the Continental Army defeated the British at Yorktown and secured the freedoms so eloquently stated in the Declaration of Independence. Thus, the birth of the Army preceded and guaranteed the birth of the Nation.

In the Constitution of the United States, the Founding Fathers provided that Congress shall have the power "To raise and support Armies" and to "provide for the common defense." The Army raised for the nation's defense incorporates two uniquely American ideas: civilian control of the armed forces, and reliance on the citizen soldier. Over the years, the organization and structure of the Army have adapted to each challenge the Nation has faced, but basic ideas have remained unchanged. As the Nation grew, the Army defended the frontiers, protecting the nation's growth. The Army served the domestic needs of the Republic quietly and efficiently, often because it was the only organization with the training, discipline, skills, and resources to do the work.

The Army's fundamental purpose is to fight and win the Nation's wars by establishing conditions for lasting peace through land force dominance. This dominance is established through integration of the complementary capabilities of all the services. With this fundamental

purpose in mind, the framers of the Constitution intended that armies were to be raised to "provide for the common defense" and, together with the Navy, to "repel invasion."

When the United States became a world power in the 20th century, the Army was called upon to defend our national interests and rights on a wider scale that drew us into alliances in regions far removed from our shores. In the combat operations of the World Wars, in Korea, Vietnam, and the Persian Gulf, the Army responded to the call to duty and performed that duty well. In the 40-odd years of Cold War, in many locations around the world, the Army performed a deterrent role as part of the containment strategy. In other places, at other times, the Army fulfilled the Nation's expectations in operations too small to be called "wars," although no less dangerous. To the soldiers on the ground, operations URGENT FURY in Grenada and JUST CAUSE in Panama were indistinguishable from the combat operations of their forefathers. Operations PROVIDE COMFORT in Iraq and RESTORE HOPE in Somalia, although peace operations, also proved to be dangerous. However, like those who went before them, American soldiers responded readily in fulfilling the unlimited liability aspect of their contract. Knowing that simply joining the Army demands a willingness to place one's life at risk, many have still joined and made the ultimate sacrifice.

The realities of modern combat and the employment of modern technologies have not changed the Army's role. Under Title 10, United States Code, the Army provides to the unified or joint force commander the capacity for land force dominance. The world's best soldiers attain this dominance through the application of overwhelming combat power. These soldiers, who fight and live by Army Values, employ the most modern technological equipment, and are trained and led according to superior doctrine to accomplish each mission with less casualties and collateral

damage. While other services may attack the land and structures and peoples upon it, only the Army, by its long-term physical presence, can compel lasting change.

Soldiers may be sent where they do not want to go and for reasons they may not understand. If this should happen to you while you are in the Army, you can do no better than to follow the Soldier's Creed. Remember also that regardless of where you serve, as a soldier you are there to defend the ideals of freedom, justice, truth, and equality found in the Declaration of Independence and the Constitution of the United States of America.

THE ARMY SONG: "The Army Goes Rolling Along" is the official Army song and is played on many occasions. You should stand at attention when it is played or sung. The song was dedicated on Veterans Day, November 11, 1956. The music was composed in 1908 by Lieutenant (later Brigadier General) Edmund L. Gruber and was known originally as the "Caisson Song" (Figure 1-1).

The Army Goes Rolling Along	
Verse	March along, sing our song With the Army of the free Count the brave, count the true Who have fought to victory. We're the Army and proud of our name! We're the Army and proud to proclaim:
First Chorus:	First to fight for the right And to build the nation's might. And THE ARMY GOES ROLLING ALONG. Proud of all we have done. Fighting til the battle's won. And THE ARMY GOES ROLLING ALONG.

Refrain:	Then it's hi! hi! hey! The Army's on its way. Count off the cadence loud and strong: For wher'er we go, you will always know That THE ARMY GOES ROLLING ALONG.
Second: Chorus:	Valley Forge, Custer's ranks, San Juan Hill and Patton's tanks, And the Army went rolling along. Minutemen from the start, Always fighting from the heart, And the Army keeps rolling along.
Refrain:	Then it's hi! hi! hey! The Army's on it's way. Count off the cadence loud and strong: For where'er you go, you will always know That THE ARMY GOES ROLLING ALONG.
Third Chorus:	Men in rags, men who froze, Still that Army met its foes, And the Army went rolling along. Faith in God, then we're right And we'll fight with all our might
Refrain:	Then it's hi! hi! hey! The Army's on it's way, Count off the cadence loud and strong: (two! Three!) For where're we go, you will always know That THE ARMY KEEPS ROLLING ALONG! (Keep it rolling) And THE ARMY GOES ROLLING ALONG!

Figure 1-1. The Army Song.

ARMY ORGANIZATION: The United States Army is made up of two parts: the active and reserve components. The Active Component consists of soldiers who are on full-time active duty. The Reserve Component consists of the Army National Guard and the Army Reserve. The Reserve Component receives military training and is ready to be called to active duty if necessary. Army units can be organized several ways, but the following example is fairly typical:

- The **squad** is the smallest unit, consisting of eight to ten soldiers. The squad leader is a noncommissioned officer (NCO).
- The **platoon** includes the platoon leader (lieutenant) and two or more squads.
- The **company** includes the company commander (usually a captain, but sometimes a lieutenant), a headquarters, and two or more platoons.
- The **battalion** includes the battalion commander (a lieutenant colonel), his staff and headquarters, and several companies.
- The **brigade** includes the brigade commander (a full colonel), a headquarters, and several battalions.

You will learn more about units above brigade level as you progress in your Army career.

RANK INSIGNIA: You must be able to recognize the ranks of Army personnel immediately.

OFFICER: The highest officer rank is the five-star general (General of the Army) and the lowest is the second lieutenant. Figure 1-2 shows the ranks with their insignia.

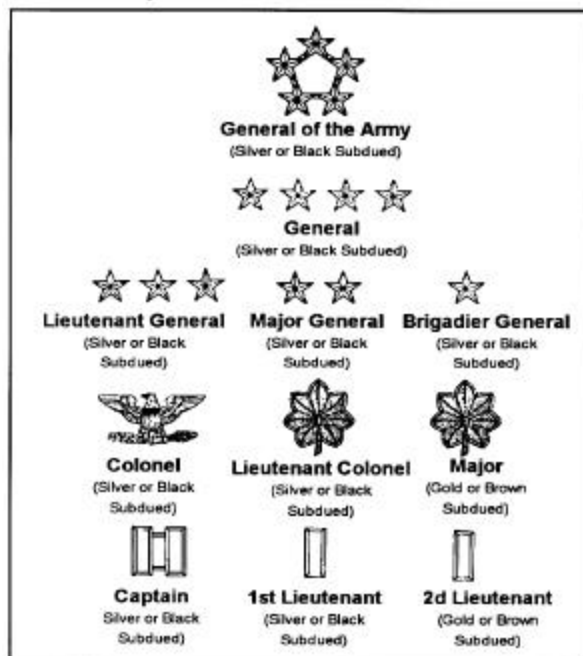


Figure 1-2. Officer insignia

Address all personnel with the rank of general as "General (last name)" regardless of the number of stars. Likewise, address both colonels and lieutenant colonels as "Colonel (last name)" and first and second lieutenants as "Lieutenant (last name)"

Warrant Officer: Address warrant officers as "Mr. (last name)" or "Ms. (last name)." Figure 1-3, page 1-7 shows the five warrant officer ranks.

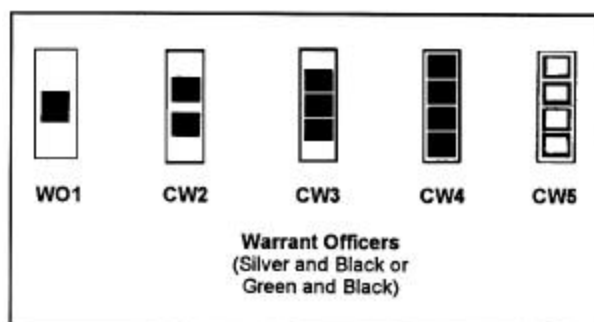


Figure 1-3. Warrant officer insignia.

ENLISTED: Enlisted ranks range from private to sergeant major (grades E1 to E9) of the Army. Figure 1-4, page 1-8, shows the enlisted ranks with their insignia.

Address privates (E1 and E2) and privates first class (E3) as "Private (last name)." Address specialists as "Specialist (last name)." Address sergeants, staff sergeants, sergeant's first class, and master sergeants as "Sergeant (last name)." Address higher rank sergeants by their full ranks in conjunction with their names.

Your drill sergeant will use the following evaluation guide to test your ability to identify rank:

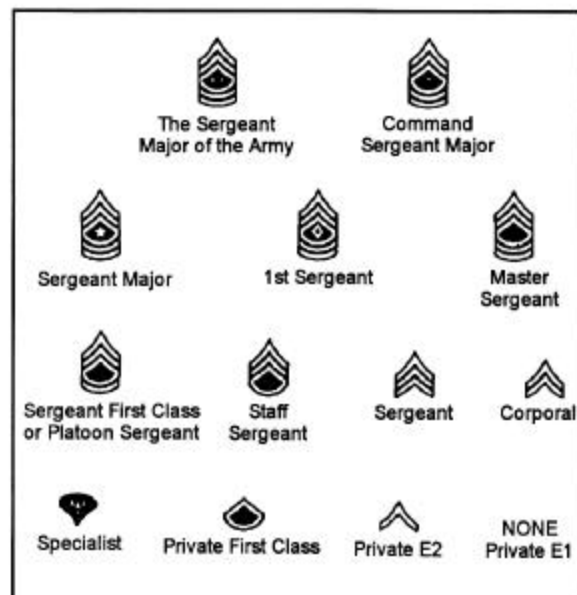


Figure 1-4. Enlisted insignia.

MILITARY TIME All U. S. military services tell time by using the numbers “1” to “24” for the 24 hours in a day. A day begins at one minute after midnight and ends at midnight the same day. For example, eight minutes after midnight (12:08 am) is written in military time as “0008.” Thirty-three minutes after two o’clock in the afternoon (2:33 PM) is written as “1433.” Figure 1-5 shows a time conversion chart.

Civilian Time	Military Time	Civilian Time	Military Time
12:01 AM			
1:00 AM	0100	1:00 PM	1300
2:00 AM	0200	2:00 PM	1400
3:00 AM	0300	3:00 PM	1500
4:00 AM	0400	4:00 PM	1600
5:00 AM	0500	5:00 PM	1700
6:00 AM	0600	6:00 PM	1800
7:00 AM	0700	7:00 PM	1900
8:00 AM	0800	8:00 PM	2000
9:00 AM	0900	9:00 PM	2100
10:00 AM	1000	10:00 PM	2200
11:00 AM	1100	11:00 PM	2300
12:00	1200	12:00 PM	2400
NOON		MIDNIGHT	

Figure 1-5. Time Conversion chart.

SALUTES AND HONORS

SALUTING: The origin of the hand salute is uncertain. Some historians believe it began in late Roman times when assassinations were common. A citizen who wanted to see a public official had to approach with his right hand raised to show that he did not hold a weapon. Knights in armor raised visors with the right hand when meeting a comrade. This practice gradually became a way of showing respect and, in early American history, sometimes involved removing the hat. By 1820, the motion was modified to touching the hat, and since then it has become the hand salute used today.

During your time in the Army, you salute to show respect toward an officer, the flag, or our country. The proper way to salute with or without a weapon is described in FM 22-5. The rules of saluting are as follows:

- When you meet someone outside, salute as soon as you recognize an officer (when about six steps away).

- Salute all officers (recognized by rank) in official vehicles identified by special plates or flags.
- Salute only on command when in formation.
- If in a group and officer approaches, the first soldier to recognize the officer calls the group to attention and all personnel salute.
- If you approach an officer while you are double-timing alone, assume quick time march and render the hand salute. When the salute is returned, execute order arms and resume double-timing.
- The salute is always initiated by the subordinate and is terminated only after acknowledgment by the individual being saluted.
- Accompany the salute with an appropriate greeting, such as, "Good morning/afternoon, sir/ma'am."
- Salutes are not required to be rendered by or to personnel who are driving or riding in privately owned vehicles.
- It is not customary for enlisted personnel to exchange salutes, except in some ceremonial situations.
- Never render a salute with a noticeable object in your mouth or right hand.
- If you are on detail and officer approaches, salute if you are in charge of the detail. Otherwise, continue to work. If you are spoken to, then come to attention.

RENDERING HONOR TO THE FLAG: The flag of the United States is the symbol of our nation. The union, white stars on a field of blue, is the honor point of the flag. The union of the flag and the flag itself, when in company with other flags, is always given the honor position, which is on the right. Rules for displaying the flag follows:

- The flag of the United States will be displayed outdoors at all Army installations.
- Only one flag of the United States will be flown at one time at any continental United States (CONUS) Army installation except as authorized by the commanding generals of major Army commands.
- The flag will be displayed daily from reveille to retreat. If illuminated, it may be displayed at night during special events or on special occasions deemed appropriate by the commander.
- The flag of the United States is the only flag that may be flown from a flagpole over an Army installation. An exception is the Minuteman flag that, if awarded, may be flown beneath the flag of the United States.
- In unusual circumstances not covered in the Army regulations, the judgment of the senior Army individual present will be used to determine whether the flag shall be displayed on a specific occasion.

When the flag is being raised in the morning or lowered in the evening, you should stand at attention on the first note of the national anthem or "To the Colors." ("Colors" refers to the flag of the United States and can also include the unit flag). Give the required salute. If you are involved in some duty that would be hampered by saluting, you do not need to salute. You normally face the flag when saluting, unless duty requires you to face in some other direction. At the conclusion of the ceremony, resume your regular duties.

Whenever the national anthem, "To the Colors," or "reveille" is played, and you are not in formation and not in a vehicle, come to attention at the first note, face the flag, and give the required salute. If no flag is near, face the music and salute. If you are in formation, salute only on the

order 'Present arms. " If you are in civilian clothing, stand at attention and place your right hand over your heart. These honors also apply to the national anthems of foreign countries during ceremonies or parades. The words to the National Anthem are shown in Figure 1-6.

The Star-Spangled Banner

O say can you see by the dawn's early light
What so proudly we hail'd at the twilight's last gleaming
Whose broad stripes and bright stars through the perilous
fight
O'er the ramparts we watch'd were so gallantly streaming?
And the rocket's red glare, the bomb bursting in air,
Gave proof through the night that our flag was still there,
O say does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?
On the shore dimly seen through the mists of the deep,
Where the foe's haughty host in dread silence reposes,
What is that which the breeze, o'er the towering steep,
As it fitfully blows, half conceals, half discloses?
Now it catches the gleam of the morning's first beam
In full glory reflected now shines in the stream
'Tis the star-spangled banner—O long may it wave
O'er the land of the free and the home of the brave!
O thus be it ever when free men shall stand
Between their loved home and the war's desolation!
Blest with vict'ry and peace, may the heav'n rescued land.
Praise the power that hath made and preserved us a
nation!
Then conquer we must, when our cause it is just,
And this be our motto—"In God is our Trust,"
And the star-spangled banner in triumph shall wave
O'er the land of the free and the home of the brave.

Figure 1-6. National Anthem

Vehicles in motion should stop. If you are in a car or on a motorcycle, dismount and salute. If you are with a group in a military vehicle or bus, remain in the vehicle. The individual in charge will dismount and salute.

When you are passing or being passed by colors which are being presented, paraded, or displayed, salute when the colors are six paces from you. Hold the salute until the colors are six paces beyond you.

COURTESIES: The following rules will help you conduct yourself appropriately in the presence of officers and anyone senior to you in rank:

- When talking to an officer, stand at attention unless given the order "At ease." When you are dismissed, or when the officer departs, come to attention and salute.
- When an officer enters a room, the first soldier to recognize the officer calls personnel in the room to attention but does not salute. A salute indoors is rendered only when one is reporting.
- When accompanying a senior, walk on their left.
- When entering or exiting a vehicle, the junior ranking person is the first to enter, and the senior in rank is the first to exit.
- When an officer enters a dining facility, unless directed, or a senior officer is present, the diners will be given the order "At ease" by the first person who sees the officer. You will remain seated at ease and will continue eating unless the officer directs otherwise. If you are directly addressed, you should rise to attention, if seated in a chair. If you are seated on a bench, stop eating and sit at attention until the conversation is ended.

NOTE: The officer or NCO may give the directive "Carry on." This means the soldier or soldiers should continue with whatever they were doing previously.

This same directive may be used in many other situations outside of formation, such as in the barrack and break areas.

- When outdoors and approached by an NCO, you should stand (if seated) and greet the NCO by saying, "Good morning sergeant," "Good afternoon sergeant," or "Good evening, sergeant (last name if known). "
- When you report to an officer for any reason, it is important to make a good first impression. If you are outdoors, approach the officer to whom you are reporting and stop approximately two steps from them, assuming the position of attention. Give the proper salute and say, "Sir/Ma'am Private Smith reports. " If you are indoors, use the same procedures as above, except remove your headgear before reporting. If you are armed however, do not remove your headgear.

CHAPTER 2 BASIC SOLDIER SKILLS

FOLLOWING ORDERS/CHAIN OF COMMAND

The military cannot function unless all personnel strictly obey and promptly execute all lawful orders given by their superiors. Your oath requires you to do your utmost to successfully complete the mission assigned, even at the risk of your life, if necessary. There may be times when you do not agree with the national or Army policy upon which some orders are based. Nevertheless, as long as the order is lawful, it is your responsibility to carry it out to the best of your ability.

The Army has an established command channel to send orders from the highest to the lowest levels in the least possible time and with the least chance of misinterpretation. The chain of command consists of a succession of commanders. The President of the United States, as Commander in Chief, down through the various grades to enlisted persons leading the smallest Army units and to their individual soldiers.

Each person in the chain of command has two basic responsibilities: first, to accomplish the mission, and second, to care for personnel and property. A superior in the chain of command holds subordinates responsible for everything their command does or fails to do. Each person in the chain is delegated enough authority to accomplish assigned duties.

Figure 2-1 shows the relationship between initial-entry training and combat organizations. Notice the similarities and differences between training and combat organizations.

BCT/OSUT/AITCOMPANY	REGULAR UNIT
COMMANDER IN CHIEF	COMMANDER IN CHIEF
SECRETARY OF DEFENSE	SECRETARY OF DEFENSE
SECRETARY OF THE ARMY	SECRETARY OF THE ARMY
ARMY CHIEF OF STAFF	ARMY CHIEF OF STAFF
	THEATER COMMANDER
	ARMY GROUP
	COMMANDER
POST COMMANDING	CORPS COMMANDER
GENERAL	DIVISION COMMANDER
BRIGADE COMMANDER	BRIGADE COMMANDER
BATTALION COMMANDER	BATTALION COMMANDER
COMPANY COMMANDER	COMPANY COMMANDER
SENIOR DRILL SERGEANT	PLATOON LEADER
DRILL SERGEANT	SQUAD LEADER

Figure 2-1. Chain of Command

Personal Appearance and Uniform

The Army is a uniformed service where discipline is judged, in part, by the manner in which the individual wears the uniform as prescribed. Therefore, a neat and well-groomed appearance by soldiers is fundamental to the Army and contributes to building the pride and esprit essential to an effective military force.

Tattoos. Visible tattoos or brands on the neck, face or head are prohibited. Tattoos or brands on other areas of the body that are prejudicial to good order and discipline are prohibited. Additionally, any type of tattoo or brand that is visible while wearing a Class A uniform and detracts from a soldierly appearance is prohibited.

Body Piercing. No attaching, affixing, or displaying objects, articles, jewelry or ornamentation to or through the skin while in uniform, in civilian clothes while on duty, or in

civilian clothes off duty on any military installation or other places under military control except for earrings for females. Females may wear any type of earrings off duty, on or off military installations.

Hairstyle: Many hairstyles are acceptable in the Army for soldiers who have completed basic combat training.

Male Personnel. The hair must not fall over the ears or eyebrows or touch the collar (except for closely cut hair at the back of the neck). Hair should be tapered, except that "block cut" fullness in the back is permitted in moderate degree. Neither the bulk nor length of hair may interfere with the wearing of military headgear. Sideburns must be neatly trimmed, not flared, and must not extend downward beyond the lowest part of the exterior ear opening. The face must be clean-shaven, except that mustaches are permitted. If a mustache is worn, it must be neatly trimmed. No part of the mustache will cover the upper lip line or extend horizontally beyond or below the corner points of the mouth where the upper and lower lips join.

Female Personnel. The hair must not fall over the eyebrows and must not extend below the bottom edge of the collar. Neither the bulk nor length of hair may interfere with the wearing of military headgear. Any hair-holding ornaments, such as barrettes or hairpins, must be of a natural hair color or transparent. Makeup and nail polish should be conservative and complement the uniform. Extreme shades of lipstick and nail polish such as purple, gold, blue, and white will not be worn. Unless directed to wear another type of footwear, female personnel may wear pumps with all uniforms except field uniforms.

Insignia Placement: Each soldier is responsible for having the correct insignia properly placed on their uniform, as follows:

Shoulder Sleeve Insignia. Soldiers in both basic combat training and advanced individual training who are in one of

the following categories may wear organizational shoulder sleeve insignia (shown in Figure 2-2). This insignia will be worn centered on the left sleeve, 1/2 inch below the top of the shoulder seam on all Army green uniform coats and, for female personnel, on all Army green pantsuit jackets. Subdued shoulder sleeve insignia will be worn on all field and work uniforms.

- Army National Guard (ARNG) and Reserve (USAR) trainees are authorized to wear the insignia of their parent ARNG or USAR organization from the start of training.
- Unit-of-choice trainees are authorized to wear, from the start of training, the insignia of the specific unit for which they enlisted.

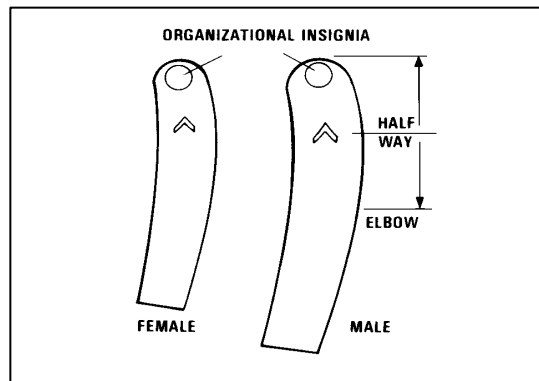


Figure 2-2: Shoulder sleeve insignia of current organization.

Distinguishing Insignia. The "US ARMY" insignia is worn immediately above and parallel to the top edge of the left breast pocket. This insignia consists of black, 3/4-inch high block letters on a 1-inch wide by 4 1/2-inch long (or to the edges of the pocket flap) strip of olive green cloth.

The name tape is worn immediately above and parallel to the top edge of the right breast pocket of all field and work uniform coats and shirts. It consists of black letters on a 1-inch wide by 4 1/2-inches long (or to the edges of the pocket flap) strip of olive green cloth.

Names ten letters or less will be printed in 3/4-inch high Franklin Gothic Condensed. Names eleven letters or more will be printed in 1/2-inch high Franklin Gothic Extra Condensed (Figure 2-3). The name and US Army tapes will be the same length.

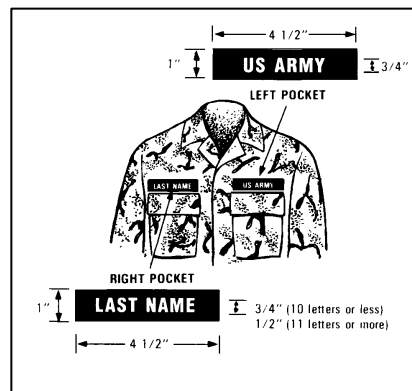


Figure 2-3. Distinguishing insignia.

Rank Insignia. Soldiers will wear subdued pin-on rank insignia centered on both collars of all field, work, and utility uniform coats and jackets. The center line of the insignia will be 1 inch from the collar point and will bisect the points of the collar (Figure 2-4).

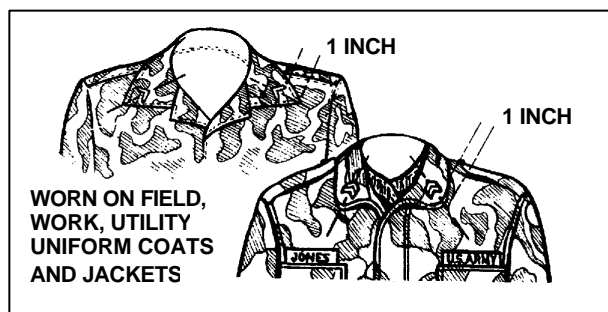


Figure 2-4. Rank insignia.

The Army green shirt may be worn with or without the Army green coat. Specialists 4 and below must always wear their rank insignia on the collars of the green shirt (Figure 2-5). Corporals and above must wear shoulder board rank insignia.

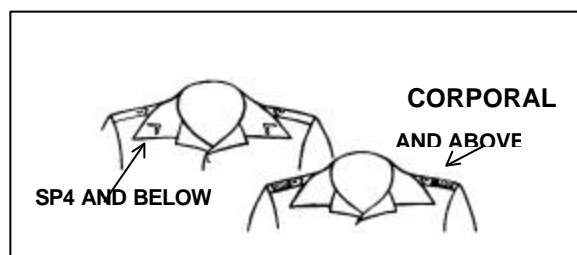


Figure 2-5. Rank insignia, enlisted.

US and Branch Insignia. During initial-entry training, males will wear the "US" insignia on both collars. The bottom of the insignia disk will be 1 inch above the notches on the collar, with the center line of the insignia bisecting the notch and parallel to the inside edge of the collar on the Army green, Army white, and Army blue uniform coats (Figure 2-6). After completing AIT or one-station unit

training (OSUT), male soldiers will wear MOS branch insignia on their left collar

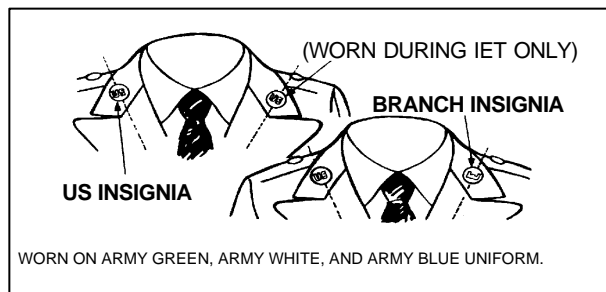


Figure 2-6. US and branch insignia, enlisted male.

During initial-entry training, females will wear the "US" insignia on both collars. The bottom of the insignia disk will be worn 1 inch above the notches on the collars, with the center line of the insignia bisecting the notch and parallel to the inside edge of the collar on the Army green pantsuit jacket, and Army green, Army white, and Army blue uniform coats (Figure 2-7). The bottom of the insignia disk will be 5/8 inch above the collar lapel seam on the female classic green uniform coat. After completing AIT or OSUT, female soldiers will wear MOS branch insignia on their left collar.

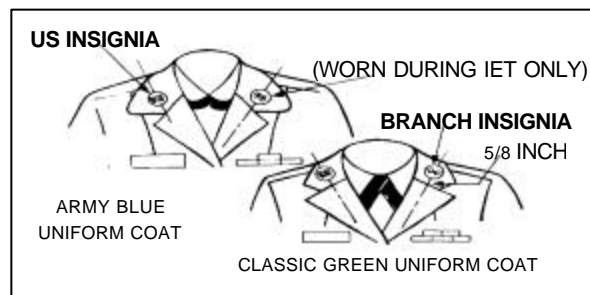


Figure 2-7. US and branch insignia, enlisted female.

Belts and Buckles: The web belt will be a 1 1/4-inch web or woven elastic web belt of black color with a black or brass tip. A plain-faced, oval-shaped, solid brass buckle, 2 1/4 inches long and 1 3/4 inches wide, will be worn on the web belt with the dress uniform. The black, open-faced buckle, 1 11/16 inches long and 1 5/8 inches wide, will be worn on the belt with all field and work uniforms. Only the black-tipped belt is authorized with this buckle (Figure 2-8).

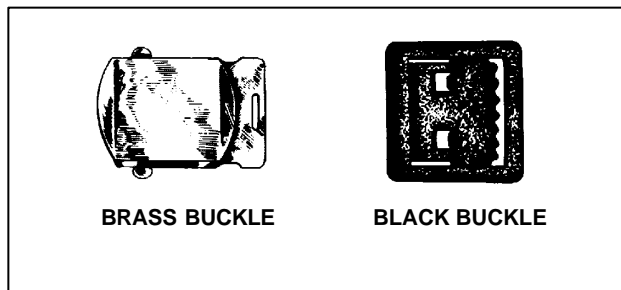


Figure 2-8. Buckles.

The tipped end of the belt will pass through the buckle to the wearer's left and will not extend more than 2 inches beyond the end of the buckle.

Jewelry: A wrist watch, identification bracelet, and up to two rings (a wedding set is considered to be one ring) may be worn with your uniform as long as they are conservative and tasteful. You may wear a religious medal on a chain around your neck provided neither medal nor chain can be seen.

Clothing Maintenance: You are responsible for keeping your clothing in good serviceable condition. Clean your clothing regularly, keep it in good repair, and store it properly. Carrying large or heavy objects in your pockets is likely to change the shape of your tailored clothing.

Follow the cleaning and care instructions attached to most clothing. Clean your clothing as soon as possible after it becomes soiled. Dirty clothing wears out more quickly than clean clothing because dirt cuts fibers and holds in moisture from perspiration. Coated clothing such as ponchos and raincoats should be wiped clean or washed by hand with a soft brush and warm soapy water. These items should be thoroughly rinsed and hung up to air-dry.

If you need to press clothing, be sure it is clean and that the iron is not too hot. When pressing wool, use a damp cloth between the iron and the fabric. To press cotton clothing, dampen the surface of the cloth, then apply the iron directly.

Before storing clothing, be sure it is clean and dry. Use mothballs to protect wool clothing, and store it in a closed container.

Boots: New boots should fit properly when you receive them. They should have a chance to air between wearings, so you should wear one pair one day and another pair the next. Wear the ventilating plastic insoles so air can circulate underneath your feet.

Scrape dirt or mud from boots and wash with just a little water and soap. Wipe insides dry with a clean cloth and remove all soapsuds from the outside. Stuff papers in the toes and let boots dry in a warm, dry place. Do not put them in the hot sun or next to a strong source of heat. Polish after boots are dry.

Heels of boots should be replaced after wear of 7/16 of an inch or more.

Remember, you are an AMERICAN soldier—

- Take pride in your uniform.
- Look like a soldier.
- Think like a soldier.
- Act like a soldier.

PHYSICAL FITNESS PROGRAM

The Army Physical Fitness Program (APFT) for IET will include carefully structured, progressive, and challenging physical training programs. It will focus on the progressive development of cardio-respiratory endurance, muscular strength and endurance, flexibility, anaerobic conditioning, coordination, aggressiveness, competitiveness, good posture, and appearance. The military fitness skills below will be emphasized.

- Agility, to include fast movement in enclosed spaces (sprinting and lateral movement).
- Balance and controlling fear of heights.
- Vaulting, jumping, and landing correctly.
- Forced marching with loads, to include cross-country movement.
- Strength development activities such as rope climbing, pull-ups, and resistance exercises.
- Crawling.
- Negotiation of natural and man-made obstacles (confidence and obstacle courses).

As a first priority, physical fitness programs will enhance the soldier's ability to complete essential individual combat tasks. Preparation for the APFT is of secondary importance. Maintenance of military skills, such as those above, will also be emphasized. Commanders may establish unit APFT standards that exceed Army minimum standards because their unit missions require soldiers to be more than minimally fit.

Components of Physical Fitness: The Army's policy is that exercise periods will be of sufficient intensity, frequency, and duration to produce a training effect. To do this, the basic combat training unit fitness program is

designed to improve the five components of your physical fitness:

Muscular Strength. This is the maximum force that a muscle or muscle group can exert against resistance in one effort. It can be measured by the maximum amount of weight you can lift on the bench press, leg press, or similar exercise.

Muscular Endurance. This is the capacity of a muscle or muscle group to perform repeated movements with a moderate level of resistance for a given period of time. The maximum number of push-ups or sit-ups you can do in 2 minutes can measure it.

Body Composition. This is the relative amount of fat and lean body tissue (muscle and bone) that comprises your body. A calorie is a measure of energy. A pound of fat represents an excess of 3,500 calories. To lose weight (body fat), you must use more calories through exercise than you take in by eating. The percentage of your body fat can be estimated by several methods. The Army uses a series of circumference measurements to make this estimation.

Flexibility. This is the ability of the body joints to move through the full range of motion. Improving flexibility by stretching before and after exercise may help prevent injury and relieve muscle tightness. It can be measured by performing the sit-and-reach exercise for the lower back and hamstrings.

Cardiorespiratory (Aerobic) Endurance. This is the capacity of the heart and lungs to deliver oxygen to working muscles and the muscles' ability to use this oxygen and get rid of waste products over an extended period of time. This can be measured by the 2-mile run (maximum effort).

Exercise Principles: By following the seven exercise principles, you will develop your physical fitness to a degree that will enable you to meet the requirements for

assignment to an Army unit. The principles will also help you maintain a positive attitude toward physical fitness for the rest of your life. The seven exercise principles are as follows:

Regularity. During basic combat training, physical training (PT) will be performed three to six times a week on a regular basis.

Progression. The duration and intensity of exercise is increased progressively in small increments over time until the desired level of fitness is achieved. During basic combat training, you will establish physical fitness goals with your drill sergeant. When your initial goal has been reached, continue to exercise and notify your drill sergeant to assist you in establishing a new goal to increase your level of fitness.

Overload. The workload of each exercise session must exceed the normal demand placed on the body in order to bring about a training effect. As your level of fitness improves, an increasingly greater demand must be placed on the heart, lungs, and muscles to produce an overload.

Balance. A balance of activities ensures both muscular and aerobic (cardiorespiratory) fitness. Physical activities will develop all of the components of fitness: muscular strength, muscular endurance, body composition, flexibility, and cardiorespiratory endurance.

Specificity. Performing specific exercises produces specific results and improvements. Your goal should be to perform as many correct push-ups and sit-ups as you can during muscular strength and endurance training sessions. In addition, you should work hard to improve your speed and endurance during all cardiorespiratory endurance training sessions. This will improve your score on the Army Physical Fitness Test (APFT).

Variety. A variety of exercise programs will be conducted to make PT interesting and keep you motivated.

Recovery. During basic combat training, daily physical training exercises will be performed using the hard-day/recovery-day training routines. Recovery-day is defined as a low-intensity workout on selected muscles designed to allow those muscles to recover from the previous day's high-intensity workout (hard-day). However, every PT session will be physically demanding.

Basic Combat Training Fitness Program: The basic combat training fitness program improves muscular strength, muscular endurance, body composition, flexibility, and cardiorespiratory endurance. The initials "FITT" will help you remember how to apply the seven exercise principles outlined above:

F-The "F" stands for frequency. In basic combat training, you will do some type of exercise six days each week on a hard-day/recovery-day schedule.

I-The "I" stands for intensity. You will be expected to exercise hard enough to elevate your training heart rate (THR) to a level between 60 and 90 percent of your maximum heart rate. When you perform muscular strength/endurance activities, the resistance should be sufficient to develop strength/ endurance.

T-The first "T" stands for time. Maintain your training heart rate for at least 20 minutes. This elevated pulse rate must be maintained if significant improvement is to occur on your 2-mile run. The time required to perform correctly the specified number of repetitions during muscular strength and endurance training sessions represents the "T" in time.

T-The second "T" stands for type. There should be a balance among types of exercise to improve muscular

strength, muscular endurance, and cardiorespiratory endurance.

Nutrition. Nutrition is important in your fitness program. Eat a variety of food and remember your goal is to increase muscle mass and decrease fat mass. When eating—

- Eat a variety of foods.
- Avoid too much fat, especially saturated fat and cholesterol.
- Eat foods high in fiber and complex carbohydrates.
- Avoid too much sugar.
- Avoid too much salt.
- Weigh in at least once a week at the same time of the day.
- Keep a record of your weight.

Fitness Assessment. The diagnostic APFT will be used to assess your level of fitness and determine your target training level for each phase of training. You must pass the APFT at the basic combat training standard to graduate from basic combat training. You will be tested in three events: push-ups, sit-ups, and 2-mile run. Your drill sergeant will explain the basic combat training standards, which you must reach by the eighth week. You will receive plenty of practice doing push-ups, sit-ups, and running. Unless you establish goals, you may not realize your full potential. The chart in Figure 2-9 will be used to record your progress and establish goals to aid you in successfully passing the final APFT. You should always try to reach the highest level of physical fitness possible and exceed the goals your drill sergeant has established for you.

PHASE	NUMBER OF PUSH-UPS	NUMBER OF SIT-UPS	TIME ON 2-MILE RUN
INITIAL			
PHASE I GOAL			
DIAGNOSTIC APFT			
PHASE I			
PHASE I GOAL			
DIAGNOSTIC APFT			
PHASE II			
PHASE II GOAL			
DIAGNOSTIC APFT			
PHASE III			
PHASE III GOAL			
DIAGNOSTIC APFT			
PHASE IV			
PHASE IV GOAL			
DIAGNOSTIC APFT			
PHASE V			
PHASE V GOAL			
RECORD AIT APFT			
Note: This is your personal log. Record your entries in pencil and update your progress as you succeed.			

Figure 2-9. IET physical fitness goal-setting log.

FIELD AND PERSONAL HYGIENE

Disease Prevention: You can best do your job in the Army if you are free from disease. There are several simple things you can do to prevent disease in yourself and others.

Protect Yourself Against Respiratory Disease. The air you breathe carries many diseases. Most of these diseases, such as colds, will simply make you miserable and increase the difficulty of doing your job. Others, such as the flu, can be severe enough to kill. To keep from getting respiratory diseases—

- Avoid soldiers who are sick, if possible. Talk sick soldiers into going on sick call.
- Avoid using borrowed towels, caps, cigarettes, radios, or anything else that others have handled.
- Provide an opening for fresh air into your fighting position or shelter. Fresh air dilutes contaminated air and carries much of the contamination away.

Follow Waste Disposal Procedures in the Field. The main reason for burying wastes is to prevent the breeding of flies. Flies can spread diarrhea and dysentery. Procedures for waste disposal are as follows:

- Use the unit latrine for body wastes, or dig your own 1-foot deep by 1-foot wide cat hole. Cover it with dirt when you are finished.
- Use the garbage pit for other wastes or dig your own garbage pit. Dig it deep enough to allow 4 inches of dirt to cover the garbage when you are finished filling the hole.

Prevent Skin Infections. Bathe frequently. If showers or baths are not available, use a washcloth daily to wash your armpits, genital area, feet, and anywhere else the skin is

prone to collect moisture, such as between the thighs or under the breasts. Keep your skin dry. Use foot powder on your feet, especially if you have had fungal infections on the feet in the past. Use talcum powder in areas where wetness is a problem, such as between the thighs or under the breasts. Wear proper clothing. Loose-fitting uniforms allow for better ventilation; tight-fitting uniforms reduce blood circulation and ventilation. Avoid nylon or silk-type undergarments. Cotton is more absorbent and allows the skin to dry.

Prevent Dental Disease. Go to the dentist at least once a year for an examination and treatment. Brush your teeth at least once a day, preferably after every meal. Use dental floss at least daily. Rinse your mouth with water after brushing and flossing. Use toothpaste if it is available.

Prevent Genital and Urinary Tract Infections.
Male soldiers: Wash your genital area daily. Be sure to wash the head of the penis and, if you have not been circumcised, pull the foreskin back before washing. As a minimum, use a condom when having sex to protect yourself from sexually transmitted diseases (STD) including venereal disease, HIV, and so forth.

Female soldiers: Wash your genital area daily. Don't use perfumed soaps or female deodorants in the field; they may cause irritation. Protect yourself by insisting that your sex partner use a condom. Using a condom helps prevent transmission of STD, HIV, and so forth. Don't douche unless directed to by medical personnel. In the field, female soldiers may drink too little fluid and hold their urine due to lack of privacy. This increases the chance of developing a urinary tract infection. Try to drink extra fluids, even when the weather is not hot. Urinary tract infections are among the most frequent medical problems that female soldiers experience in the field.

Wash Your Hands Before Eating. Hands come into contact with many sources of bacteria. Some sources of contact are the latrine door, your friend's hands, your nose, weapons and ammunition, and dirt and dust.

Apply Insect Repellent. Biting insects are a source of discomfort, minor pain, and skin irritation. You can protect yourself against insects by applying insect repellent, taking malaria pills, and washing yourself and your uniform. When you use insect repellent—

- Apply it in spray or lotion form to all exposed skin. Do not get the repellent in your eyes.
- Apply it to your ankles to prevent ticks and mites from creeping between your uniform and your boots. Blouse your uniform inside your boots to further reduce the risk.
- Apply it to your shoulder blades where your shirt fits tightly enough for mosquitoes to bite through.
- Reapply some every two hours during strenuous activity and after crossing streams.

Mental Fitness

Regulate Sleep Habits. Your schedule in the Army will usually allow you time to get enough sleep to remain mentally fit. Try to get 6 to 9 hours of sleep in every 24-hour period. Some people need more sleep than others, so you will need to find out what is best for you by noticing how you perform after having had different amounts of sleep.

If you can't sleep because of the mission, discomfort, or mental tension, don't worry about it. Sleep loss does no permanent harm to body or mind. You can protect yourself against the temporary effects of sleep loss on alertness, mood, and task performance by—

- Taking short stretch breaks or doing light exercise in place.
- Playing mental games or talking with buddies to stay alert during dull watches or monotonous but critical jobs like driving at night.
- Not trusting your memory. Writing things down. Double-checking your communications and calculations.

Improve Resistance to Stress. Fear and physical signs or symptoms of stress are normal reactions before and during dangerous situations. You should not let fear or stress keep you from completing your training. The following techniques can help reduce stress:

- Talk about what is happening with others in your group.
- Learn ways to relax quickly.

Give each other moral support.

Cold Weather Tips

The key to keeping warm in cold climates is to wear the correct clothing. Keep your clothes clean and dry. Wear your clothes in loose layers, and avoid overheating. The factors shown in Figure 2-10 increase the likelihood of cold (and heat) injuries.

▪ FEVER	▪ EXERTION
▪ RECENT ILLNESS OR INJURY	▪ FATIGUE
▪ OVERWEIGHT	▪ HEAVY MEALS
▪ PREVIOUS COLD INJURY	▪ USE OF ALCOHOLIC BEVERAGES
▪ DEHYDRATION	▪ FEVERISH REACTIONS TO IMMUNIZATIONS

Figure 2-10. Factors that increase the likelihood of cold or heat injuries.

Buddy System. Use the buddy system by watching what your buddy does and how he wears his uniform. If you see a cold injury develop, take immediate first aid measures.

Dehydration. You can dehydrate rapidly when exercising or working hard in extreme cold. Sip liquids regularly, but avoid alcohol. Do you feel warmer when you drink alcohol? This is an illusion—it actually reduces the body's tolerance to cold, increasing the risk of overexposure.

Trousers and Fatigue Pants. Wear your cotton trousers over your fatigue pants. The trousers should be loose-fitting. To keep the full cargo pockets from rubbing and irritating your legs, tie the tape that runs inside each cargo pocket around the thigh. For added warmth, tie the ankle drawstrings and tuck the bowknots under the trouser legs.

Layered Clothing. Do not wear too much clothing, because that will make you sweat. If you get wet from sweating, you will get cold. Before you begin to sweat, loosen your clothing. Open your uniform to allow cool air in next to your body. If you continue to sweat, remove one or more layers of clothing. Do not use blousing bands as they will restrict the flow of blood in your legs. Instead, blouse your trouser legs inside your boots. If you develop a cold, use a handkerchief to prevent infecting fellow soldiers when you cough or sneeze. When entering a warm building, always remove your field jacket and gloves.

Scarf. The wool Army scarf can be used to keep your neck warm, to cover your face against the cold and wind, or as a stocking cap (by placing the open end over your head).

Gloves. During extreme cold, use the glove as a mitten, which will keep your hands warmer. To do this, withdraw your fingers from the fingers in the black leather gloves and into the palm of your hand. Do this for short periods of time until your hands are warm. Also, in case you lose the first

pair or get them wet, always have an extra pair of black leather gloves and wool inserts.

Socks. Your feet are harder to keep warm than any other part of your body. Especially try to keep them dry. When they do get wet, put on dry socks. Massage and apply foot powder to your feet before putting your boots back on. If your feet are still cold, do exercises such as stomping your feet, wiggling the toes inside the boots, bending at the knee, or running in place.

Personal Cleanliness. Keep yourself clean. Sweat-dampened clothing increases your vulnerability to trench foot and to worse cold weather injuries. Change socks and underwear regularly. Carry extra pairs of socks. On cold weather hikes, place damp socks under your arms between your field jacket and shirt. This will help dry the socks so you can rotate them. (When carrying a rucksack, place damp socks on your shoulders between your shirt and outer garments. This helps dry the socks and cushion the weight of the rucksack. Place your clean clothing with you in the sleeping bag, positioning them to support the small of your back or using them as a pillow (inside). Not only does this add to your sleeping comfort, but your clothes will be warm in the morning. Do not wrap feet or other body parts in plastic to keep warm. Body heat causes moisture to collect, which can cause serious injuries.

Clean Clothing. Always keep your clothes clean. Dirt and grease will clog the air spaces in your clothing and reduce the natural insulation. Before going to bed at night, clean your body with soap and water and dry yourself thoroughly.

Sleeping Bag. Your sleeping bag and foam pad will keep you warm and comfortable while you sleep. Always use the outer case with your sleeping bag. Lace the two together properly so that you can get out in a hurry. Know how to use the quick-release slide fastener in emergencies. The directions are sewn in the bag. Avoid sweating inside your

sleeping bag by wearing the least amount of clothing you can and still keep warm. Do not keep your face inside the bag. Water vapor (breath) escaping from your mouth will cause your bag to become damp. If your face is cold, cover it with your scarf or towel. When your bag is not being used, open it so that fresh air can get into it. Always carry your sleeping bag in its waterproof bag.

Fire. Do not put any type flame in tents or under ponchos to keep warm. This can lead to loss of shelter or even to loss of life.

Hot Weather Tips

Even if you are in good physical condition, your body must acclimatize before you can do heavy work in hot temperatures. Most of this acclimatization takes place automatically during the first five to seven days, as your workloads and exposure to heat are gradually increased. Never forget that heat can be a killer. Leaders should be considerate of subordinates who work in high temperatures, and should heed warnings sent down through command channels.

The factors shown in Figure 2-10, page 2-25, also increase the chance of heat injury. The key to preventing heat injuries is to maintain a normal body temperature. You can protect yourself from the likelihood of heat injury by—

- Drinking plenty of fluids to replace those lost through increased perspiration.
- Reducing exposure to heat during the hot part of the day. Plan PT, road marches, patrols, and so forth for early morning or evening activity.
- Selecting clothing wisely. Wear loose clothing that allows blood to circulate more easily and perspiration to evaporate more freely. Wearing loose clothing and a head covering insulates you from the sun and heat.

- Using a buddy system to identify potential victims of heat before injuries occur.
- Taking breaks frequently and drinking plenty of fluids, if you must work during periods of excessive heat.

First Aid for Training Injuries

Blisters. Seek medical help if the blister is red or painful.

Corns and Calluses. To prevent corns and calluses, use moleskin padding. *DO NOT* treat these with medicated pads.

Arch Pain. To ease arch pain, use an ice pack. As a preventive measure, apply liniment before exercise and use arch supports.

Sprains. Apply an ice pack to the ankle for 15 to 20 minutes; repeat after 1 hour. Seek medical help if swelling or discoloration develops. To strengthen the ankle, exercise it with toe-to-heel walking, one-legged activities, and resistance exercises using boots, helmets, or socks with stones as weights.

Achilles Tendinitis and Shin Splints. Use an ice pack after exercise. As a preventive measure, improve tendon flexibility with curb and wall stretches.

Knee Pain. To avoid knee pain, do straight leg lifts. Improve flexibility by pulling the heel to the opposite buttock.

Hamstring Pulls. Use an ice pack after exercise. Improve flexibility—

- By sitting with one leg straight and the other bent with the sole of the foot against the knee of the outstretched leg, reach for the outstretched foot.
- By standing near a wall and leaning into it with legs crossed at ankles.

Lower Back Pain. To prevent low back pain, improve flexibility. Bend forward and backward. Tilt your pelvis. While lying on the floor, bring your knees up to your chest, hold them with your hands, tuck your chin in, and lift your head, neck, and shoulders off the floor. Strengthen your abdominal by doing curl-ups (partial sit-ups). Improve your posture by lifting with your legs, NOT your back, and by squatting and rising with a straight back.

SOLDIERING

Promotions: Most promotions in the Army are not automatic. You will be promoted on the basis of superior performance and increased skills in your fields of specialization.

Promotion to Grade E2. A private will be advanced from pay grade E1 to E2 after completing 6 months of active duty, barring legal action. Local commanders may recognize outstanding performance by promoting privates to pay grade E2 after as few as 4 months of active duty.

Promotion to Grade E3. Unit commanders may advance a private with 12 months time-in-service and 4 months time-in-grade to private first class (E3). Commanders may recognize outstanding performance by promoting privates with as few as 6 months time-in-service and 2 months time-in-grade.

Promotion to Grade E4. A private first class may be promoted to corporal (E4) with 24 months time-in-service and 6 months time-in-grade. Under certain conditions, this time may be reduced to as few as 15 months time-in-service and 3 months time-in-grade (Figure 2-11).

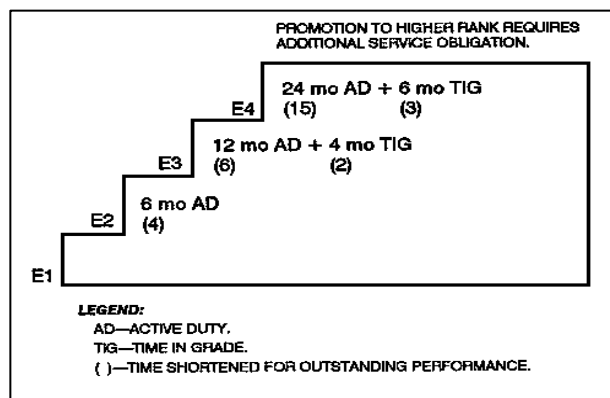


Figure 2-11. Promotional steps.

Boards. In some units, soldiers being considered for promotion to private first class or corporal go before formal or informal boards for interviews. Boards select the best qualified soldiers for promotion or for other soldier opportunities. They select Soldier of the Month, Quarter, and Year at several different levels. Being selected for any of these honors can help you advance more rapidly.

Boards are normally made up of five soldiers senior to the soldier appearing before them. Each board will use the "whole soldier" concept to evaluate those recommended. This means that board members will consider the following eight areas:

- Personal appearance, bearing, and self-confidence.
- Oral expression and conversational skill.
- Knowledge of world affairs.
- Awareness of military programs.
- Knowledge of basic soldiering (FM 21-15).

- Self-improvement (enrollment in military or civilian courses).
- Achievements (honors, completion of unit training courses, and so forth).
- Soldier's attitude (includes leadership and potential for advancement, trends in performance).

First impressions are very important when appearing before boards. Pay special attention to your uniform, your personal appearance in general, and your bearing.

Discipline: is the cornerstone on which the Army is built. To be successful in the Army you must develop your discipline far above that required in civilian life. Soldiers must have the discipline to react promptly to the orders given them and to act correctly in the absence of orders.

You can develop good discipline as a soldier by—

- Accomplishing all missions.
- Always looking sharp.
- Being proud of your unit.
- Maintaining your weapons and equipment.
- Not wasting time.
- Cooperating with other soldiers.
- Always telling your superiors the truth about situations, no matter how bad the problems might be.
- Meeting the standards set by your commander.

ENVIRONMENTAL AWARENESS

Recently, concern for our environment has increased. The Former Army Chief of Staff, General Gordon R. Sullivan, made the following statement:

"THE ARMY IS COMMITTED TO A COURSE OF ACTION THAT MEETS CURRENT RESPONSIBILITIES AND ENHANCES THE ENVIRONMENT FOR FUTURE GENERATIONS."

When you were in school, you learned that an environment consists of everything around an organism. Sunlight, temperature, air, soil, minerals, and other living things are elements of an organism's environment. All these elements work together to make life possible on earth.

As new soldiers, you have the inherent *personal* and *professional* responsibility to know, understand, and support the Army's environmental program. It is your duty as a soldier to protect the environment. You should—

1. Comply with installation environmental policies, unit SOPs, ARs, and environmental laws and regulations.
2. Prevent environmental damage and pollution by applying environmental awareness to daily activities and making sound decisions that will not harm the environment.
3. Advise the chain of command on techniques to ensure compliance with environmental regulatory requirements.
4. Identify the environmental risks associated with individual and team tasks.
5. Support the Army's recycling program.
6. Report hazardous material and waste spills immediately.
7. Make sound environmental decisions in the absence of a supervisor or proper guidance by reviewing the following:
 - Training.
 - Guidance from the chain of command.
 - Concept of right and wrong.

The Army's environmental vision is to lead the nation in environmental and national resource stewardship for

present and future generations. As new soldiers, you are part of that vision.

GUARD DUTY

One of the most important duties you will perform in the Army is guard duty. In a combat zone, an alert, cautious guard can make the difference between life and death. However, guards are important everywhere due to terrorist threats that can occur anywhere.

Interior Guard

An interior guard is set up by the commander of the military installation to protect property and to enforce specific military regulations. The main guard is a combination of patrols and fixed guard posts. Special guards are used to protect parks, boats, aircraft, and other places or property.

A guard on post is governed by two sets of orders: general orders and special orders. General orders outline the basic responsibilities of all guards, while special orders give details on how to perform on a certain post.

All interior guards must memorize, understand, and comply with the three general orders.

General Order Number 1—	<i>"I will guard everything within the limits of my post and quit my post only when properly relieved."</i>
General Order Number 2—	<i>"I will obey my special orders and perform all my duties in a military manner."</i>
General Order Number 3—	<i>"I will report violations of my special orders, emergencies, and anything not covered in my instructions to the commander of the relief."</i>

General Order Number 1 gives you responsibility for everything that occurs within the limits of your post while

you are on duty. You must investigate immediately any unusual or suspicious occurrence on or near your post, provided you do not have to leave your post to do so. You must apprehend all suspicious persons, using only necessary force to overcome resistance. If you should require relief for any purpose, you must contact the commander of the relief for instructions.

General Order Number 2 requires you to become thoroughly familiar with the special orders before you are actually posted. In addition to the special orders connected with your post, you are required to obey and carry out any orders or instructions from the commanding officer, field officer of the day, and officers and noncommissioned officers of the guard. No other persons are authorized to give orders to soldiers on guard duty. You should pass instructions and special information to your relief when appropriate.

Example

You are a guard on duty at an ammunition dump and discover a hole in the fence, which you report to the commander of the relief. You also pass the information on to your relief so that special attention can be paid to that part of the fence until the hole is repaired.

General Order Number 2 also requires you to perform your duties in a military manner, to be courteous to all, and to speak to no one, except in the line of duty. You must maintain an erect and soldierly bearing, carrying your weapon as instructed by the commanding officer or commander of the guard. You must salute individuals according to Army regulations. The special orders will tell you whether and when to challenge.

General Order Number 3 requires you to report all special order violations and emergencies. In case of a fire on or near your post, you should call, "*Fire, post number _____*."

You should alert the occupants if the fire is in an occupied building, and should give the alarm or make sure one is given. If possible, extinguish the fire. Help direct fire-fighting apparatus to the fire. If a disturbance occurs that requires assistance, call, "*The guard, post number _____.*" If the danger is great, fire your weapon into the air three times in rapid succession.

When you, as a guard, are asked "*What are your orders?*" by an inspecting officer, the proper answer is: "*Sir/Ma'am, my orders are of two classes: general and special. My general orders are, Number 1: I will guard everything within the limits . . .*," continuing until stopped by the officer or until you recite all the general orders. You should be able to answer any questions concerning the special orders for your post.

Uniform, Arms, and Equipment. The commanding officer prescribes uniform, arms, and equipment for guard mounts. If armed, you must have completed training with the weapon to be used on guard duty.

The sergeant of the guard will organize the soldiers making up the guard into a formation, using commands and movements described in FM 22-5. The commander of the guard then prepares the guards for inspection. The officer of the day inspects the guards and orders those found unsatisfactory to fall out to the rear of the formation and await further instructions. The guards then move to the guardhouse, and the commander of the first relief prepares the relief to be posted. At the appropriate time, the old guard will be relieved by the new guard. The changing of the guard is accomplished through a ceremony conducted by the two commanders.

Exterior Guard

Exterior guards are not as formal and restricted as interior guards. Examples of exterior guards are lookouts, listening posts, outposts, certain patrols, and other guards in combat

zones and field training, and guards outside the limits of a military installation. Exterior guards perform their duties according to special orders and instructions.

You must be able to perform the following:

Recite the General Orders

1. General Order Number 1. The soldier successfully recites, *"I will guard everything within the limits of my post and quit my post only when properly relieved."*
2. General Order Number 2. Successfully recite, *"I will obey my special orders and perform all my duties in a military manner."*
3. General Order Number 3. Successfully recite, *"I will report violations of my special orders, emergencies, and anything not covered in my instructions to the commander of the relief."*

React to an Inspecting Officer

The soldier—

1. Stops walking and assumes position of attention; when the *inspecting* officer approaches, renders a proper hand salute.
2. Executes order arms when salute is returned, and *remains* at attention.
3. When told to "Carry on," assumes position of attention and renders a proper hand salute, holding it until it is returned.
4. Resumes walking post.

Challenge Unknown Persons (Night) and Summon Commander of Relief

The soldier—

1. Upon seeing or hearing an unknown person, comes to port arms.
2. Commands, "Halt."
3. Calls out, "*Who is/goes there?*"
4. States, "*Advance to be recognized.*"
5. Commands, "Halt," when the person can be seen but not closer than 2 to 3 meters away.
6. Says, "*State your business.*"
7. Requires unknown person to place identification on ground and move back six steps.
8. *Checks identification (ID) while keeping person under observation*
9. If ID and authorization do not match, moves to phone and calls commander of the relief while keeping person under observation.
10. Releases person to commander of the relief and explains that their identification and authorization do not match.

TERRORISM

In 1992, an American soldier was killed in an ambush in Panama. In 1991, another soldier was killed in Panama in a drive-by shooting. Also in 1991, an Air Force sergeant was killed by a bomb in the entryway of his Korean apartment house. Personal animosity did not cause these incidents. These soldiers were killed simply because they were American military personnel. As symbols of United States power, soldiers are always at risk from criminals and terrorists. While the level and type of threat vary from place to place and time to time, you can do several things to make you less likely to be the target of a criminal or terrorist. By practicing these principles at all times, you will

be better prepared for that time when you are living and working in an elevated threat environment.

- Know the threat in your area. Be especially cautious in high-crime areas or areas with a history of terrorist activity.
- Routinely practice crime-prevention measures.
- Be inconspicuous. DO NOT call attention to yourself by dress or action, such as by talking loudly or flashing large sums of money.
- Involve your family in security. A good personal security program covers security at work, at home, and while traveling.
- Ensure family members know where other members are at all times.
- Ensure children DO NOT give any personal information, such as phone numbers, where parents work, and so on, to strangers.
- Ensure family members know emergency phone numbers (police, fire, medical).
- When traveling, DO NOT discuss your work with strangers (no one on the bus, airplane, or train needs to know that you are a soldier).
- DO NOT use luggage or wear clothing or accessories that identify you as a soldier.
- DO NOT work or drive in isolated or high-crime areas.
- Avoid public demonstrations.
- Know where safe areas are (police stations, military installations).
- Report all suspicious personnel or activities, to include surveillance, to proper authorities (chain of

command, security officer, police). DO NOT confront suspicious personnel.

- Above all, stay alert. If something seems "*wrong*," it might well be. Most attacks against US military personnel have occurred to off-duty or traveling personnel who were not following sound security practices. Remember, there is no honor in becoming a victim of a criminal or terrorist attack, so practice personal protection to keep yourself and your family from becoming a victim.

CHAPTER 3

ARMY CORE VALUES AND HUMAN RELATIONS TOPICS

Section I: ARMY CORE VALUES

At the heart of our country's strength and power are moral and ethical issues—guidelines for living. While there are hundreds of positive values worthy of attention, a core set of seven exemplifies the Army soldier. These values form the bedrock upon which the Army's strength of character is built. We are soldiers 24 hours a day, seven days a week, and we live by these values on and off duty. Your actions on or off duty are a reflection on yourself, the Army, and your country. These values are:

L OYALTY
D UTY
R ESPECT
S ELFLESS SERVICE
H ONOR
I NTEGRITY
P ERSONAL COURAGE

LOYALTY

Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other soldiers.

Bearing true faith and allegiance is a matter of believing in, and devoting yourself to, something or someone. A loyal soldier is one who supports the leadership and stands up for fellow soldiers. Wearing the uniform of the United States Army is a highly visible means of expressing your loyalty. You show your loyalty to your unit by doing your share. Any time you choose one individual's actions—right or wrong—over the safety and welfare of the rest of the unit, or over your own interest and commitment, you are eroding the value of loyalty.

DUTY

Fulfill your obligations.

Doing your duty means more than carrying out your assigned tasks. The work of the United States Army is a complex combination of missions, tasks, and responsibilities—all in constant motion. And the work, inevitably, is a matter of building one assignment or task on work that has been done previously. Doing your duty is a very important responsibility. Duty also means being able to accomplish tasks as part of a team. You must fulfill your obligations as a part of your unit. Examples include: voluntarily assuming your share of work load, unwillingly serving as a member of a team, or assuming a leadership role when appropriate. You demonstrate the value of duty when you complete a task even when no one is looking, or when you resist the temptation to take "shortcuts" that might undermine the integrity of the final product. You do your duty as a soldier every time you do something that needs to be done—without being told.

RESPECT

Treat people as they should be treated.

In the Soldier's Code, we pledge to "treat others with dignity and respect and expect others to do the same." Respect to a soldier simply means treating people as they should be treated. It means giving others the same consideration we would like or expect to be given. The Army is one huge team, made up of hundreds of component parts. There must be connections—ground rules—so that when one soldier approaches, works with, or talks to another, it is with immediate and unquestioned cooperation and respect. The Army mirrors our country's diversity. Each of us has something to contribute. Respect is what allows us to appreciate the best in other people. Respect is trusting that all people have done their jobs—fulfilled their duty. Self-respect is a vital ingredient within the Army value of respect

that results from knowing you have dug down deep to put forth your best effort. Your self-respect is shown by taking care of yourself physically, keeping fit, not using drugs or tobacco products (smoking, chewing, and so forth). Finally, respect for other people includes not using profanity and obscene gestures. You are now in the military. What might have been acceptable in your civilian life may not be acceptable in the Army.

SELFLESS SERVICE

Put the welfare of the Nation, the Army, and your subordinates before your own.

In serving your country, you are doing your duty loyally, without thought of recognition or gain. The reward of selfless service is the satisfaction of a job well done—a successful accomplishment that reflects on the soldier and his or her unit. The greatest means of accomplishing selfless service is to dedicate yourself to the teamwork that is the underlying strength of the Army. It is when thousands of soldiers—work together as a team that spectacular results arise. The basic building block of selfless service is the commitment of each team member to go a little further, endure a little longer, and look a little closer to see how he or she can add to the effort of the unit, platoon, or company. Selfless service is larger than just one person. With dedication to the value of selfless service, each and every soldier can rightfully look back and say, "I am proud to have served my country as a soldier."

HONOR

Live up to Army values.

When we talk about "living up to" something, we mean being worthy of it. We must make choices, decisions, and actions based on the Army core values. Nowhere in our values training does it become more important to emphasize the difference between "knowing" the values

and "living" them than when we discuss the value of honor. Honor is a matter of carrying out, acting, and living the values of respect, duty, loyalty, selfless service, integrity, and personal courage in everything you do. Noticing a situation and deciding to take action to assist another involves respect, duty, and honor. It was a matter of honor that soldiers, at great risk to themselves, distributed food in Somalia and kept the peace in Bosnia, while managing to protect the communities. There are hundreds of examples of soldiers who have distinguished themselves with honorable actions and lives. The Nation's highest military award is named "The Medal of Honor." This award goes to soldiers who make honor a matter of daily living—soldiers who develop habit of being honorable, and solidify that habit with every value choice they make.

INTEGRITY

Do what's right, legally and morally.

When we say that someone has integrity, we mean that person respects the rules of an organization, the country, and life. Such persons can be counted on to do the right thing, live honestly, and relate to others without playing games or having false agendas. Integrity is a quality you develop by adhering to moral principles. It requires that we do and say nothing that deceives others. As your integrity grows, so does the trust others place in you. It's integrity that requires us to pay our debts on time, turn in items that someone else has lost, and follow rules as laid out in the law or in the code of human ethics and morality. The Soldier's Code says, "No matter what situation I am in, I will never do anything for pleasures, profit, or personal safety that will disgrace my uniform, my unit, or my country." The more choices you make based on integrity, the more this highly prized value will affect your relationships with family and friends, and, finally, the fundamental acceptance of yourself.

PERSONAL COURAGE

Face fear, danger, or adversity (physical or moral).

Personal courage has long been associated with our Army. Accounts of the dangers and hardships that soldiers face are legendary. With physical courage, it is a matter of enduring physical duress and, at times, risking personal safety. Facing moral fear or adversity may be a long, slow process of continuing forward on the right path, especially if taking those actions is not popular with others. When considering personal courage, physical or moral, there is one important point to be made. Nowhere does the value say that fear must disappear—that you should not feel fear. Some great instances of courage are those carried out by the soldiers who have never seen a battlefield. You can build your personal courage by daily standing up for and acting upon the things that you know are honorable.

Section II: HUMAN RELATIONS TOPICS

The application of Army core values is witnessed through our association with other soldiers and civilians. We are a diverse group of people, with individual personalities and beliefs. Several human relations duties help us work together as a team. How well we will succeed in our mission of defending our country will depend on how well we work together. These are some of the soldier's human-relations topics:

1. Serve as a member of a team.
2. Comply with Uniform Code of Military Justice.
3. Comply with Joint Ethics Regulations.
4. Comply with Equal Opportunity/Program on Sexual Harassment (EO/POSH) policies.
5. Make an ethical decision.
6. Report indications of suicidal intent.

7. Instill values and appreciation of heritage.
8. Manage personal finances.
9. Educate on rape prevention.
10. Instill spiritual, emotional, and mental fitness.
11. Exhibit proper soldier behavior.

SERVE AS A MEMBER OF A TEAM

The Army defines **team** as a "group of individuals banded together along organizational lines for the purpose of accomplishing a certain goal."

Cohesion is the "glue" that brings people together to make a team. It helps soldiers to develop and sustain their commitment and resolve to accomplish the unit's mission. The Army's description of cohesion includes these elements:

- **Bonding:** "The development of strong interpersonal relationships among soldiers, and between them and their leaders."
- **Commitment:** "Dedication not only to the unit and what it represents, but to the values and goals of the nation as well."
- **Resolve:** "The shared determination of soldiers and their leaders to work interdependently to accomplish the mission, and to sustain this capability over a long period of time."

Cohesion is dependent on several factors:

- Common goal
- People working together.
- Effective communication
- Mutual assistance

The Buddy System

The Army's Buddy System provides every soldier an assigned buddy.

Requirements to be a buddy:

- In IET, only same-gender soldiers will be buddies.
- If there are non-English-speaking soldiers in a platoon, they will be paired with English-speaking buddies who can assist in interpreting instructions.
- You will be paired based on your strengths that can complement another's weaknesses.

Responsibilities of a buddy:

- Inform your buddy where you will be at all times.
- Pass on information that might affect your buddy.
- Discuss each day's training and the next day's activities.
- Lean on each other for problem solving.
- Encourage your buddy to successfully complete all training requirements.
- Make sure your buddy adheres to appearance and conduct standards.
- Inform the drill sergeant of any problems or status changes in your buddy.
- Never go anywhere without a buddy.
- Assist your buddy in living the Army core values.

The soldier's responsibilities to the unit team:

- Commitment to the squad, platoon, company, and unit above self.

- Cooperate with peers to accomplish goals.
- Adopt standards and values of the unit.

LEGAL ACTIONS

Uniform Code of Military Justice

The Uniform Code of Military Justice (UCMJ) is the statute that prescribes criminal law for soldiers. Non-judicial punishment by commanders and judicial punishment by courts-martial (military courts) are authorized by the UCMJ. In addition to conduct, which would be criminal in the civilian community, the UCMJ also provides for the punishment of military offenses. The UCMJ applies to you 24 hours a day, 7 days a week, for as long as you are in the Army. It applies to you on duty and off duty, in or out of uniform, on and off a military installation, in the United States and overseas, and while you are on pass or leave. Military offenses include failure to repair, absence without leave, disrespect to noncommissioned officers and commissioned officers, and disobedience of orders.

The principle that an accused is innocent until proven guilty applies to both non-judicial punishment and court-martial. You have the right to be informed of any charges against you, as well as the names of accusers and known witnesses. You also have—

- The right to remain silent. You do not have to say anything that could be used to convict you. Anything you say can be used as evidence against you.
- The right to a military lawyer, unless you wish to hire a civilian lawyer at your own expense.
- Protection against double jeopardy. If found innocent by court-martial, you cannot be tried again by a court-martial for the same crime.

- The right to sentence review. Convictions in the military, are automatically reviewed by higher authority. The sentence cannot be increased but may be left as it is or decreased.
- The right to a speedy public trial.
- The right to call witnesses favorable to you.
- The right to an interpreter if you do not fully understand the English language.
- The right—if you are an enlisted person—to have at least one-third enlisted court members.
- The right to be tried by a military judge alone rather than by a court-martial panel, unless the case is tried as a capital offense. If the soldier does not elect trial by military judge, a trial with members will automatically be afforded the soldier.

Article 15. Article 15 of the Uniform Code of Military Justice (UCMJ) is a form of non-judicial punishment that can be imposed by a commanding officer for a relatively minor offense. An Article 15 can be imposed upon any soldier who does not demand a court-martial. Enlisted personnel are notified in writing of any punishment administered under Article 15.

There are two types of Article 15 proceedings: summarized and formal. A *summarized proceeding* may be used for very minor misconduct, the punishment for which should not exceed an oral reprimand, extra duty, restriction for 14 days, or any combination of these punishments. The maximum punishments for a soldier grade E4 and below by a company or field grade commander during a *formal proceeding* are given in Figure 4-1.

There are three types of courts-martial: summary, special, and general. Trials by courts-martial are the military equivalents of trials by judges and juries.

COMPANY GRADE COMMANDER ISSUES ONE OF THE FOLLOWING:	FIELD GRADE COMMANDER ISSUES ONE OF THE FOLLOWING:
Admonition or reprimand and restriction for 14 days	Admonition or reprimand and restriction for 60 days
Extra duties for 14 days	Extra duties for 14 days
Correctional custody for 7 days and forfeiture of 7 days' pay	Correctional custody for 30 days and forfeiture of 1/2 month's pay for 2 months
Reduction in grade of one grade	Reduction in grade of one or more grades
Note: Restriction and extra duty may be combined, but the total may not exceed the maximum allowed for extra duty.	

Figure 4-1. Maximum punishments for grade E4 and below.

Summary Court-Martial. One active duty commissioned officer comprises this court. Their purposes is to thoroughly and impartially inquire into minor offenses and to make sure that justice is done, with the interests of both the government and the accused being safeguarded. Only enlisted personnel may be tried by summary court-martial. Anyone subject to summary court-martial may refuse to be tried by summary court-martial. Whether an offense is minor depends on several factors, including the nature and circumstances of the offense. Age, rank, duty assignment, record, and experience of the accused are also considered. The maximum punishment that can be given by a summary court-martial to a soldier pay grade E4 or below is—

- Confinement at hard labor for one month.
- Forfeiture of two-thirds of a month's pay for one month.

- Reduction to the lowest enlisted grade.

Special Court-Martial. This court consists of a military judge and not less than three members. It is held for relatively serious offenses. The maximum punishment that can be given by a special court-martial is—

- Confinement at hard labor for six months.
- Forfeiture of two-thirds of a month's pay for six months.
- Reduction to the lowest enlisted grade.

Some special courts-martial are empowered to rule on a Bad Conduct Discharge. This punitive discharge deprives a soldier of many veterans' benefits.

General Court-Martial. This court consists of a military judge and not less than five members. It is held for serious offenses. A general court-martial may impose the death penalty in certain cases.

Legal Assistance

You and your dependents are eligible to receive military legal assistance. You can get most of the legal services you could get from a civilian attorney, except appearance in a civilian court. Among the available services are—

- Advice and assistance with personal problems of a civil nature, such as marriage, divorce, adoption, civil damage actions, insurance, indebtedness, and contracts.
- Advice on tax matters and forms.
- Preparation of wills and powers of attorney.
- Notary public services.
- Advice concerning sale or lease of real property.

- Assistance in obtaining applications for certificates of citizenship and naturalization.

You can get legal assistance by making an appointment at the Staff Judge Advocate's Office.

COMPLY WITH PROVISIONS OF THE UNIFORM CODE OF MILITARY JUSTICE (UCMJ)

Violations of the UCMJ can result in serious penalties. It is important that you familiarize yourself with the UCMJ and conduct yourself in accordance with its standards. The following are some examples of offenses and punishment for the offense.

Fraternization: It has been a long-established military custom that officers will not associate with enlisted persons on terms of military equality. Such associations commonly are defined as fraternization and have been punishable by court-martial. Fraternization is easier to describe than it is to define, and it is seldom the subject that commands attention unless it occurs along with some other criminal offense. Nevertheless, the President expressly has forbidden fraternization between officers and enlisted personnel and between drill sergeants, NCOs, and soldiers. As a matter of **loyalty** to the Army and your unit, you have the responsibility to avoid fraternization, or even the appearance of fraternization.

Larceny: Larceny involves wrongfully taking, obtaining, or withholding money, personal property, or articles of value from the owner or any other person.

The maximum punishment is as follows:

1. Bad-conduct discharge, forfeiture of all pay and allowances, and confinement for 1 year for stealing military property valued at \$100 or less.

2. Bad-conduct discharge, forfeiture of all pay and allowances, and confinement for 6 months for stealing property other than military property valued at \$100 or less.

3. Dishonorable discharge, forfeiture of all pay and allowances, and confinement for 10 years for stealing military property valued at more than \$100, or stealing any military motor vehicle, aircraft, vessel, firearm, or explosive.

Robbery: Robbery involves taking anything of value from someone against his or her will, by means of force or violence, or by threatening immediate or future injury of the victim or someone else.

Maximum punishment for robbery:

- Dishonorable discharge, forfeiture of all pay and allowances, and confinement for 15 years if crime is committed with a firearm.
- Dishonorable discharge, forfeiture of all pay and allowances, and confinement of 10 years for all other cases.

Homosexual Conduct is grounds for dismissal from the Armed Forces.

Sexual orientation is a personal and private matter and is not a bar to service, unless there is homosexual conduct.

The Army defines homosexual conduct in terms of Statement, Act, and Marriage (SAM).

1. A statement by a soldier that demonstrates a propensity to engage in homosexual acts, a homosexual marriage, or attempted homosexual marriage.

2. Any bodily contact, actively undertaken or passively permitted, between persons of the same sex for the purpose of satisfying sexual desires, and any bodily contact that a reasonable person would understand to demonstrate a propensity or intent to engage in a homosexual act.

3. A marriage or attempted marriage to a person of the same sex.

It is not Army policy to pry into the personal lives of its soldiers or to seek out homosexuals. The mere suspicion that someone is homosexual is not sufficient reason to discharge a soldier. The soldier needs to do or say something that constitutes a homosexual act. Saying you are a homosexual in order to evade your military obligation is also illegal. You should not engage in any "witch hunts" to expose homosexuals, or you may be the one who gets in trouble instead of those whom you suspect. Have respect for all soldiers and their right to privacy.

Depending on the circumstances, discharge "under other than honorable conditions" or court-martial may be appropriate if the soldier attempts, solicits, or commits a homosexual act.

Laws and Regulations Governing Sexual Conduct

The following is a summary of the laws and regulations that govern sexual conduct in the military.

Rape—Article 120

- A summary of the elements of rape is that the accused had sexual intercourse by force, without consent of victim.
- The maximum punishment for rape is death.

Cruelty and Maltreatment—Article 93

- A summary of the elements of cruelty and maltreatment is that the victim was subject to the orders of the accused and that the accused was cruel toward, oppressed, or maltreated the victim.
- The maximum punishment is a 1-year confinement.

Assault with Intent to Commit Rape or Sodomy

- The accused assaulted a person and intended to commit rape or sodomy.
- The maximum punishment for assault with intent to commit rape is 20 years confinement. Assault with intent to commit sodomy has a maximum punishment of 10 years confinement.

Indecent Assault

- The accused assaulted a person who is not his or her spouse with the intent to gratify his or her lust or sexual desires.
- The maximum punishment is 5 years confinement.

Indecent Acts

- The accused committed an indecent act with another person.
- The maximum punishment is 5 years confinement.

Indecent Language

- The accused orally or in writing communicated indecent language to another person,
- The maximum punishment is 2 years confinement, if indecent language is spoken to a child under the age of 16 years; otherwise, the punishment is 6 months confinement and a bad-conduct discharge.

Indecent Exposure

- The accused exposed a certain part of his or her body to public view in an indecent manner, and the exposure was willful and wrongful.
- The maximum punishment is 6 months confinement and a bad-conduct discharge.

Adultery

- The accused wrongfully had sexual intercourse with a person, and either the accused or the other person was married to someone else.
- The maximum punishment is a 1-year confinement.

Prostitution

- The accused had sexual intercourse with another person who was not his or her spouse, and the accused did so for money or other compensation.
- The maximum punishment is a 1-year confinement.

Pandering

- The accused wrongfully arranged for or enticed a person to have sexual intercourse or sodomy with another person.

Offenses Related to AIDS

- The maximum punishment is 5 years confinement.

Army policy requires the commander to order a soldier that has the HIV virus to inform any sexual partners of the soldier's infection before engaging in intimate sexual behavior, and to use condoms if the soldier engages in sexual intercourse with a person other than his or her spouse. (See AR 600-110, paragraph 2-17.)

Violation of this so-called "safe-sex" order is the crime of willfully disobeying a superior commissioned officer under Article 90, UCMJ.

The maximum punishment is 5 years confinement.

**STANDARDS OF CONDUCT/JOINT ETHICS
REGULATIONS**

As guardians of the public trust, soldiers are required to place loyalty to the Constitution, laws, and standards of

ethical conduct above any personal gain. This ensures that the public, as well as your fellow soldiers, will have confidence in the integrity of the Army. To help you understand the standards of ethical conduct you are required to follow, the following examples illustrate both proper and improper conduct.

Government property and personnel may be used only for government purposes. For example, it would be wrong for you to use an Army truck to move your brother in to a new apartment, or require your subordinates to repair the roof of the church you attend. It also would be wrong to use a government telephone to make a personal long-distance call, unless you use your personal calling card to pay for it. Furthermore, you are required to notify your superior or the Inspector General if you know of any fraud, waste, or abuse of government property or personnel.

Soldiers will not be required or pressured to donate money to buy a gift for a superior who, for example, is sick, being reassigned, or retiring.

It is improper to misuse your official position for yourself, your friends, family, or business associates. For example, you may not require a subordinate to polish your boots, and a superior may not ask you to buy cookies from his daughter or insurance he sells in his spare time. It is also improper for anyone to require or pressure you to join the enlisted club or some private organization. However, it is okay for someone, even a superior, to tell you about the benefits of joining a club or private organization, as long as he or she makes it clear you are free to join or not to join, and that you will not be punished if you choose not to join.

All soldiers are required to be impartial in their official dealings with others. You may not expect preferential treatment from a superior, such as a 3-day pass you are not entitled to, because you were buddies in high school. Likewise, you may not favor subordinates by removing

them from the duty roster because they bought cookies from your daughter or insurance from you.

Finally, all soldiers are expected to avoid creating even the appearance of violating the law or ethical standards. If you are not sure about something, you should seek the advice of your superior or the local ethics counselor at your Staff Judge Advocate's office.

ARMY'S EQUAL OPPORTUNITY AND PREVENTION OF SEXUAL HARASSMENT POLICIES AND PROGRAMS

Equal Opportunity Policy

The policy of the US Army (contained Chapter 6, AR 600-20, Army Command Policy) is to provide equal opportunity and treatment for soldiers, civilian employees, and their families, without regard to race, color, religion, gender, or national origin, and to provide an environment free of sexual harassment. Soldiers are not assessed, classified, trained, assigned, promoted, or otherwise managed on the basis of race, color, religion, gender, or national origin. Further, it is unlawful for a soldier to be a member of a racist group or gang.

Equal Opportunity Program Components

To have a successful EO program, a combination of elements must be in place. These elements include a strong commitment by leaders to support the program, sequential and progressive training at all levels, an effective and responsive complaint system, affirmative action plans, feedback mechanisms, and equal opportunity advisors.

Army's Policy on Sexual Harassment

The policy of the United States Army is that sexual harassment is unacceptable conduct and will not be tolerated.

Behaviors that Constitute Sexual Harassment

- **Verbal Comments:** Telling sexual jokes; using profanity, off-color sexual comments, or threats; or barking, growling, oinking, and whistling at passers-by.
- **Nonverbal Gestures:** Leering, ogling (giving the person "the eye" or "once over"), blowing kisses, licking lips, or winking.
- **Printed Material:** Distributing or posting sexually oriented notes, letters, faxes, or computer mail.
- **Physical Contact:** Touching, patting, hugging, pinching, grabbing, cornering, or kissing.

Suggested Individual Actions to Deal with Sexual Harassment

1. Keep a diary or daily journal.
2. Talk with leaders or coworkers.
3. Use an intermediary spokesperson.
4. Write a letter or memorandum.
5. Confront the harasser.
6. Report the harassment to the chain of command.

The Army's EO Complaint System

Individuals are encouraged to attempt to resolve their complaints by confronting the alleged offender or by informing other appropriate officials about the offensive behavior or other allegations of disparate or unfair treatment. Individuals are responsible to advise the chain of command of the specifics of discrimination or sexual harassment and provide their chain of command an opportunity to take appropriate action to resolve the issue(s). All personnel must submit legitimate complaints

and should exercise caution against frivolous or reckless allegations, as this can also lead to prosecution.

Informal complaints. An informal complaint is any complaint not submitted in writing. Informal complaints are not subject to any timeline suspense, nor are they reportable to higher headquarters.

Help for Informal Complaints

- Equal Opportunity Representative (EOR)
- Adjutant General (AG)
- EO hotlines

Formal complaints. A formal EO complaint is submitted in writing using DA Form 7279-R (EO Complaint Form). This form is available at your unit, selected agencies, and higher headquarters, or from installation commanders.

Help for Formal Complaints (Alternative Agencies)

- A higher echelon commander
- Equal Opportunity Advisor (EOA)
- Chaplain
- Staff Judge Advocate (SJA)
- Provost Marshal (PM)
- Inspector General (IG)
- Community Home-Finding Referral and Relocation Services Office
- Medical agency personnel

Right to be Heard and Discuss Problems

It is your right to ask advice about personal problems and to give military authorities recommendations and "just and honest" complaints or grievances. If you have a personal problem too large to handle alone or an honest complaint, see your drill sergeant, first sergeant, and, if necessary your company commander. These people will either assist you to resolve the problem or get you in contact with someone that

can assist you. Make sure you have all the facts right and they are all true.

Complaints and requests for assistance may also be made in person, by phone, or in writing to the inspector general (IG). The IG is the place to go if no one within the chain of command has been able to help. During duty hours, see the first sergeant if you want to visit the IG. You will not be punished for making an honest complaint.

MAKE AN ETHICAL DECISION

The ethical decision-making process is something we all have used at one time or another. It is the employment of this process that allows us to make the choices we do.

1. Interpret the situation.
2. Analyze the factors and forces that relate to the problem. The factors and forces that relate to the problem include—
 - Laws, orders, and regulations
 - Basic national values
 - Army core values
 - Unit operating values
 - Personal values
 - Institutional pressures
3. Choose the best course of action.
4. Implement the course of action.

Often, the "right" decision is clear. The ethical decision-making process is for those times when no clear best decision can be found.

REPORT INDICATIONS OF SUICIDAL INTENT

Suicide and dealing with a suicidal person are vital concerns. It is important that you recognize the warning signs of a potentially suicidal individual. Suicidal warning signs, such as the following threats, usually precede either a suicide or a suicidal attempt:

- I can't take it.
- You won't have to worry about me.
- I won't be a problem to you anymore.
- I want to go to sleep and never wake up.
- Everyone would be better off if I were dead.
- They'll be sorry when I am gone.
- I don't want to live anymore.
- Soon the pain will be over.
- I'm going to kill myself.

Personnel you should report suicidal intentions to are:

- Drill sergeants
- Chain of command
- Unit ministry team members (UMT)
- Chaplains
- Medical personnel

INSTILL VALUES AND APPRECIATION OF ARMY HERITAGE AND TRADITIONS

Over the years, many soldiers have served, fought, and died in defense of the beliefs and values that we hold dear. This country was built on the dedication of our forefathers to maintain a standard of freedom that could be passed on

to all of us. Our forefathers have left us with the rich heritage full of tradition that makes America what it is today.

Values

- **Loyalty:** Bear true faith and allegiance to the US Constitution, the Army, your unit, and other soldiers.
- **Duty:** Fulfill your obligations.
- **Respect:** Treat people as they should be treated.
- **Selfless Service:** Put the welfare of the Nation, the Army, and your subordinates before your own.
- **Honor:** Live up to Army values.
- **Integrity:** Do what's right, legally and morally.
- **Personal Courage:** Face fear, danger, or adversity (physical or moral).

Heritage and Traditions: The words *heritage* and *tradition* hold important meaning for soldiers. It is through these words that our modern-day duties have developed. The why, how, and manner in which we serve in today's Army can be traced back to the beginnings of this country and beyond. The Army's heritage includes people, events and ideas from the past that influence the present.

Tradition is defined as the visible, daily remainders of the Army's ethic, the need for units to work together, and the Army's proud heritage. Some traditions are—

21-Gun Salute: The 21-gun salute started with the British. British naval vessels fired their cannons when entering a foreign port as a salute or show of respect. Land bases were expected to fire a large number of volleys to show their greater respect for the British. There was, however, no set number. Because of the limited amount of gunpowder a ship could carry, the British government established a

seven-volley fire as a suitable number. They did not, however, feel that seven would be enough for a return salute. They made it known that land forces were expected to fire three volleys for every one they fired. Thus, a 21-volley salute evolved. It has developed further into the highest number of firings given in honor of any American. It is known also as the national salute and the salute to the flag.

Uniforms: The uniform allows others to gather information about its wearer without the wearer having to say anything. The uniform represents the United States of America. The uniform proclaims you as an American soldier.

- The shoulder sleeve insignia identifies the unit that the wearer is a member of.
- The nametag identifies the wearer of the uniform.
- Badges identify the skills of the wearer.
- Ribbons display the individual's accomplishments.

Chevrons: Chevrons (a French word meaning "rafter") have been used to display rank for quite some time. Chevrons came into the American Army by way of the West Point Cadre uniform. Between the years 1821 and 1832, both officers and enlisted soldiers wore chevrons to indicate rank. Chevrons have been used to identify the enlisted ranks exclusively since 1832.

Marching: Soldiers have been marching in cadence since Alexander the Great. Men marched in step because fighting formations such as the Phalanx (overlapping shields and long spears) required it. This ability was lacking in the American soldier.

General George Washington commissioned Prussian Officer Baron Friedreich von Steuben to establish drill movements and regulations for the American Army. Thus, a sense of alertness, urgency, attention to detail, self-

discipline, and confidence became part of the American soldier. Drill is used for these same purposes today in order to instill discipline and build esprit de corps.

Military Music: The idea of marching in step outside of battle formation was a Roman innovation. The Romans found out that soldiers moved with a little more spirit and efficiency when they marched to a cadence. At first, only drums were used to keep the marching cadence.

During the Renaissance Period, when the art of war was revived, military music became art as well, and more and more, new instruments were added.

Taps: Bugle calls have been used for hundreds of years to alert troops on the march. Using military calls to direct soldier movement has been done since ancient times. General Butterfield, along with the brigade bugler (Oliver W. Norton) created Taps one night in July of 1862. It was developed to signal the end of the day's activities. It has grown to signal much more than that today. It now also marks the passage of an American fighting man from this life, symbolizing the end of the combat soldier's struggle.

Hand Salute: It has been a long-established military custom for juniors to remove their headgear in the presence of superiors. In the British Army, as late as the American Revolution, a soldier saluted by removing his hat. With the advent of cumbersome headgear, which could not be readily doffed, the act of removing the hat degenerated into a gesture—grasping the visor. It finally became conventionalized into something resembling our modern hand salute. Saluting is one way members of the military show respect for each other. The salute is a privilege to be given and to receive.

MANAGING PERSONAL FINANCES

It is your duty as a soldier in the US Army to fulfill your financial obligations and provide for your family. It will help

to understand SURE-PAY, saving and checking accounts, and your Leave and Earnings Statement (LES).

Sure-Pay: The Army requires every new soldier to join the SURE-PAY program. This requires every soldier to have a direct deposit to a financial institution before or immediately upon arrival at the training base. You can have your pay deposited in a checking or savings account to a bank, a credit union, or a savings and loan association.

Checking Accounts:

Individual Account: Only one person may write checks against the account.

Joint Account: More than one person may write checks against the account. This is recommended for married soldiers.

Questions to Ask When Opening a Checking Account

1. Can I conduct my business at any of the branches?
2. Will I receive a deposit slip for my SURE-PAY deposit?
3. Will my canceled checks be returned in my monthly statement?
4. Does a minimum balance have to be maintained?
5. Is there a monthly service charge for maintaining a checking account?
6. Will my account be federally insured?
7. Can I have access to money after banking hours (automated teller machine [ATM])?
8. Is there a charge for using the ATM?
9. Is there a charge for each check written?

Leave and Earning Statement (LES)

The LES is your detailed pay statement issued at the end of each month. It shows your entitlements, deductions, and allotments. It also shows your end-of-month pay and where your pay is being deposited. It is your duty to review the LES and ensure the information is correct. If you find an error, report it to the finance office immediately.

The Consequences of Writing a Dishonored Check

Your bank and the institution to which the check was written may *each* assess a service charge, sometimes as much as \$15.00, or higher.

Your reputation and credit rating may be damaged. If your credit rating is damaged, it will cost you more to get credit, if you can get it at all.

You will be counseled by your chain of command.

You may be added to the dishonored (bad check) list on post.

Your check-cashing privileges may be suspended on post for six months, a year, or indefinitely.

You may be reprimanded by your supervisor or commander.

You may be given a bad efficiency report, be reduced in rank, receive a court-martial, be barred from reenlistment, or be separated from the Army.

RAPE PREVENTION

Substantiated rape occurs in the United States every 5 minutes; in the Army, a rape occurs about every 71 hours. More times than not, the assailant is someone known to the victim, and the act can occur in the context of a relationship. Rape can happen to anyone, but the National Crime Survey data indicate that women between the ages

of 16 and 24 are most vulnerable. Your best defense is to eliminate the opportunity of being attacked. Follow these routine precautions:

- Report any unauthorized males or females in the barracks.
- Don't dress in view of a window.
- Know where the phone is located.
- Use the buddy system.
- Be aware of what is going on around you.
- Don't get into compromising situations, such as having your friends leave you alone at a social occasion.
- If you must go outdoors when it's dark, walk only in lighted areas and use the buddy system. Avoid areas where there are few people.
- Walk in the middle of the sidewalk.
- Buy time with talk. This may make the person change his or her mind, or provide enough time for help to arrive.
- If you are in trouble, attract help any way you can. Scream, yell for help, yell "fire," or break a window in a house where you think someone is home.
- Report the misconduct, so it might not happen to another.
- Don't let anyone intimidate you into having sex. Report such intimidation immediately.

Victim Responsibilities

It is estimated that only 45 percent of all rape cases are reported. Some of the reasons for not reporting are embarrassment, a desire to keep it a secret, fear, and a

lack of confidence in the police and justice system. As a victim, you may feel reluctant to report the incident. In spite of your precautions, it is your duty as a soldier to take the proper actions. It is your responsibility to—

- Go to a safe place where a phone is available.
- Call the local or military police.
- Not shower, douche, change clothes, or straighten up the site. You might destroy evidence.
- Go directly, if you prefer, to a hospital or clinic and have the police notified. Take a change of clothes with you; the clothing you wore at the time of the assault may be evidence.
- Call a friend, a rape hot line, or Social Services. If a support person is not provided, request one.

Assistance Responsibilities

It is every soldier's duty to look out for his or her fellow soldier. If you are ever in a position to assist someone who has been sexually assaulted, do what you can, recognizing your limitations. Here are some guidelines to follow when assisting a victim:

- Listen to what the victim has to say and sympathize with his or her pain.
- Don't ask what the victim did to cause this to happen, and don't ask why he or she didn't do something differently.
- Support his or her decision and efforts to report the crime.
- Encourage him or her to talk to a professional counselor.

MAINTAIN SPIRITUAL, EMOTIONAL, AND MENTAL FITNESS

Spiritual Fitness: In maintaining your spiritual fitness, you must do what you feel is correct in order to keep your beliefs, and respect others and their beliefs.

Beliefs fall into three categories: cultural, personal, and religious (spiritual).

- *Cultural beliefs* are those you obtain from your family and society.
- *Personal beliefs* are those you yourself form about things.
- *Religious beliefs* are those you obtain through the type of faith you practice.

Emotional Fitness: Maintain emotional fitness by balancing positive and negative emotions. Emotions can include feelings of joy, sorrow, love, hate, and fear. As soldiers, you encounter many situations that will affect you emotionally.

Some examples of these situations are—

- Losing a friend, loved one, or fellow soldier (sorrow).
- Being promoted to the next rank/grade (joy).
- Participating in armed conflict (fear).
- Feeling a sense of camaraderie with your fellow soldiers (happiness).
- Feeling affection for your newborn child (love).

Positive emotions are those that cause you to maintain balance in your life. Balance is the ability to display the appropriate emotion for the situation, and to understand and read the emotional state of others. Positive emotions have a natural calming effect on the mind. When these emotions are in control, you can handle situations with relative ease, and stress levels are usually at their lowest.

Negative emotions are those that cause you to become emotionally unbalanced. Emotional unbalance occurs when you are unable to continue to maintain self-control in a situation, or when you lose the ability to read the emotions of others.

Maintaining your emotional fitness is a three-step process:

- Recognize and understand the emotions you are experiencing.
- Think about your options.
- Respond to them using the Army core values as your guide.

Mental Fitness: Mental fitness refers to psychological well being and satisfactory adjustment to society and the ordinary demands of life. The following attributes are needed in order to maintain good mental fitness:

- Will
- Self-discipline
- Initiative
- Judgment
- Confidence
- Intelligence
- Cultural awareness

EXHIBIT PROPER SOLDIER BEHAVIOR

The Army family lives by the Army Values and Ethics, and the Army expects you to also adopt these. Your supervisor and fellow soldiers expect you to show them what you know about these values every day and every time you perform your duties.

The Soldier's Code

- I am an American soldier—a protector of the greatest nation on earth—sworn to uphold the Constitution of the United States.
- I will treat others with dignity and respect and expect others to do the same.
- I will honor my country, the Army, my unit, and my fellow soldiers by living the Army values.
- No matter what situation I am in, I will never do anything for pleasure, profit, or personal safety, which will disgrace my uniform, my unit, or my country.
- Lastly, I am proud of my country and its flag. I want to look back and say that I am proud to have served my country as a soldier.

Army Core Values

- **Loyalty:** Bear true faith and allegiance to the US Constitution, the Army, your unit, and other soldiers.
- **Duty:** Fulfill your obligations.
- **Respect:** Treat people as they should be treated.
- **Selfless Service:** Put the welfare of the Nation, the Army, and your subordinates before your own.
- **Honor:** Live up to Army values.
- **Integrity:** Do what's right, legally and morally.
- **Personal Courage:** Face fear, danger, or adversity (physical or moral).

CODE OF CONDUCT

President Dwight Eisenhower in Executive Order 10631 published the Code of Conduct in 1955. President Jimmy Carter amended it in 1977. It outlines the basic responsibilities and obligations of all members of the armed forces of the United States. It is based on time-honored

concepts and traditions that date back to the American Revolution. The code will give you strength in the event you fall into the hands of the enemy. It will guide your conduct and it may save your life.

CODE OF CONDUCT

For Members of the Armed Forces of the United States

1. I am an American, fighting in the forces which guard my country and our way of life. I am prepared to give my life in their defense.
2. I will never surrender of my own free will. If in command, I will never surrender the members of my command while they still have the means to resist.
3. If I am captured, I will continue to resist by all means available. I will make every effort to escape and aid others to escape. I will accept neither parole nor special favors from the enemy.
4. If I become a prisoner of war, I will keep faith with my fellow prisoners. I will give no information or take part in any action that might be harmful to my comrades. If I am senior, I will take command. If not, I will obey the lawful order of those appointed over me and will back them up in every way.
5. When questioned, should I become a prisoner of war, I am required to give name, rank, service number, and date of birth. I will evade answering further questions to the utmost of my ability. I will make no oral or written statements disloyal to my country and its allies or harmful to their cause.
6. I will never forget that I am an American, fighting for freedom, responsible for my actions, and dedicated to the principles that made my country free. I will trust in my God and in the United States of America.

STANDARDS OF CONDUCT

Ethical Conduct

As guardians of the public trust, soldiers are required to place loyalty to the Constitution, laws, and standards of ethical conduct above any personal gain. This ensures that the public, as well as your fellow soldiers, will have confidence in the integrity of the Army. To help you understand the standards of ethical conduct you must adhere to, each of the following examples illustrate both proper and improper conduct:

Misuse of Government Property and Personnel. Government property and personnel can be used only for government purposes. For example, it would be wrong for you to type a personal letter on a government computer; take pens and paper bought by the Army and give them to your children to play with; use an Army truck to move your brother into a new apartment; or require your subordinates to repair the roof of the church you attend. It also would be wrong to use a government telephone to make a personal long distance call, unless you use your personal calling card to pay for it. Further, you are required to notify your superior or the Inspector General if you know of any fraud, waste, or abuse of government property or personnel.

Pressure to Contribute. Soldiers cannot be required or pressured to donate money to buy a gift for a superior who, for example, is sick, being reassigned, or retiring. However, it is proper for someone to ask you to make a small contribution, such as \$5, for a gift to a superior, so long as it is made clear that you are free to contribute less or nothing at all. It is also proper for someone to distribute an announcement of a party for a superior who is leaving, and include a small amount for a departure gift in the fee for the party. Also, for example, you can take flowers to your superior's house when you and your spouse are invited

over for a cookout, but it would be wrong for your superior to require or pressure you to bring flowers.

Abuse of Authority. It is improper to misuse your official position for yourself or others. You cannot require a subordinate to polish your boots, and superiors cannot ask you to buy cookies their children are selling or products they sell in their spare time such as insurance. It is also improper for anyone to require or pressure you to join the enlisted club or a private organization. However, it is proper for someone, even a superior, to tell you about the benefits of joining a club or private organization, so long as they make it clear that you are free to join or not join as you desire and that you will not be punished if you choose not to join.

Preferential Treatment. All soldiers are required to be impartial in their official dealings with others. You cannot expect preferential treatment from a superior, such as a 3-day pass you are not entitled to, because you were buddies in high school. Likewise, you cannot favor a subordinate by removing him from the duty roster because he bought cookies from your daughter or insurance from you.

Violation of Laws and Ethics. All soldiers are expected to avoid creating even the appearance of violating the law or ethical standards. If you are not sure about something, seek the advice of your superior or ask the ethics counselor at your local Staff Advocate's office.

Conduct On and Off Duty

As a soldier, you have accepted a solemn obligation: to defend the ideals of freedom, justice, truth, and equality found in the Declaration of Independence and the United States Constitution. Whether you are serving a single term or making a career of the military, your actions should never be contrary to the ideals and principles upon which this nation was founded.

Because you have special responsibilities as a member of the armed forces, special standards govern your conduct whether you are on or off duty. You are subject to the Uniform Code of Military Justice (UCMJ) as well as to the laws governing other citizens and residents of the United States.

You are expected and encouraged to carry out your obligations as a private citizen. It is hoped that you will register, vote, and express your personal opinions on political candidates and issues.

So that the military remains free of involvement with any particular political party, your political activities are somewhat restricted while you are on active duty. You may not, for instance, take part in partisan political campaigns or conventions. You may take part in political rallies or meetings or in public demonstrations provided you do not wear your uniform or participate during duty hours. You must make sure that people do not think you are representing the Army at any of these activities.

CHAPTER 4: SELECTED COMMON TASK

Section I: Communications

Communicate By A Tactical Radio

113-305-1001

Conditions: Given an operational radio (SINCGARS, MSRT, VRC-12 series, etc.), with a SOI, KYK-13 with TEK and fill cable, ACP 125(E) (and U.S. Supplement-1), appropriate technical manuals and an operational distant station.

Standards: Established voice communications with the distant tactical radio/network, within 3 minutes.

Performance Steps
1. Collect references, resources and assembled MANPACK.
2. Place radio into operation.
3. Enter Net.
4. Transmit message.

Evaluation Preparation: Provide the soldier with the all of the resource material listed in the conditions statement.

Brief Soldier: Tell the soldier that he or she will be required to establish voice communications with the distant tactical radio/network, within 3 minutes. The 3 minute time limit is only an administrative training requirement.

Performance Measures	Results
1. Collected references, resources and assembled MANPACK	GO / NO GO

Performance Measures	Results
2. Placed radio into operation a. Preset controls. b. Turned CB1 on MANPACK to "ON". c. Tested Radio Transmission (RT) circuits. d. Tested transmitter. e. Set battery life condition.	GO / NO GO
3. Entered Net a. Loaded Traffic Encryption Key (TEK). b. Hopset c. Operated radio.	GO / NO GO
4. Transmitted message a. Established secure Single Channel communications. b. Used prowords, call signs, frequencies, item numbers and authentication.	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO GO, show the soldier what was done wrong and how to do it correctly.

References

Required	Related
ACP 125 (E)	
ACP 125 U.S. Suppl-1 (Computer Based Training)	
FM 24-18	
FM 24-19	
TM 11-5820-401-10-1-HR	
TM 11-5820-890-10-1	
TM 11-5820-890-10-8	

Section II: Navigation

Navigate From One Point On The Ground To Another Point While Dismounted

071-329-1006

Conditions: Given a standard 1:50,000 scale military map of the area, a coordinate scale and protractor, compass, and pencil and paper.

Standards : Move on foot from the start point to the correct destination or objective by the most advantageous route to negotiate based on the terrain and the tactical situation.

Performance Steps
1. Identify topographic symbols on a military map. a. Identify the six basic colors on a military map (black, blue, brown, green, red, and red-brown). b. Identify the symbols used on a military map to represent physical features, such as physical surroundings or objects. c. Identify the marginal information found on the legend. (1) Marginal information at the top of the map sheet (2) Marginal information at the bottom of the map sheet.
2. Identify the five major and three minor terrain features on a military map. a. Major terrain features are hills, ridges, valleys, saddles, and depressions. b. Minor terrain features are draws, spurs, and cliffs
3. Determine grid coordinates for the point on the map. a. Locate the grid square in which the point is located. b. Determine a six-digit grid coordinate. A six-digit coordinate will locate a point on the ground within 100 meters. c. Determine an eight-digit grid coordinate. An eight digit-grid coordinate will locate a point on the ground to within 10 meters. d. Record the grid coordinates with the correct two-letter 100,000-meter- square identifier.

Performance Steps
<p>4. Measure distance on a map.</p> <p>a. Identify the scale of the map. The map scale is the ratio (1:50,000) of the distance on map (1 inch) compared to the distance on the ground (usually 50,000 inches).</p> <p>b. Convert a straight-line map distance to miles, meters or yards using the map's bar scale.</p> <p>c. Convert a road map distance to miles, meters or yards using the map's bar scale.</p>
<p>5. Determine a grid azimuth using a protractor.</p> <p>a. Locate your points on the map and the north-south grid lines. Position the coordinate scale of the protractor and read the azimuth in degrees or mils.</p> <p>b. Azimuths are given in degrees or mils in a clockwise direction from north, and all azimuths taken from the map are grid azimuths.</p>
<p>6. Convert a magnetic azimuth to a grid azimuth and a grid azimuth to magnetic azimuth.</p> <p>a. Convert azimuths that have an easterly G-M angle. To convert a magnetic azimuth to a grid azimuth, add the value of the G-M angle to the magnetic azimuth. To convert a grid azimuth, subtract the G-M angle from the grid azimuth.</p> <p>b. Convert azimuths that have a westerly G-M angle. To convert a magnetic azimuth to a grid azimuth, subtract the value of the G-M angle from the magnetic azimuth. To convert a grid azimuth to a magnetic azimuth, add the value of the G-M angle to the grid azimuth.</p>

Performance Steps
<p>7. Locate an unknown point on a map and on the ground by intersection.</p> <p>a. Use the map and compass method. Determine the G-M angle of the map you are using. Locate and mark your position on the map. Convert the magnetic azimuth to a grid azimuth. Place the protractor on the map and draw a line from your position on the map along this grid azimuth. Move to a second location and repeat these steps.</p> <p>b. Use the straightedge method. Locate and mark your position on the map. Lay a straightedge on the map with one end at your position as a pivot point, and rotate the straightedge until unknown point is sighted along the edge. Draw a line along the straightedge.</p>
<p>8. Locate an unknown point on a map and on the ground by resection.</p> <p>a. Using the map and compass method. Determine the G-M angle of the map you are using. Locate two known positions on the ground and mark them on the map. Measure the magnetic azimuth to one of the known locations and change it to a grid azimuth. If it is a westerly G-M angle subtract it, if easterly add the degrees to magnetic azimuth.</p> <p>b. Change this grid azimuth to a back azimuth and place the protractor on the map. Place a tick mark at the degrees you want to plot. Draw a line on the map from this position on the grid back azimuth that you found in the direction of your unknown position.</p> <p>c. Repeat the above steps from a second position.</p> <p>d. Perform resection without the use of a compass. Orient your map as closely as you can. Look for some terrain feature that you can find on the map. Put a straightedge on the map and place it next to the feature on the map. Then align the straightedge so it points directly at the real feature and draw a line along the straightedge.</p>

Performance Steps
<p>Find another feature, such as a road junction and do the same thing. Draw another line along the straightedge and where the lines cross is your location.</p> <p>e.To perform a modified resection you must be located on a linear feature such as a road or stream. First orient your map, then find some feature that you can also find on the map. Put a straightedge through the feature on the map and align the straightedge so that it points directly at the real terrain feature. Draw a line along the straightedge. The point where the line crosses the linear feature you are on is your location.</p>
<p>9. Compute back azimuths to degrees or mils.</p> <p>a.To determine a back azimuth using degrees you add 180 degrees if your azimuth is less than 180 degrees. If your azimuth is more than 180 you subtract 180 degrees.</p> <p>b.To determine a back azimuth using mils you add 3200 mils if your azimuth is less than 3200 mils. If your azimuth is more than 3200 you subtract 3200 mils.</p>
<p>10.Determine a magnetic azimuth with a lensatic compass.</p> <p>a. The floating dial is used to determine the direction in which you are pointing your compass. The outer, black ring of numbers and tick marks is used for finding direction in mils. The inner, red ring of numbers and tick marks is used for finding direction in degrees.</p> <p>b. There are 360 degrees or 6400 mils in a circle. These are marked with a tick mark every 5 degrees or 20 mils. However, not every tick mark is numbered. You will have to determine the number for these lines using the numbers that are shown.</p> <p>c. Use your compass to determine or follow an azimuth. The arrow on the compass points toward magnetic north. Any mass of metal; for example, a truck, your rifle, your helmet, and even electrical power lines also attract the arrow. Thus, be sure you use your compass away from metal objects so it will not give a wrong reading.</p>

Performance Steps
d. Use the compass-to-cheek method or the center-hold method to determine your azimuth.
11. Determine the elevation of a point on the ground using a map. a. Determine the contour interval for your map. b. Determine the elevation of a point to within half the value of the contour interval.
12. Orient a map using a lensatic compass. a. Determine if the G-M angle exceeds 3 degrees. If the G-M angle is less than 3 degrees do not line up the north arrow. b. Align the side of the compass with a north-south grid line and orient the map.
13. Orient a map to the ground by map-terrain association. a. Match terrain features appearing on your map with physical features on the ground. b. Check orientations obtained by this method by placing a compass along one of the north-south grid lines to keep from orienting the map in the wrong direction (that is, 180 degrees out) or by aligning two or more features. Ensure you incorporate the declination constant.
14. To determine your location on the ground by terrain association: a. Determine the type of terrain feature upon which you are located. b. Determine what types of terrain features surround your location. c. Orient your map. d. Determine the four cardinal directions (North, South, East, and West). e. Determine your location.

Performance Steps
<p>15. Select a movement route using a map. Your route must:</p> <ul style="list-style-type: none"> a. Take advantage of maximum cover and concealment. b. Ensure observation and fields of fire for the overwatch or fire support elements. c. Allow positive control of all elements. d. Accomplish the mission quickly without unnecessary or prolonged exposure to enemy fire.

Evaluation Preparation: Select an area with varying terrain & veg that is large enough to have two points, 1,000 to 2,000 meters apart. Each point will be on or near an identifiable terrain feature & will be marked on the ground with a sign containing a letter or number. Dummy signs should be placed not less than 100 meters nor more than 200 meters to the left or right of the correct point. Clearly mark all correct points on the map. Prepare a sheet of paper giving the azimuth & distance for each leg of the course to be covered. Have pencils for the tested soldier

Brief Soldier: Terrain association. Give the soldier the map & tell him or her to identify the best route to take between the two points that have been plotted on the map (1,000 to 2,000 meters apart). Note: The best route must be determined by a SME before the test. Give the soldier the map & tell him or her that he or she must move from point A plotted on the map to point B (1,000 to 2,000 meters apart) using terrain association (no compass will be used). Tell the soldier he or she has _ time to complete the course. Dead reckoning. Give the soldier the sheet of paper with the azimuth & the distance for each leg of the course (three to five points, 200 - 500 meters apart), & the compass (no map will be used). Tell the soldier to move over the course shown by the azimuth & the distance on the paper. Tell the soldier to record the letter or number at the end of each leg of the course. Tell the soldier he or she has _ time to complete the course. NOTE: Time standards will be based on the average time it takes two SME to

complete the course plus 50 percent, exp: SME time, 1 hr.
 1 hr added to 50% = course test Time of 1 hr 30 min.
 Soldiers being tested will be given 10 min to study the map
 & to determine their course of action. At the end of this test
 time, the soldier will move to the start point & begin the
 test. Time will start when soldiers leave the start point &
 end when the finish point is crossed.

Performance Measures	Results
1.Terrain association. a.Best route - Identified the best route within 10 minutes and explained reason for picking that route. b.Wrote down the correct letter or number at the end of each leg of the course. c.Arrived at correct destination within the specified time.	GO / NO GO
2. Dead reckoning. a.Wrote down the correct letter or number of each leg of the course. b.Arrived at correct destination within the specified time.	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO GO, show what was done wrong and how to do it correctly.

References

Required

Related

FM 21-26

Section III: Weapons

Operate an M16A1/M16A2 Rifle

071-990-0002

Conditions: Given an M16A1 or M16A2 rifle, M16 magazines with 5.56-mm ammunition, and a requirement to use the rifle to place fire on targets in a tactical situation.

Standards: Load, unload, and fire the rifle as required to zero and place effective fire on targets. Use the appropriate firing technique when delivering fire on targets under various conditions. Correct malfunctions when they occur so that the weapon continues to function correctly.

Performance Steps
<p>1. Load the rifle.</p> <p>a. Load the M16A1 rifle or the M16A2 rifle for semiautomatic fire and the M16A1 rifle for automatic fire.</p> <ol style="list-style-type: none">(1) Point the rifle muzzle in a safe direction.(2) Cock the rifle to open the bolt and return the charging handle to the forward position.(3) Place the selector lever on SAFE.(4) Check the chamber to ensure it is clear.(5) Insert the magazine, pushing it upward until the magazine catch engages and holds the magazine.(6) Tap upward on the bottom of the magazine to ensure it is seated.
<p>b. Load the M16A2 rifle for burst fire.</p> <ol style="list-style-type: none">(1) Point the rifle muzzle in a safe direction.(2) Cock the rifle to open the bolt and return the charging handle to the forward position.(3) Check the chamber to ensure it is clear.(4) Place the selector lever in the BURST position.(5) Pull the trigger, holding it in the rear position.

Performance Steps
<p>(6) Pull the charging handle to the rear and release it.</p> <p>(7) Repeat the step 1.b.(6) above, three times.</p> <p>(8) Pull the charging handle to the rear, holding it in place, and release the trigger.</p> <p>(9) Push in on the bottom portion of the bolt catch, locking the bolt in the rear position.</p> <p>(10) Slide the charging handle all the way forward.</p> <p>(11) Place the selector on SAFE.</p> <p>(12) Insert the magazine, pushing it upward until the magazine catch engages and holds the magazine.</p> <p>(13) Tap upward on the bottom of the magazine to ensure it is seated.</p>
<p>c. Chamber a round.</p> <p>(1) With the bolt open:</p> <p>(a) Depress the upper portion of the bolt catch to release the bolt.</p> <p>(b) Tap the forward assist to ensure that the bolt is fully forward and locked.</p>
<p>WARNING: The Rifle Is Loaded. Keep It Pointed In A Safe Direction.</p>
<p>(c) Place the selector lever on SAFE.</p> <p>(d) Close the ejection port cover if the rifle is not to be fired immediately</p> <p>(2) With the bolt closed:</p> <p>(a) Pull the charging handle to the rear as far as it will go.</p> <p>(b) Release the charging handle. Do not ride the charging handle; allow it to return on its own.</p> <p>(c) Tap the forward assist to ensure the bolt is fully forward and locked.</p>
<p>WARNING: The Rifle Is Loaded. Keep It Pointed In A Safe Direction.</p>

Performance Steps
(d) Place the selector lever on SAFE. (e) Close the ejection port cover if the rifle is not to be fired immediately.
2. Unload the rifle. a. Point the muzzle in a safe direction. b. Place the selector lever on SAFE. c. Remove the magazine from the rifle.
Note: The selector lever cannot be turned to SAFE unless the rifle is cocked.
d. Lock the bolt open. (1) Pull the charging handle rearward and hold it. (2) Press the bottom of the bolt catch and allow the bolt to move forward until it engages the bolt catch. (3) Return the charging handle to the forward position. e. Check the receiver and chamber to ensure they do not contain ammunition. f. Press the upper portion of the bolt catch, allowing the bolt to go forward. g. Pull the trigger to release pressure on the firing pin spring.
3. Correct malfunctions.
WARNING: If Your Rifle Malfunctions With A Live Round In The Chamber Of A Hot Barrel, Quickly Remove The Round. If You Can Not Remove The Round Within 10 Seconds, Remove The Magazine And Wait 15 Minutes With The Rifle Pointed In A Safe Direction. Keep Your Face Away From The Ejection Port While Clearing A Hot Chamber To Avoid Possible Injury From A Cookoff.
a. Perform immediate action.
Note: If your rifle malfunctions, remember S-O-R-T-S. This key word will help you remember these actions in sequence: Slap, Pull, Observe, Release, Tap, Shoot.

Performance Steps
<p>(1) Slap upward on the magazine to make sure it is properly seated.</p> <p>(2) Pull the charging handle all the way back.</p> <p>(3) Observe the ejection of the case or cartridge. Look into the chamber and check for obstructions.</p> <p>(4) Release the charging handle to feed a new round in the chamber. Do not ride the charging handle.</p> <p>(5) Tap the forward assist.</p> <p>(6) Shoot. If the rifle still does not fire, inspect it to determine the cause of the stoppage or malfunction and take appropriate remedial action.</p>
<p>b. Perform remedial action.</p> <p>(1) If your rifle still fails to fire after performing steps 3.a. (1) through 3.a. (6), check again for a jammed cartridge case in the chamber.</p> <p>(2) If a cartridge case is in the chamber, tap it out with a cleaning rod.</p>
<p>Note: If your rifle still fails to fire, you may have a mechanical failure.</p>
<p>(3) Correct a mechanical malfunction.</p> <p>(a) Clear the rifle.</p> <p>(b) Disassemble the rifle.</p> <p>(c) Inspect for dirty, corroded, missing, or broken parts.</p> <p>(d) Clean dirty or corroded parts.</p> <p>(e) Replace missing or broken parts.</p> <p>(f) Assemble the rifle.</p> <p>(g) Perform a function check.</p> <p>(h) Load and fire the rifle.</p>
<p>4. Zero the rifle.</p> <p>a. Zero the M16A1 rifle.</p> <p>(1) Place the rear sight on long range aperture (L).</p> <p>(2) Establish a mechanical zero.</p>

Performance Steps
<p>(a) Set the front sight. Rotate the post up or down so the notched disk is flush with the top of the front sight post well. Rotate the front sight post 11 clicks in the direction of the arrow marked UP.</p> <p>(b) Center the rear sight. Move the rear sight all the way to the left. Then move it 17 clicks to the right.</p>
<p>Note: The sight picture is obtained by aligning the rear sight and the front sight with the proper aiming point for your target. The sight picture depends on sight alignment and placement of the aiming point.</p>
<p>(3) Using the correct sight picture and sight alignment, fire a 3-round shot group at the target's center.</p> <p>(4) Triangulate the shot group to determine if the group is 4 centimeters or less in diameter.</p> <p>(5) If the shot group is not 4 centimeter or less in diameter, repeat subordinate actions 4.a.(3) and 4.a.(4) above.</p> <p>(6) Once you have an acceptable shot group, adjust the sights to move the shot group within the zero circle at the center of the target:</p> <p>(a) Elevation. Locate the horizontal (right to left) line nearest the center of the shot group and follow it to the nearest edge of the target. Identify the number of clicks and the direction of the adjustment shown at the edge of the target. Adjust the front sight in the indicated direction and number of clicks. Record adjustments made.</p> <p>(b) Windage. Locate the vertical up and down line nearest the center of the shot group and follow it to the nearest edge of the target. Identify the number of clicks and the direction of the adjustment shown at the edge of the target. Adjust the rear sight in the indicated direction and number of clicks. Record adjustments made.</p> <p>(7) At the completion of zero, rotate the rear sight to the unmarked aperture.</p>

Performance Steps
(8) Determine the number of clicks up or down and left or right the sights were moved from the base setting and record this as the 250-meter zero.
NOTE: Current doctrine of the United States Army prescribes a fighting zero for 250 meters with the M16A1 rifle. That is, the sights of the rifle should be adjusted so that the trajectory of the projectile and the line of sight intersect at a range of 250 meters.
<p>b.Zero the M16A2 rifle.</p> <p>(1) Select the unmarked, long range aperture on the rear sight.</p> <p>(2) Establish a mechanical zero.</p> <p>(a) Set the front sight by rotating the post up or down so the notched disk is flush with the top of the front sight post well.</p> <p>(b) Center the rear sight. Align the index mark on the 0-2 aperture with the center line on the windage scale and the mark on the receiver. Rotate the elevation knob down until the range scale mark "8/3" is aligned with the mark on the left side of the receiver. Rotate the elevation knob one click clockwise past the "8/3" mark.</p>
NOTE: The sight picture is obtained by aligning the rear sight and the front sight with the proper aiming point for your target. The sight picture depends on sight alignment and placement of the aiming point.
<p>(3) Using the correct sight picture and sight alignment, fire a 3-round shot group at the target.</p> <p>(4) Triangulate the shot group. The shot group must be 4 centimeters or less in diameter to be acceptable.</p> <p>(5) If the shot group is not within 4 centimeters or less in diameter, repeat steps 4.b.(3) and 4.b.(4) above.</p> <p>(6) Adjust the sights to move the shot group to center of target:</p>

Performance Steps
<p>(a) Elevation. Locate the horizontal (right to left) line nearest the center of the shot group and follow it to the nearest edge of the target. Identify the number of clicks and the direction of the adjustment shown at the edge of the target. Adjust the front sight in the indicated direction and the number of clicks. Record adjustments made.</p> <p>(b) Windage. Locate the vertical up and down line nearest the center of the shot group and follow it to the nearest edge of the target. Identify the number of clicks and the direction of the adjustment shown at the edge of the target. Adjust the rear sight in the indicated direction and the number of clicks. Record adjustments made.</p> <p>(7) At the completion of zero, determine the number of clicks up or down and left or right the sights were moved from the base setting and record this as the 300-meter zero.</p>
<p>NOTE: Current doctrine of the United States Army prescribes a fighting zero for 300 meters with the M16A2 rifle. That is, the sights of the rifle should be adjusted so that the trajectory of the projectile and the line of sight intersect at a range of 300 meters.</p>
<p>5. Engage targets with an M16A1 or M16A2 rifle.</p> <p>a. Engage targets at night.</p> <p>(1) Detect targets (by sight or sound).</p> <p>(2) Determine if the target should be engaged. Consider the range to target, the type of target, the tactical situation, unit standing operating procedure (SOP) on engagement criteria, and instructions received from leaders.</p> <p>(3) If target is to be engaged:</p>

Performance Steps

NOTE: Standard firing positions. A particular situation will influence the use of a certain firing position. The position used must allow you to observe the target area, utilize available cover for protection, and place aimed fire on the target. The standard firing positions are: Prone (supported, unsupported), standing, kneeling (supported, unsupported), and foxhole. NOTE: Assault fire. Walking rapidly and firing from the underarm or the quick fire position - stopping momentarily to take a well aimed, directed shot when definite targets appear.

- (a) Assume the best possible firing position.
- (b) Determine the range.
- (c) Place aimed fire on the target.
- (d) If the target moves laterally, fire and track as the target moves.
- (e) Reload when necessary.
- (f) Continue to place fire on the target until destroyed, disabled, or an order to cease fire is received.
- b. Engage targets during daylight.
 - (1) Perform subordinate actions 5.a.(1) thru 5.a.(3) for "Engage targets at night".
 - (2) Use aimed fire to destroy targets at ranges beyond 75 meters.
 - (3) Use quick fire technique to destroy personnel targets at close range.
 - (4) Reload when necessary.
 - (5) Continue to place fire on the target until destroyed, disabled, or an order to cease fire is received.
- c. Engage targets with suppressive fire.
 - (1) Perform subordinate actions 5.a.(1) thru 5.a.(3) for "Engage targets at night".
 - (2) Place a high volume of aimed fire on the target locations until destroyed, disabled, or an order to cease fire is received.
 - (3) Reload when necessary.

Performance Steps
<p>d. Engage targets with assault fire.</p> <ol style="list-style-type: none"> (1) Assume assault fire position (underarm position). (2) Deliver a high volume of fire at known or suspected enemy locations while advancing over the objective area. (3) If a definite target is presented, stop momentarily and take a rapidly aimed shot at the target, then continue moving. (4) If necessary, reload rapidly while moving. (5) Continue using assault fire until the objective is secured or an order to cease fire is received.

Evaluation Preparation: Have soldiers use their own assigned rifles and magazines. Provide each soldier blank or dummy ammunition when evaluating the load, unload, and correct malfunctions portions of this task. Provide a 25-meter firing range, sandbags for support, rifle shot group analysis cards (GTA 21-1-4), and 18 rounds of 5.56-mm ball ammunition for each soldier for the zero portion of this task. Provide a live fire range and sufficient quantities of ammunition to support the number of soldiers being tested in the engage targets portion of this task.

Brief Soldier: Tell the soldier to load and unload the rifle using the steps appropriate for the model he or she has. An M16A2 rifle must be loaded in both the semiautomatic and BURST modes. After these performance measures are complete, tell the soldier that the rifle has stopped firing. Tell the soldier to correct malfunctions, that the weapon is cool, and that he or she is to perform the immediate and remedial actions on the rifle in the proper sequence. On the 25-meter range, tell the soldier to battlesight zero the rifle, using no more than 18 rounds. After the soldier has zeroed his or her rifle, on a live fire range, tell the soldier to detect and engage targets in his or her sector and, when asked, state the range to the target.

Performance Measures	Results
<p>1. Loaded the rifle.</p> <p>a.Prepared the M16A1 or M16A2 rifle for semiautomatic fire and the M16A1 rifle for automatic fire, ensuring the chamber is clear and the magazine is seated.</p> <p>b.Prepared the M16A2 rifle for burst fire, ensuring the magazine is seated.</p> <p>c. Pointed the weapon in a safe direction.</p> <p>d.Chambered a round, ensuring the bolt is fully forward and locked.</p> <p>e.Placed the selector lever in the SAFE position.</p>	GO / NO-GO
<p>2. Unloaded the rifle.</p> <p>a.Pointed the rifle muzzle in a safe direction.</p> <p>b.Placed the selector lever on SAFE.</p> <p>c.Removed the magazine from the rifle.</p> <p>d.Locked the bolt open and return the charging handle to the forward position.</p> <p>e.Removed any ammunition from the receiver and chamber.</p> <p>f.Pressed the upper portion of the bolt catch, allowing the bolt to go forward.</p> <p>g.Pulled the trigger to release the pressure on the firing pin spring.</p>	GO / NO-GO
<p>3. Corrected malfunctions of the rifle</p> <p>a. Immediate action.</p> <p>(1) Slapped upward on the magazine.</p> <p>(2) Pulled the charging handle all the way to the rear.</p> <p>(3) Observed the ejection port for ejection of the case or cartridge. Checked the chamber for obstructions and removed if any are present.</p>	GO / NO-GO

Performance Measures	Results
<p>(4) Released the charging handle to feed a new round in the chamber.</p> <p>(5) Tapped the forward assist.</p> <p>(6) Shot the rifle.</p> <p>(7) Performed the steps in sequence.</p> <p>b. Remedial action.</p> <p>(1) Checked for jammed ammunition and removed, if present.</p> <p>(2) Cleared and disassembled the rifle.</p> <p>(3) Inspected for dirty, corroded, missing, or broken parts.</p> <p>(4) Cleaned dirty or corroded parts.</p> <p>(5) Replaced missing or broken parts.</p> <p>(6) Assembled the rifle.</p> <p>(7) Performed a function check.</p> <p>(8) Loaded and fired the rifle.</p>	
<p>4. Zeroed the rifle.</p> <p>a. M16A1 rifle.</p> <p>(1) Selected the long range aperture "L."</p> <p>(2) Established the mechanical zero, if necessary.</p> <p>(3) Established a correct sight picture.</p> <p>(4) Fired a three-round shot group.</p> <p>(5) Triangulated the shot group.</p> <p>(6) Repeated steps 4.a.(3) and (4) until the shot group fell within 4 centimeters.</p> <p>(7) Adjusted the sights to move the shot group to within the zero circle, if necessary.</p> <p>(8) Determined and recorded the 250-meter battlesight zero.</p>	GO / NO-GO

Performance Measures	Results
b.M16A2 rifle. (1)Selected the unmarked long range aperture. (2)Established the mechanical zero, if necessary. (3)Established a correct sight picture. (4)Fired a three-round shot group. (5)Triangulated the shot group. (6)Repeated steps 4.b.(3) and (4) until the shot group fell within 4 centimeters. (7)Adjusted the sights to move the shot group to within the zero circle, if necessary. (8)Determined and recorded the 300 meter-battlesight zero.	
5. Engaged targets. a.Assumed a position that provided cover and concealment and good observation. b.Detected and determined if targets should be engaged. c.Placed fire on the targets using the appropriate firing techniques.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 23-9

TM 9-1005-319-10

Operate An M60 Machine Gun

071-990-0001

Conditions: Given an M60 machine gun, traversing and elevating (T&E) mechanism, M122 tripod, linked 7.62-mm ammunition, spare parts case with basic issue items, cleaner lubricant and preservative (CLP), zeroing targets, and a requirement to use the weapon to place fire on targets in a tactical situation.

Standards: Load, unload, and fire the weapon as required to zero and place effective fire on targets. Use the appropriate firing technique when delivering fire on targets under various conditions. Correct malfunctions when they occur so that the weapon continues to function correctly.

Performance Steps
1. Mount the M60 machine gun. (See Performance Measures for detailed steps.)
2. Load the M60 machine gun.
3. Unload the M60 machine gun.
4. Correct malfunctions of the M60 machine gun.
5. Zero an M60.
6. Engage targets with an M60 machine gun.

Evaluation Preparation: At the test site, provide the equipment and materials listed in the conditions. For standardization of the load performance measure, have the bolt and cocking handle forward, the safety on S, and the belt of ammunition on top of the cover. Ensure the ammunition is clean and linked properly. For standardization of the unload performance measure, begin with the bolt forward and the safety on F. For the correct malfunctions performance measure, provide an assistant gunner, set up the weapon so that it is loaded and the safety is on S, and insert an expended round in the belt to cause a stoppage. Conduct the engage targets

performance measure on a live-fire range and provide the soldier with area targets and point targets.

Brief Soldier: Tell the soldier to mount, load, and unload the M60 Machine gun. On the live-fire range, tell the soldier to zero the M60 Machine gun, engage area and point targets, and correct malfunctions.

Performance Measures	Results
1. Mounted the M60 machine gun. a. Emplaced the M122 tripod. (1) Pulled open the front and rear legs and locked them in position (2) Placed the tripod in position with the front leg pointing in the direction that the muzzle of the gun will be pointing. b. Installed the machine gun on the tripod. (1) Locked the pintle assembly into the pintle bushing (2) Lowered the M60 machine gun receiver so that the rear-mounting pin snaps into the pintle latch. c. Attached the T&E mechanism to the M60 machine gun. Placed the traversing slide on the traversing bar and lock it in position.	GO / NO-GO
2. Loaded the M60 machine gun. a. Placed safety lever on FIRE. b. With your palm up, pulled the cocking handle to the rear, locking the bolt in the rear position. c. Returned the cocking handle to the forward position and placed the safety lever on the S (SAFE) position.	GO / NO-GO

Performance Measures	Results
<ul style="list-style-type: none"> d. Raised the feed tray cover and ensured that the feed tray, receiver, and chamber are clear. e. Placed the first round of the belt in the tray groove, double link leading, open side of the links down. f. Closed the cover, ensuring the round remains in the tray groove. 	
WARNING: The Weapon Is Loaded. Keep It Pointed In A Safe Direction.	
3. Unloaded the M60 machine gun. <ul style="list-style-type: none"> a. Pulled the cocking handle to the rear, ensuring that the bolt is locked to the rear. b. Placed the safety lever on S (SAFE) and manually returned the cocking handle to its forward position. c. Raised the cover and removed any ammunition or links from the tray. d. Raised the feed tray, inspected, and confirmed that no ammunition is in the chamber. e. Closed the cover. f. Placed the safety on F (FIRE) g. Pulled the cocking handle to the rear, and pulled the trigger while manually easing the bolt forward. h. Placed the safety on S(SAFE). 	GO / NO-GO
4. Corrected malfunctions of the M60 machine gun. <ul style="list-style-type: none"> a. Took actions for Failure to fire/ misfire. Steps for immediate action are as follows: <ul style="list-style-type: none"> (1) Pulled the cocking handle to the rear. 	GO / NO-GO

Performance Measures	Results
<p>(2) Looked at the ejection port to see if a cartridge case, belt link, or round is ejected.</p> <p>(a) If a cartridge case, belt link, or round is ejected, return the cocking handle to the forward position. Aim the weapon at the target and attempt to fire the weapon. If the weapon fires, continue firing. If not, take remedial action.</p>	
WARNING: If The Cover Is Opened On A Hot Cartridge (Hot Barrel), An Open-Cover Cookoff Could Occur And Result In Serious Injury Or Death. Close The Cover And Wait Until The Barrel Cools. At Least 15 Minutes.	
<p>(b) If nothing is ejected and the barrel is hot enough to cause a COOKOFF (200 rounds fired within 2 minutes), wait at least 15 minutes then apply immediate action. Ensure the cocking handle is forward. Aim the weapon at the target and attempt to fire the weapon. If the weapon fires, continue firing. If the weapon does not fire, take remedial action.</p>	
NOTE: During combat, if a cartridge is stuck in the chamber change barrels, reload, and continue to fire.	
<p>b. Took actions for Failure to fire/misfire. Steps for remedial action are as follows:</p> <p>(1) Kept the muzzle of the weapon pointed in a safe direction.</p> <p>(2) Ensured the bolt is locked to the rear and the cocking handle is forward.</p>	

Performance Measures	Results
(3) Placed the safety lever on S (SAFE) and raise the cover. (4) Removed the belt of ammunition and raise the feed tray. (5) Inspected receiver and chamber.	
WARNING: When Removing A Stuck Unfired Cartridge Stay Clear Of The Muzzle. Do Not Allow A Cartridge To Contact Any Hard Surface. A Cartridge May Fire On Contact.	
(6) If a Round is in the chamber: (a) A stuck cartridge case or unfired cartridge. Removed the barrel. Inserted a cleaning rod in the muzzle end and lightly tapped out the case/cartridge. (b) A ruptured cartridge case. Removed the barrel. Pushed the ruptured cartridge extractor inside the ruptured case in the chamber until it seats. Inserted a cleaning rod in the muzzle end and lightly tapped out the ruptured case. Removed the extractor from the ruptured case and reassemble the extractor tool. (7) Disassembled and inspected the weapon and ammunition for deficiencies. (8) Corrected the deficiencies. (9) Assembled the weapon, reloaded and continued firing.	
c. Took actions for a runaway gun (the machine gun keeps firing after releasing the trigger).	
WARNING: Keep The Gun Oriented On The Target.	

Performance Measures	Results
<ul style="list-style-type: none"> (1) Held the weapon on the target. (2) Broke the ammunition link belt by twisting it in either direction, or let the gun continue to fire if near the end of the link belt. (3) Allowed the weapon to fire the remaining ammunition at the target. (4) Cleared the weapon. 	
WARNING: Never Reload A Runaway Machinegun Until It Has Been Inspected and Repaired By Organizational Maintenance.	
<ul style="list-style-type: none"> (5) Notified your immediate supervisor. d. Corrected sluggish operation. <ul style="list-style-type: none"> (1) Cleared the weapon, placed the safety lever on S (SAFE). (2) Disassembled, cleaned, and inspected the weapon for deficiencies. (3) Corrected deficiencies. (4) Lubricated the weapon. (5) Assembled the weapon. 	
5. Zeroed an M60. <ul style="list-style-type: none"> a. Zeroed the M60 on a 10-meter range. <ul style="list-style-type: none"> (1) Set the windage scale for zero windage. (2) Set the range scale at 500-meters. (3) Fired three single rounds to establish a shot group. (4) Assessed the shot group. The shot group should be small enough to show where the center of the group is in relation to the point of aim. 	GO / NO-GO

Performance Measures	Results
(5) Adjusted the sights to move the center of the shot group to the point of aim.	
NOTE: To correct for deflection (left or right), turn the windage knob to move the rear sight in the direction of the desired change. A 1 click or 1-mil adjustment moves the point of aim 1 centimeter. Note: To Correct for elevation (up or down), turn the elevation knob to move the rear sight slide in the direction of the desired change. A 1 click adjustment on the elevation knob equals a 1/4 mil change, or 4 clicks equal a 1 mil change. A 4 click adjustment moves the point of aim 1 centimeter.	
(6) Fired a round to confirm the adjustments. If necessary, continue to make adjustments and fire rounds until you hit the point of aim. (7) Adjusted the range scale for 500-meters and record the deflection. b. Field zeroed the M60.	
NOTE: Range graduations on the M60 sight assembly begin at 300 meters, making it impossible to place a lesser range setting on the sight. At ranges greater than 700 meters, it would be difficult to determine where the center of the beaten zone is falling in relation to the target.	
(1) Selected a target between 300 and 700 meters. (2) Set the range scale at the range you selected to zero the weapon. (3) Set the windage scale to zero windage. (4) Fired a six-to nine-round shot group at the center base of the target and observe where the burst hits.	

Performance Measures	Results
(5) Adjusted the sights so that the burst hits the center of the target to move the center of the shot group to the point of aim.	
NOTE: To correct for deflection (left or right), turn the windage knob to move the rear sight in the direction of the desired change. 1 click will move the point of aim 1 meter at 1,000 meters. Note: To correct for elevation (up or down), estimate how high or low the center of the beaten zone is in relation to the target and make elevation changes accordingly. Because determining that relationship is difficult, you may have to fire several bursts and keep making adjustments until that burst hits the center of the target.	
(6) Fired a burst to confirm the adjustments. If necessary fire additional bursts and make sight adjustments until the bursts hit the center of the target. (7) Adjusted the range scale if necessary to reflect the range to the target.	
6. Engaged targets with an M60 machine gun. a. Assumed the best possible firing position (see note on positions). b. Estimated the range to the target and adjust range plate scale on rear sights to show the estimated range. c. Aimed the weapon using correct sight alignment and correct sight picture. d. Used the following engagement techniques:	GO / NO-GO

Performance Measures	Results
<p>NOTE: Apply the following M60 machine gun fire adjustment techniques when engaging targets: Traverse- This is moving the muzzle of the gun left or right to distribute fire laterally. 1. With the bipod-mounted gun, this is done by selecting successive aiming points in the target area. The gunner makes minor changes in direction by shifting his or her shoulders slightly left or right. To make major changes in direction, the gunner moves his or her elbows and realigns his or her body to remain directly behind the gun. 2. With the tripod-mounted gun, this is done by turning the traversing hand wheel to move the muzzle of the gun left or right. Search- This is moving the muzzle of the gun up or down to distribute fire in depth. 1. With the bipod-mounted gun, this is done by selecting successive aiming points in the target area. To make changes in elevation, the gunner moves his or her elbows closer together to lower the muzzle or farther apart to raise the muzzle. 2. With the tripod-mounted gun, this is done by turning the elevating hand wheel to move the muzzle of the gun up or down.</p>	
<p>(1) Area targets: (a) Linear targets - Initially lay and adjust the gun on the midpoint. (b) Deep targets - Initially lay and adjust the gun on the midpoint of the target, unless another portion of the target presents a greater threat. Then search down to one aiming point in front of the near end and back up to one aiming point beyond the far end.</p>	

Performance Measures	Results
<p>(c) Linear targets with depth Initially lay and adjust the gun on the midpoint of the target, unless some other part of the target presents a greater threat. Traverse and search to the near flank then back to the far flank.</p> <p>(2) Point targets: Engage by initially laying and adjusting the gun on the midpoint.</p> <p>(3) Assault fire:</p> <p>(a) Assumed a suitable assault fire position (see the note on positions).</p> <p>(b) Fired on known or suspected enemy locations without aligning sights.</p> <p>(c) Moved rapidly while firing.</p> <p>(d) Kept the fire down and distribute the fire over the objective.</p> <p>(4)Suppressive fire: Used engagement techniques for area targets.</p>	
<p>NOTE: 1. The best possible position is a position that allows you to place effective fire on the target area and gives you the most protection from enemy return fire. 2. Assault fire positions are used when assaulting in a line during a night attack or during the final stages of a day assault when fire superiority has been gained. a. Hip firing position - use when a high volume of fire is desired on the target area, and rapid movement is not essential. b. Shoulder position - use when fire is to be placed on specific points in the target area and rapid movement is not essential. c. Underarm position - use on closing with the enemy when a high volume of fire and rapid movement are required.</p>	

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier

scores NO GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 23-67

TM 9-1005-224-10

Employ Hand Grenades

071-325-4407

Conditions: Given any standard issue U.S. hand grenade with extra safety clips, load carrying equipment (LCE), and a requirement to use hand grenades during a unit mission.

Standards: Identified each grenade by type to ensure you had the appropriate grenades required to accomplish your assigned tasks based on the capabilities of the grenades. Inspect the grenades for defects. Report and turn in grenades that had defects. Correctly attached grenades to your ammunition pouch. Used the grenades against intended targets to accomplish your assigned tasks by applying proper grip, throwing technique, and safety precautions. Take cover within 4 seconds after throwing a fragmentation or white phosphorous grenade to avoid the effects of the grenade.

Performance Steps
1. Identify grenades you have been issued by type, color, markings, and usage to ensure they are appropriate for accomplishment of the specific tasks assigned to you. a. M61 and M67 fragmentation used to kill enemy soldiers. (1) Olive drab body with a single yellow band at the top.

Performance Steps
<p>(2) Nomenclature and/or lot numbers are in yellow.</p> <p>b.M15 white phosphorus (WP) used for signaling, screening and incendiary purposes.</p> <p>(1) Gray body with one yellow band and yellow markings.</p> <p>c. AN-M8 HC white smoke used for signaling and screening.</p> <p>(1) Light green body with black markings and a white top.</p> <p>d. M18 colored used as a ground-to-ground smoke or ground-to-air signaling device, a target or landing zone marking device, or a screening device for night movements.</p> <p>(1) Olive drab body with the top indicating the smoke color.</p> <p>e. ABC-M25A2 CS riot control to control riots or disable personnel without serious injury.</p> <p>(1) Gray body with a red band and red markings.</p> <p>f. AN-M14 TH3 incendiary to destroy equipment and start fires.</p> <p>(1) Light red with black markings.</p>
2. Inspect hand grenades for defects.
<p>WARNING: Never Make Unauthorized Modifications To Hand Grenades. A Safety Clip Can Be Removed And Reattached To A Grenade If The Safety Pin Is Still In Place. Never Attempt To Reinsert A Safety Pin. Once The Safety Pin Has Been Pulled, The Grenade Must Be Thrown.</p>
<p>a. Check for, and turn in grenades with the following deficiencies:</p> <p>(1) Missing safety clip and/or safety pin. (If the safety pin is mispositioned, carefully push it into place. If bent, bend it back into position while holding the safety lever down).</p>

Performance Steps
<ul style="list-style-type: none"> (2) Cracked body. (3) Broken fuse lugs. (4) Bent or broken safety lever. (5) Cracked pull ring. (6) Loose fuse. <p>b. Check for dirt and wipe the grenade clean if it is dirty.</p>
<p>3. Attach the grenade to an ammunition pouch.</p> <p>a. Attach the grenade to the new style pouch.</p> <ul style="list-style-type: none"> (1) Open the web carrying sleeve on the side of the ammunition pouch. (2) Slip the grenade safety lever over the small strap that is sewn into the web carrying sleeve and push the grenade down until it is fully seated in the web carrying sleeve. (3) Ensure the pull ring is in the downward position. (4) Wrap the carrying strap around the neck of the fuse and snap the carrying strap to the carrying sleeve. <p>b. Attach the grenade to the old style pouch.</p> <ul style="list-style-type: none"> (1) Slip the grenade safety lever over the small strap that is sewn to the side of the ammunition pouch and push the grenade down until it is fully seated. (2) Ensure the pull ring is in the downward position, wrap the carrying strap around the fuse, and snap the carrying strap. <p>c. Check grenades periodically to ensure the fuse is tight and the carrying strap is secure.</p>
<p>4. Use grenades against designated targets. Throwing positions are dictated by particular situations. Use the appropriate throwing position. The positions listed here are standard for throwing U.S. Army issue grenades:</p>

Performance Steps
<p>WARNING: Chemical Smoke Hand Grenades Have Casualty-Producing And Incendiary Capabilities. Therefore, Ensure These Grenades Are Not Used Near Friendly Personnel For Signaling Or For Laying Down A Smoke Screen Which Friendly Personnel Will Have To Move Through.</p>
<p>a. Standing: Most desirable and natural one from which to throw grenades. Use when you are occupying a fighting position or during operations in fortified positions or urban terrain.</p> <ol style="list-style-type: none"> (1) Assume a natural stance with weight balanced equally on both feet. Use the proper grip and hold the grenade shoulder high. (2) Remove the safety clip and safety pin. (3) Throw the grenade, using the overhand method so that the grenade arcs, landing on or near the target. (4) Seek cover immediately to avoid being hit by fragments. If no cover is available, drop to the ground in the prone position with your helmet facing the direction of the grenade's detonation.
<p>b. Kneeling: Reduces the distance a grenade can be thrown. Use when you have only a low wall, shallow ditch, or similar cover for protection.</p> <ol style="list-style-type: none"> (1) Assume a kneeling position. Use the proper grip and hold the grenade shoulder high. (2) Remove the safety clip and safety pin. (3) Throw the grenade with a natural throwing motion, pushing off with your trailing foot to give added force to your throw. (4) When the grenade is released, drop to the ground behind available cover. If no cover is available, drop to the ground in the prone position with your helmet facing the direction of the grenade's detonation.

Performance Steps
<p>c. Prone: Reduces both distance and accuracy. Use only when you are pinned down and unable to rise to engage the target.</p> <p>(1) Lie on your back with your body perpendicular to the grenade's intended line of flight. Use the proper grip and hold the grenade at shoulder level.</p> <p>(2) Remove the safety clip and safety pin.</p> <p>(3) Cock your right leg (left leg for a left-handed thrower) with your foot braced firmly against the ground. With your free hand, grasp any object capable of giving you added leverage to increase throwing distance.</p> <p>(4) Throw the grenade with a natural throwing motion, pushing off with your rearward foot to give added force to your throw.</p> <p>(5) When the grenade is released, roll over onto your stomach and press yourself flat against the ground.</p>
<p>d. Position yourself in a covered position that will allow you to throw the grenade effectively, protect you from enemy fire, and from the effects of the detonating grenade.</p>
<p>e. Quickly observe the target to determine the distance between the throwing position and the target area.</p>
<p>f. Grip the grenade with the throwing hand.</p> <p>(1) Right-handed: Hold the grenade upright in the palm of your hand. Place your thumb over the safety lever with the safety clip and pull ring-away from the palm of the throwing hand so that it can be easily removed.</p> <p>(2) Left-handed: Hold the grenade upside down in the palm of your hand. Place your thumb over the safety lever with the safety clip and pull-ring away from the palm of the throwing hand so that it can be easily removed.</p>
<p>g. Remove the safety clip and safety pin.</p>
<p>h. Quickly look at the target and toss the grenade using an overhand throw so that the grenade arcs, landing on or near the target.</p>

Performance Steps
i. Take cover immediately, exposing yourself to enemy fire and the effects of the detonating grenade for no more than three seconds.

Evaluation Preparation: For the grenade identification portion of this task, provide the following six inert hand grenades: M67 fragmentation grenade, M18 colored smoke grenade, M34 WP smoke grenade, AN-M8 HC smoke grenade, AN-M14 TH3 incendiary grenade, and the ABC-M25A2 CS riot-control grenade. The soldier being tested will not be required to identify the grenades' alphanumeric nomenclature. Secure a number of inert hand grenades that contain at least two of the following defects: - The fuse is unscrewed from the body of the grenade. - A loose safety pin. - A partially removed and/or bent safety pin. - A cracked safety pin. - A broken safety lever. - A dirty grenade. Ensure the defects present in each grenade are known before testing each soldier. For the use of grenades against targets portion of this task, provide the soldier with five dummy grenades to engage the targets. Provide targets of troops in the open, troops with overhead cover, or troops dug in without overhead cover.

Brief Soldier: For grenade identification, tell the soldier that he or she must identify each hand grenade. Tell the soldier to inspect the grenade and to correct the defects where possible. If the soldier discovers a defect that cannot be corrected, he or she must tell you the defect and that the grenade should be turned in. Tell the soldier to attach a grenade to his or her ammunition pouch. For the use of grenades against targets, tell the soldier to fasten four of the grenades to the ammunition pouches on his or her LCE and to hold one in hand. Tell the soldier that at least one grenade must detonate within the effective bursting radius of the target. Tell the soldier not to expose themselves for more than five seconds at any one time.

Performance Measures	Results
<p>1. Identified each of the following hand grenades.</p> <ul style="list-style-type: none"> a. Fragmentation grenade. b. Riot control grenade. c. White phosphorus (WP) grenade. d. HC (white) smoke grenade. e. Colored smoke grenade. f. Incendiary grenade. 	GO / NO-GO
<p>2. Inspected hand grenade for defects.</p> <ul style="list-style-type: none"> a. Checked that the safety clip and safety pin are present and properly positioned. b. Checked for cracked grenade body. c. Checked for broken fuse lugs. d. Checked for bent or broken safety lever. e. Checked the safety pull ring for cracking. f. Checked that the fuse is screwed in tightly on the body of the grenade. g. Checked for dirt and wipe the grenade clean if it is dirty. h. Turned in defective grenades. 	GO / NO-GO
<p>3. Attached the grenade to the ammunition pouch.</p> <ul style="list-style-type: none"> a. Slipped the grenade's safety lever over the strap in web carrying sleeve on new style pouch, or the strap on the side of the old ammunition pouch with the pull ring in the downward position. b. Wrapped the carrying strap around the neck of the fuse and secured it to the snap on the pouch. 	GO / NO-GO

Performance Measures	Results
<p>4. Used grenades against designated targets.</p> <p>a. Positioned yourself in a covered position that will allow you to throw the grenade effectively, protected you from enemy fire, and from the effects of the detonating grenade.</p> <p>b. Observed the target and determined the distance between the throwing position and the target area.</p> <p>c. Gripped the hand grenade with the throwing hand, placed your thumb over the safety lever, with the safety clip and pulled ring away from the palm of the throwing hand.</p> <p>d. Removed the safety clip and safety pin.</p> <p>e. Quickly looked at the target and tossed the grenade using an overhand throw so that the grenade arcs, landed on or near the target.</p> <p>f. Took cover immediately, exposed yourself to enemy fire and the effects of the detonating grenade for no more than three seconds.</p>	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly.

References
Required

Related
FM 23-30

Employ An M18a1 Claymore

071-325-4425

Conditions: Given an M18A1 Claymore mine in a bandoleer with all accessories (M57 firing device, M40 test set, firing wire with electrical blasting cap and insulation tape); a sandbag; and two wooden stakes. You must employ the M18A1 Claymore mine against enemy targets, and when not fired, recover the mine.

Standards: Checked the bandoleer to ensure all accessories were present. Conducted a circuit test of the firing device. Emplaced the M18A1 Claymore mine so that the front of the mine was centered on the intended kill zone. Selected and prepared a covered position from which you will fire the mine; it must be at least 16 meters to the rear or side of the mine. Camouflaged the mine, firing wire, and the position from which you will fire the mine. Fired the mine by actuating the firing device handle with a firm, quick squeeze when the target was in the kill zone. When not fired, disarmed the mine and stowed it and all accessories in the bandoleer. Followed all safety precautions that pertain to the M18A1 Claymore mine.

Performance Steps
1. Check items in the M7 bandoleer.
2. Select a location to install mine.
3. Conduct a circuit test of the firing system at the firing position.
4. Install the M18A1 Claymore mine.
5. Arm the mine.
6. Camouflage the mine and firing position.
7. Retest the circuit.
8. Fire the mine from the covered firing position on order, or when the intended target is in the kill zone.
9. Recover the M18A1 Claymore mine.

Evaluation Preparation: During training and testing, use only inert blasting caps and mines. At the test site, place one M7 bandoleer containing an inert M18A1 Claymore mine, an M57 firing device, and an M40 test set. Check to make sure each mine is complete and serviceable. Place one wooden stake in the ground at the test position and another at the mine emplacement point. The distance between the emplacement point and firing point must be no less than 16 meters. The stake at the aiming point should be painted red or some other distinguishable color. Once the soldier has emplaced the mine and completed the circuit test, assume a prone position and visually confirm that the mine is correctly aimed. To assist you, place stakes 1 meter on each side of the aiming point stake. The height of the stakes should not exceed 1 foot above the ground. During the circuit test, do not attempt to observe the flash on the M40 test set since it may interfere with the soldier's performance. Throughout the evaluation, if the soldier states that he or she cannot see the flashing light, tell him or her to continue with the test.

Brief Soldier: Tell the soldier to perform a circuit check on the firing wire and then install the mine.

Performance Measures	Results
1. Checked to ensure that the following items are in the M7 bandoleer: <ul style="list-style-type: none"> a. M18A1 antipersonnel mine. b. M57 firing device. c. M40 test set. d. Insulation tape. e. M4 electric blasting cap with firing wire. 	GO / NO-GO

Performance Measures	Results
<p>2. Selected a location to install mine.</p> <p>a. Selected a position to emplace the mine so that when detonated it will cover the intended kill zone.</p> <p>b. Selected a covered firing position from which to fire the mine that is at least 16 meters to the rear or side of the emplaced mine.</p>	GO / NO-GO
<p>WARNING: During Installation, Keep The M57 Firing Device In Your Possession To Prevent Accidental Firing By Someone Else.</p>	
<p>3. Conducted a circuit test of the firing system at the firing position.</p> <p>a. Removed all accessories from the bandoleer; left the mine in the bandoleer.</p> <p>b. Performed circuit test of M57 firing device and M40 test set.</p> <p>(1) Removed the dust cover from the connector of the M57 firing device and from the female connector of the M40 test set.</p> <p>(2) Plugged the test set into the firing device.</p> <p>(3) Positioned the firing device bail to the FIRE position.</p> <p>(4) Actuated the handle of the firing device with a firm, quick squeeze, observing the flash of light through the window of the test set. The flashing light indicates that the M57 firing device and M40 test set are functioning correctly.</p>	GO / NO-GO

Performance Measures	Results
WARNING: The Blasting Cap That Is Attached To The Firing Wire Must Be Placed Under A Sandbag, Behind A Tree, Or In A Hole In The Ground To Protect The Person Performing The Circuit Check In Case The Blasting Cap Detonates.	
<p>c. Performed a circuit test of the firing wire.</p> <p>(1) Placed the blasting cap that is attached to the firing device under a sandbag, behind a tree, or in a hole in the ground to protect yourself in case the blasting cap detonates during the test.</p> <p>(2) Removed the shorting plug cover from the connector of the firing wire and from the end of the test set.</p> <p>(3) Plugged the connector of the firing wire into the test set.</p> <p>(4) Placed the M57 firing device bail in the FIRE position and actuated the firing handle. The lamp in the window of the M40 test set should flash.</p> <p>(5) Placed the M57 firing device bail on SAFE; removed the M57 firing device and M40 test set.</p> <p>(6) Placed the shorting plug cover on the firing wire.</p>	
<p>4. Installed the M18A1 Claymore mine.</p> <p>a. Laid the firing wire.</p> <p>(1) Tied the shorting plug end of the firing wire to a fixed object, such as a stake or tree at the firing position.</p>	GO / NO-GO

Performance Measures	Results
<p>(2) Placed the bandoleer on your shoulder, and unrolled the firing wire to the position selected for emplacing the mine. The firing wire is laid from the firing position to the mine site because the blasting cap is on the inside of the firing wire spool.</p> <p>b. Emplaced the mine.</p> <p>(1) Removed the mine from the bandoleer.</p> <p>(2) Opened both pairs of legs to a 45-degree angle with two legs facing to the front and two legs facing to the rear of the mine.</p>	
WARNING: Ensure That The Face Of The Mine Marked "Front Toward Enemy" And The Arrows On Top Of The Mine Point In The Direction Of The Enemy.	
<p>(3) Positioned the mine with the surface marked FRONT TOWARD ENEMY and the arrows on top of the mine pointing in the direction of the enemy.</p> <p>(4) Pushed the legs about one-third of the way into the ground. In windy areas or when the legs cannot be pushed into the ground, spread the legs as far as they will go (about 180 degrees) so that the legs are to the front and rear of the mine and the mine will not tip over.</p> <p>(5) Aimed the mine.</p> <p>(a) Selected an aiming point at ground level about 50 meters (150 feet) in front of the mine.</p>	

Performance Measures	Results
(b) Positioned one eye about six inches to the rear of the sight. On a knife-edge-sight aligned the two edges of the sight with the aiming point at ground level. On a slit-type peep sight, aligned the groove of the sight in line with the aiming point that is 2.5 meters (eight feet) off the ground.	
NOTE: The aiming point should be in the center of the desired area of coverage with the bottom edge of the peep sight parallel to the ground that is to be covered with the fragment spray.	
5. Armed the mine. <ul style="list-style-type: none"> a. Secured the firing wire to a stake or tree about one meter to the rear of the mine so the mine will not become mis-aligned if the firing wire is disturbed. b. Unscrewed one of the shipping plug priming adapters from the mine. c. Slid the slotted end of the shipping plug priming adapter onto the firing wires of the blasting cap between the crimped connections and the blasting cap. d. Pulled the excess wire through the slotted end of the adapter until the top of the blasting cap was firmly seated in the bottom portion of the shipping plug priming adapter. e. Screwed the adapter, with the blasting cap, into the detonator well. f. Rechecked the aim of the mine. 	GO / NO-GO

Performance Measures	Results
6. Camouflaged the mine and firing position. a. Camouflaged the mine. (1) Camouflaged the front and rear of the mine to blend with its surroundings. (2) Used only lightweight foliage, such as leaves and grass. (3) Buried the firing wire (if possible) from the mine back to the firing position or camouflage it with foliage. b. Camouflaged the firing position to blend with the surroundings.	GO / NO-GO
7. Re-tested the circuit. a. Removed the blasting cap from the mine. b. Repeated step 3 above.	GO / NO-GO
NOTE: If an extended period of time lapses between the circuit test and firing of the mine, or if the area is subjected to artillery or mortar fire, another test should be conducted.	
WARNING: If An Abbreviated Circuit Test Is Conducted (Blasting Cap Inserted In The Detonating Well), Friendly Troops Within 250 Meters To The Front And Sides And 100 Meters To The Rear Of The Mine Must Be Under Cover.	
8. Fired the mine from the covered firing position on order, or when the intended target is in the kill zone. a. Removed the dust cover from the firing device and firing wire. b. Connected the firing wire to the firing device. c. Positioned the firing device safety bail in the FIRE position.	GO / NO-GO

Performance Measures	Results
d. Actuated the firing device handle with a firm, quick squeeze.	
9. Recovered the M18A1 Claymore mine. a. Placed the M57 firing device safety bail on SAFE. b. Disconnected the M57 firing device from the firing wire c. Replaced the shorting plug dust cover on the firing wire connector. d. Replaced the dust cover on the M57 firing device connector.	GO / NO-GO
WARNING: During Disarming And Recovery Of The M18a1 Claymore Mine, Keep The M57 Firing Device In Your Possession.	
e. Kept possession of the M57 firing device. f. Untied the firing wire from the stake at the firing site. g. Removed the shipping plug priming adapter containing the blasting cap from the mine and separated the blasting cap and firing wire from the shipping plug priming adapter. h. Reversed the shipping plug and screwed the shipping plug end of the adapter into the detonator well. i. Removed the firing wire from the stake at the mine site. j. Placed the blasting cap into hole at the end of the firing wire spool. k. Lifted the M18A1 Claymore mine from its emplacement and secured the folding legs. L. Repacked the mine and all the accessories into the M7 bandoleer.	

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 23-23

Load An M203 Grenade Launcher

071-311-2127

Conditions: Given an M203 grenade launcher and ammunition.

Standards: Load the M203 using correct procedures while observing all safety precautions.

Performance Steps:

1. Load the M203 (Figure 4-1)
 - a. Press the barrel latch and slide the barrel forward (A, Figure 4-1).
 - b. Place the weapon on SAFE and keep it on SAFE until ready to fire (B. Figure 4-1).

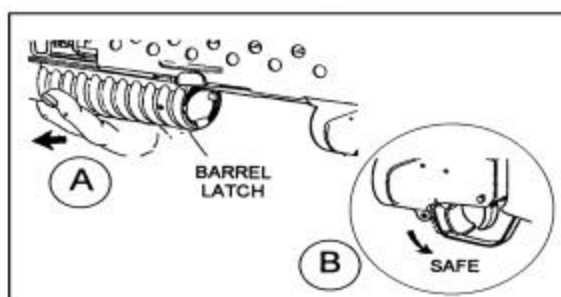


Figure 4-1. Loading the M203.

WARNING: Keep The Muzzle Pointed Downrange And Clear Of All Troops.

2. Insert the ammunition into the chamber (C, Figure 4-1).
3. Slide the barrel rearward until it locks (D, Figure 4-1).

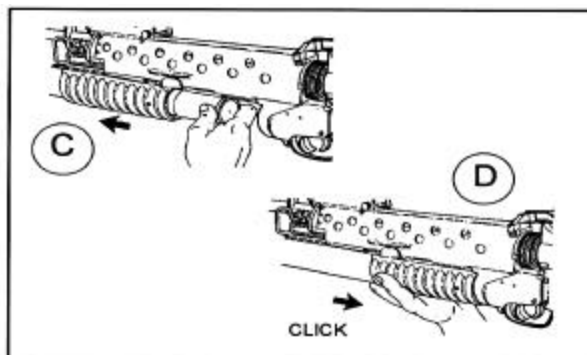


Figure 4-1. Loading the M203 (continued).

Performance Measures	Results
1. Slide the barrel forward.	GO / NO GO
2. Place the launcher on SAFE.	GO / NO GO
3. Load the launcher. a. Insert the round into the chamber. b. Slide the barrel to the rear and locks the breech.	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly. Allow the soldier time to retrain and retest.

Unload An M203 Grenade Launcher

071-311-2128

Conditions: Given a loaded M203 grenade launcher.

Standards: Unload the M203 using the correct procedures while observing all safety precautions.

Performance Steps:

CAUTION: If The Weapon Was Not Fired, Use Extreme Caution During Unloading Procedures. Where Circumstances Permit, Either Catch The Ejected Round Or Reduce The Distance It Falls By Holding The Weapon Close To The Ground.

1. Depress the barrel latch and move the barrel forward. The casing or the round should automatically eject.
2. Place the weapon on SAFE.

NOTE: If the casing is stuck, remove it by tapping it with a cleaning rod.

3. Slide the barrel rearward, locking it to the breech.

Performance Measures	Results
1. Depress the barrel latch.	GO / NO GO
2. Slide the barrel forward.	GO / NO GO
3. Catch the ejected round.	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly. Allow the soldier time to retrain and retest.

Prepare An M136 AT4 Light Anti-armor Weapon for Firing

071-054-0001

Conditions: Given an M136 launcher (AT4) and a requirement to prepare it for firing.

Standards: Pre-fire checks are performed and the M136 is prepared for firing.

Performance Steps:

1. Perform the pre-fire checks. Because the M136 launcher is issued as a round of ammunition rather than as a weapon, the launcher is completely sealed. Therefore, inspection is limited to visual examination of the external components. The overall condition of the launcher should be inspected before it is used (Figure 4-2). The firer should ensure—

- a. The transport safety pin is in place and fully seated, and the lanyard is attached.
- b. The cocking lever is in the SAFE position and is folded down.
- c. The fire-through muzzle cover is intact. If the seal is torn, it should be removed to ensure that no foreign objects have gotten into the launcher.
- d. The launcher's color-coded band is the correct color: black with yellow band for high explosive antitank; gold for target-practice tracer; and blue for field handling trainer.

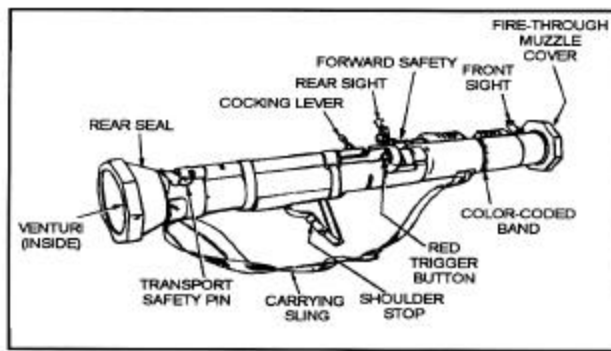


Figure 4-2. Inspecting the M136 launcher.

- e. The sights function properly. Open the sight covers to ensure the sights pop up and are not damaged.
- f. The red safety catch does not move when depressed.
- g. The rear seal is not damaged.
- h. The shoulder stop is not broken or damaged and it unsnaps and folds down.
- i. The carrying sling is not frayed and is attached to the launcher.

J. The launcher body has no cracks, dents, or bulges.

WARNING: Be Sure Personnel Are Wearing Earplugs. Keep The Weapon Pointed Toward The Target. Keep The Backblast Area Clear.

2. Prepare the launcher for firing. Preparation procedures are:

a. Remove the launcher from the carrying position and cradle it with the left arm (Figure 4-3).

b. While carrying the launcher, pull the transport safety pin with the right hand and release it (Figure 4-4)



Figure 4-3. Using the cradle position

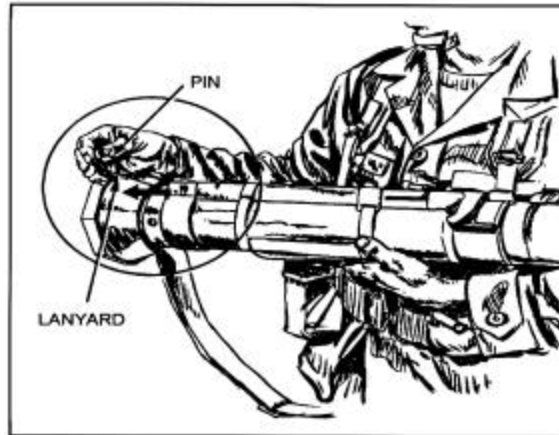


Figure 4-4. Removing the transport safety pin.

NOTE: Ensure the transport safety pin is attached to the launcher by its lanyard. If there is no lanyard, place the transport safety pin in your pocket. If the launcher is not fired, the transport safety pin must be reinserted.

- c. Unsnap and unfold the shoulder stop (Figure 4-5).
- d. With the shoulder stop in position, place the launcher on the right shoulder.
- e. With the launcher on the right shoulder and supported with the right hand, release the front sight by pressing down on the sight cover and sliding it to the rear. Release the rear sight by pressing down on the cover and sliding it forward. Each sight will pop up when the covers are slid off.

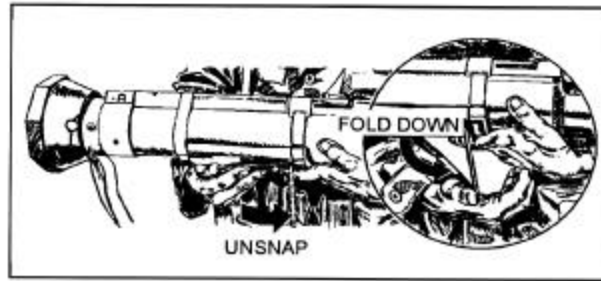


Figure 4-5. Unsnapping the shoulder stop.

f. Cock the launcher by unfolding the cocking lever with the right hand. Place the thumb of the right hand under the cocking lever. Grip the front of the firing mechanism for support. Push the cocking lever forward and down to the right. Let the cocking lever slide back (Figure 4-6).

CAUTION: Do Not Refold The Cocking Lever. This Will Interfere With The Function Of The Firing Mechanism.

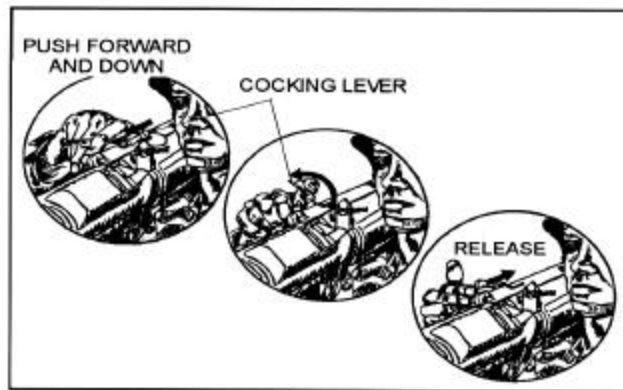


Figure 4-6. Cocking the launcher

g. Adjust the rear sight for the required range.

(1) Before closing the rear sight cover, set the sight on a range of 200 meters. When the rear sight is uncovered, the battlesight setting is 200 meters. If the range to the target is more than 250 meters, adjust the sight to the range. When the range is 250 meters or less, no sight adjustment is required (Figure 4-7).

(2) To adjust the rear sight range setting to more than 200 meters, turn the range knob clockwise (toward the muzzle). To decrease the range, turn the range knob counterclockwise (toward the gunner). There is a click at each 50-meter increment; the sound aids the gunner during limited visibility (Figure 4-7).

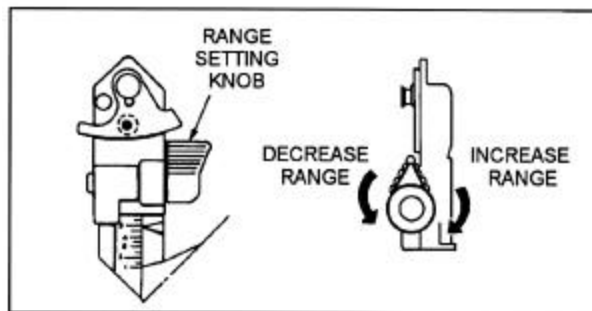


Figure 4-7. Adjusting the rear sight range setting.

Performance Measures	Results
1. Perform the pre-fire checks a. Check the transport safety pin. b. Ensure the cocking lever is on SAFE. c. Check the fire-through muzzle cover. d. Check the color-coded band. e. Check the front and rear sights. f. Check the red safety catch. g. Check the rear seal.	GO / NO GO

h. Check the shoulder stop. i. Check the carrying sling. j. Check the body of the launcher.	
2. Prepare the launcher for firing. a. Remove the transport safety pin. b. Unsnap and unfolds the shoulder stop. c. Place the launcher on the right shoulder. d. Release the front and rear sights. e. Cock the lever. f. Adjust the rear sight.	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly. Allow the soldier time to retrain and retest.

**Restore An M136 AT4 Light Anti-armor
Weapon To Carrying Condition**

071-054-0002

Conditions: Given an M136 launcher (AT4) prepared for firing and the requirement to restore the launcher to carrying configuration.

Standards: The launcher is prepared in such a manner that it is not damaged and is in a safe carrying configuration.

Performance Steps:

1. When the launcher is prepared for immediate firing but is not fired, it is taken out of operation as follows:
 - a. If the gunner is to remain in the same position—

(1) He releases the red safety catch (this step applies only if the firing sequence has proceeded to this point).

(2) He returns the cocking lever to the SAFE (uncocked) position by pushing it up and to the left, then pulling it rearward. He folds the cocking lever down.

(3) Keeping the launcher pointed at the target area, he removes the launcher from his shoulder.

(4) With the launcher cradled by his left arm, he replaces the transporter safety pin.

b. If the gunner is to move to another position, he must also—

(1) Return the rear sight to the battlesight setting of 200 meters, fold down the front and rear sights, and close the sight covers.

(2) Fold the shoulder stop and snap it back into position.

CAUTION: The Rear Sight May Be Damaged If It Is Not Returned To A Battlesight Setting Of 200 Meters Before The Sight Cover Is Closed.

2. The launcher is now in the carrying configuration and is safe and ready to transport.

Performance Measures	Results
1. Release the red safety catch.	GO / NO GO
2. Return the cocking lever to the SAFE position.	GO / NO GO
3. Remove the launcher from the shoulder and cradles it with the left arm.	GO / NO GO
4. Replace the transport safety pin.	GO / NO GO
5. Return the rear sight to the battlesight setting.	GO / NO GO
6. Fold and covers the sights.	GO / NO GO
7. Fold the shoulder stop and snaps it in place.	GO / NO GO

8. Complete all performance measures in the correct sequence.	GO / NO GO
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Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly. Allow the soldier time to retrain and retest.

Perform Misfire Procedures On An M136 AT4 Light Anti-armor Weapon

071-054-0003

Conditions: Given an armed M136 launcher (AT4) that has misfired.

Standards: Misfire procedures are applied so that the AT4 is fired, or safety mechanisms are put in place and the supervisor is informed of a misfire.

Performance Steps :

1. Perform misfire procedures.
 - a. When the launcher fails to fire, continue to hold the launcher pointed toward the target area.

NOTE: In training situations only, immediately shout "Misfire."
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- b. Release the red safety catch.
 - c. Immediately recock the cocking lever, check the backblast area, aim, fully depress and hold down the red safety catch, and press the red trigger button.

NOTE: If the launcher still fails to fire, repeat steps a through c
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- d. If the launcher again fails to fire, release the red safety catch and return the cocking lever to the SAFE, uncocked position.
- e. Remove the launcher from the shoulder while keeping the muzzle pointed toward the target area.
- f. While cradling the launcher with the left arm, reinsert the transport safety pin

NOTE: In a training situation only, after inserting the transport safety pin, wait two minutes. Keep the launcher pointed toward the target area.

- g. Carefully lay the launcher on the ground, muzzle pointed toward the target area.

2. Immediately use another launcher to engage the target.

Performance Measures	Results
1. Release the red safety catch.	GO / NO GO
2. Recock the cocking lever.	GO / NO GO
3. Attempt to fire after checking the backblast area.	GO / NO GO
4. Repeat steps 1 through 3 when the launcher fails to fire.	GO / NO GO
5. Return the red safety lever to the SAFE, uncocked position.	GO / NO GO
6. Remove the launcher from the shoulder while keeping the muzzle pointed at the target area	GO / NO GO
7. Replace the transport safety pin.	GO / NO GO
8. Place the launcher on the ground with the muzzle pointed toward the target area	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and

how to do it correctly. Allow the soldier time to retrain and retest.

Section IV: Tactics

React To Direct and Indirect Fire

071-326-0510

Conditions: Given a tactical situation where you and your unit are participating in combat operations against enemy forces, you are armed with your assigned weapon (M16A1/A2 rifle; M203 grenade launcher; M249 Machine gun), and wearing load carrying equipment (LCE).

Standards: During the course of operations you must; take position in covered positions when fired upon by the enemy and return fire, use the low/high crawl or rush movement technique to move under enemy direct fire, warn unit members of indirect fire attacks and move out of the impact area as directed by your leader or as prescribed in your unit standing operating procedure (SOP). Negotiate obstacles without injury to yourself and without setting off booby traps.

Performance Steps
1. Move under direct fire. (See Performance Measures for detailed steps.)
2. React to indirect fire.
3. Select temporary fighting positions.
4. Mover over, through and around obstacles.

Evaluation Preparation: Take soldiers on a simulated march or field exercise in battle dress with LCE and weapons. Select areas with varying cover types and heights. Select a site about 300 meters away to serve as

an enemy position. Point out the site to the soldiers. Pair up soldier's being tested.

Brief Soldier: Tell the soldiers to pretend they are under direct or indirect fire. Tell them they must move from their present position to within 100 meters of the enemy position using the buddy system. Tell the soldiers to use the appropriate movement techniques as appropriate for the scenario and terrain.

Performance Measures	Results
<p>1. Moved under direct fire.</p> <p>a. Taking cover immediately.</p> <p>b. Watching and listening to your leader for instructions to fire and move.</p> <p>(1) Selecting an individual movement route within your unit's route of axis or advance.</p> <p>(2) Searching the terrain to your front for the following:</p> <p>(a) A gully, ravine, ditch, or wall at a slight angle to your direction of movement. These features provide cover and concealment when using the low or high crawl.</p> <p>(b) Hedgerows or a line of thick vegetation. These features provide only concealment when using the low or high crawl.</p> <p>(c) Large trees, rocks, stumps, fallen timber, rubble, vehicle hulks, folds or creases in the ground. These features provide cover and concealment for use as temporary positions. Use the rush if the area between them has no concealment.</p>	GO / NO GO

Performance Measures	Results
<p>(d) High grass or weeds. These features provide only partial concealment. You can use the rush since the use of the high or low crawl could reveal your location by the movement of vegetation.</p> <p>(3) Selecting your next position (and the route to it) as one that:</p> <p>(a) Exposes you to the least enemy fire.</p> <p>(b) Does not require you to cross in front of other members of your element, masking their fires.</p> <p>c. Performing the individual movement technique required to reach your next position.</p> <p>(1) Using the high crawl when?</p> <p>(a) The route provides cover and concealment.</p> <p>(b) Poor visibility reduces enemy observation.</p> <p>(c) Speed is required but the terrain and vegetation are suitable only for the low crawl.</p> <p>(2) Using the low crawl when?</p> <p>(a) The route provides cover or concealment less than one foot high.</p> <p>(b) Visibility provides the enemy good observation.</p> <p>(c) Speed is not required.</p> <p>(3) Using the rush when?</p> <p>(a) You must cross open areas.</p> <p>(b) Time is critical.</p>	

Performance Measures	Results
<p>d. Executing individual movement techniques in the following manner:</p> <p>(1) High crawl.</p> <p>(a) Keeping your body off of the ground.</p> <p>(b) Resting your weight on your forearms and lower legs.</p> <p>(c) Cradling your weapon in your arms, keeping its muzzle off the ground.</p> <p>(d) Keeping your knees well behind your buttocks so it stays low. Moving forward by alternately advancing your right elbow and left knee, and left elbow and right knee.</p> <p>(2) Low crawl.</p> <p>(a) Keeping your body as flat as possible to the ground.</p> <p>(b) Holding your weapon by grasping the sling at the upper sling swivel, letting the hand guard rest on your forearm and the butt of the weapon drag on the ground, thus keeping the muzzle off the ground.</p> <p>(c) Moving forward by: Pushing both arms forward while pulling your right leg forward; Pulling with both arms while pushing with your right leg; Continuing this push-pull movement until you reach your next position, changing your pushing leg frequently to avoid fatigue.</p> <p>(3) Rush.</p> <p>(a) Moving from your firing position by rolling or crawling.</p> <p>(b) Starting from the prone position.</p>	

Performance Measures	Results
<p>(c) Selecting your next position by slowly raising your head.</p> <p>(d) Lowering your head while drawing your arms into your body, keeping your elbows down, and pulling your right leg forward.</p> <p>(e) Raising your body in one movement by straightening your arms.</p> <p>(f) Springing to your feet, stepping off with either foot.</p> <p>(g) Running to the next position. Keeping the distance short to avoid accurate enemy fire. Trying not to stay up any longer than three to five seconds so that the enemy does not have time to track you with automatic fire.</p> <p>(h) Planting both feet just before hitting the ground.</p> <p>(i) Falling forward by: Sliding your right hand down to the heel of the butt of your weapon. Breaking your fall with the butt of your weapon. Assuming a firing position. Rolling on your side. Placing the butt of your weapon in the hollow of your shoulder. Rolling or crawling to a covered or concealed firing position.</p> <p>e. Coordinating movement with your team leader and other team members using arm and hand signals so that the soldier not moving can cover by fire any movement by the other soldier.</p>	

Performance Measures	Results
f. Staying with your team leader and follow his or her example or instructions. When he or she moves to the left, you should move to the left. When he or she gets down, you should get down. When he or she fires, you should fire.	
<p>2. Reacted to indirect fire.</p> <p>a. Shouting "incoming" in a loud, easily recognizable voice.</p> <p>b. Performing immediate action for indirect fire per your unit SOP. If you have no other instructions, take the following actions:</p> <p>(1) Looking to your leader for additional instructions. If you cannot see your leader, but can see other team members, follow them.</p> <p>(2) If alone, or if you cannot see your leader or the other team members, run out of the impact area away from the incoming fire.</p> <p>(3) Remaining in your defensive position if it has protection from indirect fire, making no unnecessary movements that could alert the enemy to your location.</p>	GO / NO GO
<p>NOTE: Cover gives protection from bullets, fragments of exploding rounds, flame, nuclear effects, and biological and chemical agents. Cover can also conceal you from enemy observation. Cover can be natural or man-made. Concealment is anything that hides you from enemy observation.</p>	

Performance Measures	Results
NOTE: Concealment DOES NOT protect you from enemy fire. DO NOT think that you are protected from the enemy's fire just because you are concealed. Concealment, like cover, can also be natural or man-made.	
3. Selected temporary fighting positions. a.Choosing a position that takes advantage of available cover and concealment. b.Choosing a position that will allow you to observe and fire around the side of an object while concealing most of your head and body. c.Choosing a position that will allow you to stay low when observing and firing, whenever possible. d.Choosing a position with a background that does not silhouette you against the surrounding environment.	GO / NO GO
NOTE: If possible, never cross obstacles without someone covering you.	
4. Moved over, through and around obstacles. a. Crossing wire obstacles. (1) Checking wire obstacles for booby traps and early warning devices. Removing or avoiding them by selecting another site to cross the wire. (2) Cutting through the wire; (a) Barbed wire: Cut only the lower strands and leave the top strand in place. Cut the wire near a picket. To reduce the noise of a cut, wrap cloth around the wire.	GO / NO GO

Performance Measures	Results
<p>(b) Concertina: Cut the lower wires that will provide a gap. Stake the wire back far enough to allow room to crawl through or under the wire.</p> <p>(3) Crossing under a wire obstacle.</p> <p>(a) Sliding headfirst on your back under the bottom strands.</p> <p>(b) Pushing yourself forward with your heels.</p> <p>(c) Grasping the first strand and lift one leg over the wire and lower your foot to the ground, lift your other foot over the wire and lower it to the ground.</p> <p>(d) Releasing the wire and feel for the next strand. Continue until you cross the wire obstacle.</p> <p>b. Crossing exposed danger areas such as roads, trails, or small streams.</p> <p>(1) Selecting a point at or near a bend in the road or stream. If possible, select a bend that has cover and concealment on both sides.</p> <p>(2) Crawling up to the edge of the open area.</p> <p>(3) Observing the other side for signs of enemy presence before crossing.</p> <p>(4) Moving rapidly but quietly across the exposed area.</p> <p>(5) Taking cover immediately on the other side and check the area around you for enemy activity.</p>	

Performance Measures	Results
c. Crossing over a wall. (1) Selecting a low spot to cross the wall. (2) Observing the other side of the wall to ensure it is clear of obstacles and enemy. (3) Rolling quickly over the top of the wall, keeping a low silhouette. (4) Taking cover immediately and observe for enemy activity.	

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 21-75

React to Flares

071-326-0511

Conditions: Given a tactical situation at night, upon hearing a flare rising or when suddenly illuminated by a ground or overhead flare.

Standards: React to a ground or an overhead flare without being seen by the enemy or losing your night vision.

Performance Steps:

1. Respond to ground flares.
 - a. Move out of the illuminated area.

- b. Reorient yourself when alone or in a group by standard operating procedure (SOP), or as instructed.
 - c. Continue the mission.
- 2. Respond to an overhead flare with warning (i.e., the sound of a rising flare).
 - a. Assume the prone position (behind concealment when available) before the flare bursts.
 - b. Protect your night vision by closing one eye and observing with the other.
 - c. Use your night vision eye to reorient yourself or rejoin your group when the flare burns out.
 - d. Continue the mission.
- 3. Respond to an overhead flare without warning.
 - a. Assume the prone position behind concealment (when available) until the flare burns out.
 - b. Protect your night vision by closing one eye and observing with the other.
 - c. Crouch low until the flare burns out when crossing wire obstacles where the prone position is not possible.
 - d. Use your night vision eye to reorient yourself or rejoin your group when the flare burns out.
 - e. Continue the mission.

Evaluation Preparation: Have ground flares set so that you can ignite them when you are ready. Have hand-held flares to use to simulate the overhead flares.

Brief Soldier: Tell the soldier that he or she is to react to the flares as they appear. After grading the soldier on the ground flare and the overhead flare with warning, tell him or her that the next flare should be acted on only after the flare has burst (simulate "without warning").

Performance Measures	Results
1. Respond to a ground flare: <ul style="list-style-type: none"> a. Move out of the illuminated area. b. Reorient yourself alone or in a group. 	GO / NO GO

c. Continue the mission.	
2. Respond to an overhead flare with warning: a. Assume the prone position before the flare bursts. b. Protect your night vision by closing one eye and observing with the other eye. c. Reorient yourself or rejoin your group when the flare burns out. d. Continue the mission.	GO / NO GO
3. Respond to an overhead flare without warning a. Assume the prone position until the flare burns out. b. Protect your night vision by closing one eye and observing with the other eye. c. Crouch low until the flare burns out when crossing wire obstacles where the prone position is not possible. d. Use your night vision eye to reorient yourself or rejoin your group when the flare burns out. e. Continue the mission.	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO GO, show the soldier what was done wrong and how to do it correctly.

Related Reference: FM 21-75

Control Entry Into A Restricted Area

071-990-0003

Conditions: Given the current challenge and password and a defensive position with a designated sector of fire, your individual weapon and load carrying equipment (LCE). Enemy and friendly personnel may enter your sector.

Standards: Detect and halt all personnel in your sector and challenge them, using the correct challenge. Allow personnel with the correct password to pass and detain (capture) personnel without the password. Do not allow the enemy to overhear the password.

Performance Steps
1. Challenge a single person desiring access to your area of responsibility. (See Performance Measures for detailed steps.)
2. Challenge a group desiring access to your area of responsibility.

Evaluation Preparation: Simulate a situation in which soldiers can use the challenge and password. Issue the challenge and password to those who will play the role of friendly troops and the correct and incorrect password to those who will play the role of unidentified troops. The person playing the part of the intruder will vary responses upon being challenged.

Brief Soldier: Tell the soldier to challenge all those who approach the defensive position.

Performance Measures	Results
<p>1. Challenged a single person desiring access to your area of responsibility.</p> <ul style="list-style-type: none"> a. Commanding the person to halt before that person gets close enough to pose a threat using a clear voice, just loud enough to be heard. b. Keeping the person covered. c. Asking "Who is there?" Again, using a clear voice just loud enough to be heard so the enemy will not overhear if nearby. d. Having the person identify himself or herself, such as "Private Willard, messenger." e. Ordering the person to "Advance to be recognized." f. Maintaining your concealed position and keeping the person covered with your weapon. When the stranger gets within two or three meters of you, again ordering him or her to halt. g. Issuing the challenge in a soft voice and get the password in reply. h. Giving permission to pass on hearing the correct password, if you have no reason for doubt. i. Disarming and detaining any person(s) not able to identify themselves or give the correct password. Then notifying your immediate supervisor. 	GO / NO GO

Performance Measures	Results
<p>2. Challenged a group desiring access to your area of responsibility.</p> <ul style="list-style-type: none"> a. Commanding the group to halt before they are close enough to pose a threat, using a clear voice, just loud enough to be heard. b. Keeping the group covered. c. Giving the order "Advance one person to be recognized." This should be the leader of the group. d. Maintaining your concealed position and keeping the person covered with your weapon. When the person gets within two or three meters of you, again ordering him or her to halt. e. Asking "Who is there?" Again, using a clear voice just loud enough to be heard so the enemy will not overhear if nearby. f. Having the person identify the group such as "friendly patrol." g. Issuing the challenge in a soft voice and get the password in reply. h. Ordering the rest of the patrol to advance one by one and ensuring the leader identifies each person. i. Disarming and detaining any person(s) not able to identify themselves to the leader's satisfaction. Then notifying your immediate supervisor. 	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 22-6

Report Intelligence Information

301-371-1000

Conditions: You have observed enemy activity, significant terrain and weather features and must immediately report the activity to your chain of command via radio, wire, cable, or messenger.

Standards: Submit your observations in a spot report, using the S-A-L-U-T-E format, to your chain of command, within five minutes of observing enemy activity. You will correctly identify six out of six S-A-L-U-T-E items.

Performance Steps
1. Identify enemy activity. Determine whether observed activity is friendly or enemy. If unable to make determination, report activity as unknown.
2. Record information in a spot report, using the S-A-L-U-T-E format. a. The spot report is a report containing information for which speed of transmission is essential. A spot report does not have a prescribed format, but use of the S-A-L-U-T-E format will ensure reporting of essential information. b. Define S-A-L-U-T-E acronym. (1) S - Size. Report the number of personnel, vehicles, aircraft, or size of an object. (2) A - Activity. Report detailed account of actions, i.e., direction of movement, troops digging in, artillery fire, type of attack, nuclear, biological, chemical activity, etc.

Performance Steps
<p>(3) L - Location. Report where you saw the activity. Include grid coordinates or reference from a known point including the distance and direction from the known point.</p> <p>(4) U - Unit. Report the enemy's unit. If the unit is unknown, report any distinctive features, such as uniforms, patches or colored tabs, headgear, vehicle identification markings, etc.</p> <p>(5) T - Time. Report the time the activity was observed, not the time you report it. Always report local or Zulu time.</p> <p>(6) E - Equipment. Report all equipment associated with the activity, such as weapons, vehicles, tools. If unable to identify the equipment, provide as much detail as you can so an identification can be made by higher headquarters.</p> <p>(7) Remarks. Include any information not included in the S-A-L-U-T-E format.</p>
3. Provide the spot report to the chain of command.

Evaluation Preparation: Position two to four personnel (dressed in aggressor uniforms if available) where they are observable with the naked eye (or binoculars if available). Direct the aggressors to perform some type of activity such as setting up camp, cleaning weapons, working on a vehicle, or studying maps. Provide the soldier with a 1:50,000 scale topographic map of the test area. If you require the soldier to write the report, provide paper and a pen or pencil. If you require the soldier to radio the report to someone else, provide two radios and a signal operating instruction.

Brief Soldier: Tell the soldier that he or she will correctly identify six out of six S-A-L-U-T-E items and submit their observations in a spot report, using the S-A-L-U-T-E format, to their chain of command, within five minutes of observing enemy activity.

Performance Measures	Results
1. Recorded observations of enemy activity in a spot report which includes: a. Size. b. Activity. c. Location. d. Unit. e. Time. f. Equipment.	GO / NO GO
2. Reported all information to the chain of command within five minutes of observation.	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed within 5 minutes. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 21-75

Section V: Nuclear, Biological, and Chemical

Decontaminate Yourself And Individual Equipment Using Chemical Decontamination Kits

031-503-1013

Conditions: You are at Mission Oriented Protective Posture (MOPP) level 2 with remaining MOPP gear available. You have a full canteen of water, a poncho, load carrying equipment (LCE), and assigned decontamination kit(s) and applicable technical manuals (TMs 3-4230-216-10, 3-4230-229-10, 3-4230-235-10). Your skin is contaminated or has

been exposed to chemical agents, or you passed through a chemically contaminated area.

Standards : 1.Started the steps to decontaminate your skin and eyes within 1 minute after you found they were contaminated. 2.Decontaminated all exposed skin and your eyes as necessary before chemical agent symptoms occur. 3.Decontaminated all personal equipment for liquid contamination after decontaminating your skin, face, and eyes.

Performance Steps
1. Assume MOPP level 3.
WARNING: The M258a1 Decontamination Kit (Olive Drab Case And Wipe Packets) Will Only Be Used For Actual Chemical Decontamination. Do Not Use Wipes On Your Eyes, Mouth, Or Open Wounds; Use Water To Wash Toxic Agent Out Of Your Eyes, Cuts Or Wounds. For Decontamination Of Blisters, See The Task 081-831-1007, Perform First Aid For Burns.
2. Decontaminate your skin and personal equipment IAW TM 3-4230-216-10, para 2-3, if you have the M258A1 Decontaminating Kit (go to Step 3 if you don't). Go to Step 5 after decontamination is complete.
CAUTION: For External Use Only. May Be Slightly Irritating To The Skin Or Eyes. Keep Decontaminating Powder Out Of Your Eyes, Cuts And Wounds. Use Water To Wash Toxic Agent Out Of Your Eyes, Cuts Or Wounds. For Decontamination Of Blisters, See The Task 081-831-1007, Perform First Aid For Burns.

Performance Steps
<p>WARNING: Death Or Injury May Result If You Breathe Toxic Agents While Decontaminating The Face. If You Need To Breathe Before You Finish, Reseal Your Mask, Clear It, And Check It. Get Your Breath, Then Resume The Decontaminating Procedure. Caution: Cover Exposed Cuts Or Wounds After Decon With Appropriate First Aid Wrap Or Bandage Prior To Handling The Decon Package.</p>
<p>3. Decontaminate your skin IAW TM 3-4230-229-10, para 2-3, if you have the M291 Skin Decontaminating Kit,. Go to step 4 after skin decontamination is complete.</p>
<p>CAUTION: Keep The Decon Powder Out Of Your Eyes, Cuts, And Wounds. Don't: A. Handle Or Hold Leaking Packets Above The Head. B. Touch Or Rub Your Eyes With Anything That Has Been In Contact With The Decontaminating Powder. C. Touch Your Lips Or Inside Your Mouth With Anything That Has Been In Contact With The Decontaminating Powder.</p>
<p>CAUTION: Never Attempt To Decontaminate A Loaded Weapon. Always Unload, Clear, And Place Weapons On Safe Before Starting Decontaminating Procedures. Caution: Immediate Decon Techniques Remove Only The Liquid Hazard. Certain Items may Still Present A Vapor Hazard. See Supervisor For Unmasking Procedures.</p>
<p>4. Decontaminate your individual equipment IAW TM 3-4230-235-10, para 2-3, if you have the M295 Individual Equipment Decontaminating Kit. Do this step after completing step 3.</p>
<p>5. Dispose of hazardous waste.</p> <p>a.Dispose of 'UNCONTAMINATED' materials.</p> <p>(1) Dispose of expended or unserviceable materials IAW: federal, state, and local laws; military regulations and publications; host nation laws (if more restrictive than U.S. laws); and local Standard Operating Procedures.</p>

Performance Steps
<p>(2)Place used decontaminating materials in a sealed plastic bag (example: `ziploc' bag), and label the bag with its contents (as a minimum). Give the bag to your supervisor.</p> <p>b.Dispose of CONTAMINATED hazardous waste materials in accordance with FM 3-5 NBC Decontamination. Inform your supervisor of the status of contaminated waste.</p>

Evaluation Preparation: A good time to evaluate this task is while in a field environment. Gather materials for disposal of hazardous waste IAW federal, state, and local rules/regulations.

Brief Soldier: Tell the soldier what body parts and equipment are contaminated.

Performance Measures	Results
1. Donned the mask and hood without zipping the hood, pulling the draw strings, or fastening the shoulder straps.	GO / NO GO
2. Sought overhead cover or used a poncho for protection against further contamination (if operational conditions permitted).	GO / NO GO
3. Started the steps to decontaminate skin and eyes within 1 minute after they are contaminated.	GO / NO GO
NOTE: Complete Step 4 or Steps 5 and 6.	
<p>4. Decontaminated using M258A1 Decon Kit.</p> <p>a. Decontaminated hands, eyes, face, neck, ears, and redid hands using one Wipe 1 and one Wipe 2.</p> <p>b. Assumed MOPP4.</p>	GO / NO GO

Performance Measures	Results
c. Decontaminated weapons, gloves, helmet, and handtools using additional Wipes 1 and 2. d. Decontaminated exterior of hood and mask (used Wipe 2 then Wipe 1 on mask outserts).	
5. Decontaminated skin using M291 Decon Kit. a. Decontaminated hands, face, and inside of mask. b. Assumed MOPP4. c. Removed decon powder with soap and water when operational conditions permitted.	GO / NO GO
6. Decontaminated equipment using M295 Decon Kit. a. Decontaminated gloves, exposed areas of mask and hood, weapon, and helmet using the first mitt. b. Decontaminated LCE and accessories, mask carrier, over-boots, and redid gloves using second mitt. c. Removed decon powder when operational conditions permitted.	GO / NO GO
NOTE: Soldier complied with all federal, state, and local laws/regulations regarding disposal of hazardous waste disposal.	
7. Placed expended uncontaminated materials in plastic bag and turned into supervisor.	GO / NO GO

References

Required	Related
FM 3-5	FM 3-4

References

Required

TM 3-4230-216-10

TM 3-4230-229-10

TM 3-4230-235-10

Related

React To A Nuclear Hazard Or Attack

031-503-1018

Conditions: Given an area where nuclear weapons have been or may have been used. You have a piece of cloth or similar item, a brush or broom, and shielding material. You must respond to one of the following situations where you:

1. See a brilliant flash of light.
2. Find a standard radiological contamination marker or an enemy marker.
3. Are told that fallout is in your area.
4. Receive instructions to respond to a nuclear attack.
5. Come across a suspected Depleted Uranium (DU)/Low Level Radioactive (LLR) Material (DULLRAM) hazard.

Standards: 1. Did not become a casualty of a nuclear attack with or without warning. 2. Identified radiological contamination markers with 100 percent accuracy and notified your supervisor. 3. Started the steps to decontaminate yourself within 1 minute of finding radiological contamination. Decontaminated your individual equipment after you completely decontaminated yourself.

Performance Steps
<p>1. React to a nuclear attack with no warning.</p> <ul style="list-style-type: none"> a. Close your eyes immediately. b. Drop to the ground in a prone, head-on position. If in the hatch of an armored vehicle, immediately drop down inside the vehicle. c. Keep your head and face down and your helmet on. d. Stay down until the blast wave passes and debris stops falling. e. Cover your mouth with a cloth or similar item to protect against inhalation of dust particles. f. Check for casualties and damaged equipment.
<p>2. React to nuclear attack with warning.</p> <ul style="list-style-type: none"> a. Select and use the best available shelter (FM 3-3-1, appendix B). <ul style="list-style-type: none"> (1) Move into a fighting position, bunker, or ditch. (2) Take protective actions if inside a shelter. (3) Remain in place if you are in an armored vehicle. b. Keep clothes loosely fitted, and headgear on at all times. c. Protect your eyes. d. Minimize exposed skin areas. e. Cover your mouth with a cloth or similar item to protect against inhalation of dust particles.
<p>3. React if you see a standard radiological contamination marker or any enemy radiological contamination marker.</p> <ul style="list-style-type: none"> a. Avoid the area if possible. b. Cross the area quickly by the shortest route that exposes you to the least amount of radiation based on METT-T. <ul style="list-style-type: none"> (1) Request crossing instructions if you must cross. (2) Make maximum use of shielding. (3) Cover your mouth with a cloth or similar item to protect against inhalation of dust particles. c. Report the discovery of a marker to your supervisor.

Performance Steps
<p>4. Remove radiological contamination (including DULLRAM) from your clothing, equipment, and exposed skin.</p> <ul style="list-style-type: none"> a. Shake or brush contaminated dust (all dust is considered to be radioactive) from your clothing, equipment, and exposed skin with a brush, broom, or your hands (if a brush or broom is not available). b. Wash your body as soon as possible, giving special attention to the hairy areas and underneath your fingernails. c. Conduct MOPP Gear Exchange if you are contaminated with wet radioactive contamination. See task Protect Yourself from NBC Injury/Contamination when Changing Mission-Oriented Protective Posture (MOPP) Gear, task number 031-503-1023.

Evaluation Preparation: If possible, evaluate this task during a normal unit operation. Select an area that provides several shelters from which the soldier can choose. Examples are in an open area, a shallow ditch or depression, or a foxhole with overhead cover. 1. Evaluate the soldier's reaction to a nuclear attack: a. Without warning (brilliant flash of light), by having the soldier stand in an open area with the nearest possible shelter no closer than 12 feet. You may simulate the attack by saying "Brilliant flash," or by using the flash attachment of a camera. b. With warning, by having the soldier stand in an open area with the nearest possible shelter no closer than 12 feet. Tell the soldier there will be a nuclear detonation within 2 minutes and to take the best available shelter. 2. Evaluate the soldier's ability to react to radiological contamination markers by telling the soldier to walk through the area (where a standard marker and a former Warsaw Pact marker have been placed) and take appropriate action. 3. Evaluate the soldier's ability to remove radiological contamination.

Brief Soldier: Tell the soldier a nuclear attack is imminent and he/she must react to a nuclear attack with and without

warning. Tell the soldier he/she must also react to nuclear contamination markers. Tell the soldier that after being exposed to radiation, he/she must take the steps for decontamination.

Performance Measures	Results
1. Reacted to a nuclear attack without warning. a. Closed eyes immediately. b. Dropped to the ground in a prone, head-on position; or if in the hatch of an armored vehicle, immediately dropped down inside the vehicle. c. Kept head and face down, and helmet on. d. Stayed down until the blast wave passed and debris stopped falling. e. Covered mouth with a cloth or similar item to protect against inhalation of dust particles. f. Checked for casualties and damaged equipment.	GO / NO GO
2. Reacted to a nuclear attack with warning. a. Selected and used the best available shelter. b. Kept clothes loosely fitted, and headgear on at all times. c. Protected eyes. d. Minimized exposed skin areas. e. Covered mouth with a cloth or similar item to protect against inhalation of dust particles.	GO / NO GO

Performance Measures	Results
3. Reacted to radiological markers. a. Avoided the area if possible. b. Crossed the area quickly by the shortest route that gave the least amount of exposure to radiation based on METT-T. c. Reported the discovery of a marker to supervisor.	GO / NO GO
4. Removed radiological contamination from clothing, equipment, and exposed skin. a. Shook or brushed contaminated dust (all dust is considered to be radioactive) from clothing, equipment, and exposed skin with a brush, broom, or hands (if a brush or broom was not available). b. Washed body as soon as possible, giving special attention to the hairy areas and underneath fingernails. c. Conducted MOPP Gear Exchange if contaminated with wet radioactive contamination.	GO / NO GO

References

Required

Related

FM 3-4

React To A Chemical Or Biological Hazard Or Attack

031-503-1019

Conditions: Given a tactical environment in which chemical or biological (CB) weapons have been or may be used by the enemy. You are in Mission-Oriented Protective Posture

(MOPP) level 1 and one or more of the following Automatic Masking Criteria happens: 1. A chemical alarm sounds. 2. A positive reading is obtained on detector paper. 3. Individuals exhibit symptoms of chemical or biological agent poisoning. 4. You observe a contamination marker. 5. Supervisor tells you to mask. 6. You see personnel wearing protective masks. 7. You observe other signs of possible chemical or biological attack.

Standards: 1. Did not become a casualty. 2. Identified chemical contamination markers with 100 percent accuracy and notified your supervisor. 3. Started the steps to decontaminate yourself within 1 minute of finding chemical contamination. Decontaminated your individual equipment after you completely decontaminated yourself.

Performance Steps
<p>1. Identify chemical or biological hazard Automatic Masking Criteria.</p> <p>a. Don protective mask when there is a high probability of a chemical attack such as:</p> <ul style="list-style-type: none"> (1) A chemical alarm sounds. (2) A positive reading is obtained on detector paper. (3) Individuals exhibit symptoms of chemical or biological agent poisoning. (4) You observe a contamination marker. (5) Supervisor tells you to mask. (6) You see personnel wearing protective masks. (7) You observe other signs of possible chemical or biological attack. <p>b. Respond to commander's policy of automatic masking.</p>
<p>NOTE: Commanders at all levels may establish a modified policy, when chemical weapons have been employed, by designating additional events as automatic masking criteria.</p>

Performance Steps
2. Protect Yourself from Chemical/Biological Contamination Using Your Assigned Protective Mask, (see task number 031-503-1035), without fastening the hood.
NOTE: The mask gives immediate protection against inhalation of agent vapors. Do not fasten the hood, but go immediately to the next step.
3. Give the alarm. <ul style="list-style-type: none"> a. Yell "gas." b. Give hand and arm signal.
4. Take cover using whatever cover is readily available to decrease the amount of agent contact.
5. Decontaminate exposed skin as necessary (see task Decontaminate Your Skin And Personal Equipment Using Chemical Decontamination Kit, task number 031-503-1013).
6. Assume MOPP level 4 (see task Protect Yourself from Chemical/Biological Injury/Contamination with Mission-Oriented Protective Posture, task number 031-503-1015). The idea is to cover all skin; the mask and over-garment already protect the head and shoulders. <ul style="list-style-type: none"> a. Put on your gloves with liners. b. Zip and fasten over-garment jacket. c. Secure the hood; then secure the over-garment to increase protection. d. Put on your over-boots. Combat boots provide protection but should be covered because they absorb chemicals. It takes a long time to put on the over-boots, so put them on last in an emergency.
7. Decontaminate personal equipment as necessary (see task Decontaminate Your Skin and Personal Equipment Using Decontamination Kits, task number 031-503-1013).
8. Notify your supervisor of any CB hazard markers or other CB hazard indicators.
9. Continue the mission.

Evaluation Preparation: A good time to evaluate this task is during a normal unit operation. Select a site with adequate cover with soldiers in MOPP level 1.

Brief Soldier: Tell the soldier there will be an encounter with simulated CB contamination and/or a CB alarm will be given. The task is to recognize the hazard and/or alarm and take appropriate action to protect self and warn other soldiers by giving the appropriate alarm.

Performance Measures	Results
1. Protected self by: a. Stopped breathing. b. Put on mask with hood. c. Cleared mask. d. Checked mask. e. Did not fasten the hood. f. Went immediately to the next step.	GO / NO GO
2. Gave the alarm. a. Vocally. b. Used arm and hand signals.	GO / NO GO
3. Took cover using whatever means were readily available to reduce exposure.	GO / NO GO
4. Decontaminated skin if necessary.	GO / NO GO
NOTE: Only the fact that the soldier decontaminates himself is evaluated. The actual conduct of decontamination is evaluated in task 031-503-1013.	
5. Assumed MOPP level 4.	GO / NO GO
NOTE: Only the fact that the soldier assumes MOPP level 4 is evaluated. The actual donning of MOPP gear is evaluated in task 031-503-1015.	
6. Reported presence of chemical or biological hazards indicators to supervisor if present.	GO / NO GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-

GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly. Allow the soldier time to retrain and retest.

References

Required

Related

FM 3-4

Protect Yourself from Chemical/Biological Contamination Using Your Assigned Protective Mask

031-503-1035

Conditions: Given your assigned protective mask with hood and carrier, canteen with the M1 canteen cap, an M258A1 decontamination kit or M291 and M295 decontamination kits, M8 detector paper, and applicable technical manuals: M17 Mask (TM 3-4240-279-10) M24, M25 Mask (TM 3-4240-280-10) M42 Mask (TM 3-4240-300-10-2) M43 Mask (TM 3-4240-312-12&P) M40 Mask (TM 3-4240-339-10) M42, M42A1, M42A2 Mask (TM 3-4240-343-10). Remove eyeglasses and contact lenses prior to performing this task. You find yourself in one of the following situations: 1. Hear or see a chemical or biological attack. 2. Realize through other means that you are under a chemical or biological attack. 3. Are ordered to mask. 4 Must enter a contaminated area. After having donned your protective mask you need to drink from your canteen.

Standards: NOTE: All time standards are for administrative (non-combat) evaluation purposes only. 1. Donned, cleared, and checked your mask before chemical agent symptoms occurred. 2. Drank through your protective mask from your canteen without becoming a casualty.

Performance Steps
1. Stop breathing.
NOTE: All time standards are for administrative (non-combat) evaluation purposes only.
2. Don your mask to include clearing and checking: <ul style="list-style-type: none"> a.If you have the M17-series protective mask: within 9 seconds IAW TM 3-4240-279-10, paragraph 2-14. b.If you have the M24 protective mask: within 9 seconds IAW TM 3-4240-280-10, paragraph 2-13 after removing your flight helmet. c.If you have the M25-series protective mask: within 9 seconds IAW TM 3-4240-280-10, paragraph 2-13 after removing your Combat Vehicle Crewman (CVC) helmet. d.If you have the M40-series protective mask: within 9 seconds by taking the following actions:
NOTE: Use the procedures below until TM 3-4240-339-10, dated Feb 94, is updated.
<ul style="list-style-type: none"> (1) Stop breathing. <ul style="list-style-type: none"> (a) Close your eyes. (b) Remove your helmet and do one of the following: Store it between your legs above the knees, or hold your rifle between your legs and place the helmet on the flash suppressor. (2) Take off your glasses if you are wearing them. (3) Open the carrier with your left hand holding the carrier open. (4) Remove the mask from the carrier by grasping the mask with your right hand. (5) Put your chin in the chin pocket.
NOTE: The straps should lie flat against your head.
<ul style="list-style-type: none"> (6) Grasp the head harness and pull the head harness over your head. Be sure your ears are between the temple straps and the cheek straps.

Performance Steps
<p>(7) Use the other hand to tighten the cheek straps one at a time while holding the head pad centered on the back of your head.</p> <p>(8) Clear your mask.</p> <p>(a) Seal the outlet valve by pushing in on the center of the outlet valve cover with one hand.</p> <p>(b) Blow hard so that air escapes around the edges of the mask.</p> <p>(c) Cover the inlet port of the canister with the palm of your hand.</p>
<p>NOTE: The facepiece should collapse against your face and remain so while you hold your breath. If it does collapse, the facepiece is airtight. If the facepiece does not collapse, check for hair, clothing, or other matter between the facepiece and your face.</p>
<p>(d) Breathe in.</p> <p>(e) Remove anything preventing a seal from forming between your face and the mask.</p> <p>(9) Resume breathing.</p>
<p>NOTE: Use the procedures below until TM 3-4240-300-10-2, dated Aug 88, is updated.</p>
<p>e. If you have the M42 or M42A1 protective mask: Don your mask within 9 seconds after removing your Combat Vehicle Crewman (CVC) helmet.</p> <p>(1) Stop breathing.</p> <p>(2) Close your eyes.</p> <p>(3) Remove your helmet, placing it in a convenient location, while avoiding contaminated surfaces if possible.</p> <p>(4) Remove glasses if you are wearing them.</p> <p>(5) Open the carrier with your left hand by grasping the flap at the hook-and-pile fastener and pulling it.</p> <p>(6) Grasp the mask facepiece with your right hand, withdrawing the mask from the carrier.</p> <p>(7) Put your chin in the chin pocket.</p> <p>(8) Press the facepiece snugly against your face.</p>

Performance Steps
<p>(9) Grasp the tab and pull the head harness over your head, making sure that your ears are between the temple straps and the cheek straps.</p> <p>(10) Use the other hand to tighten the cheek straps one at a time, ensuring that the straps lie flat against your head while holding the head pad.</p> <p>(11) Clear your mask.</p> <p>(a) Seal the outlet valve by pushing in on the center of the outlet valve cover with one hand.</p> <p>(b) Breathe out hard so that air escapes around the edges of the mask.</p>
<p>NOTE: At this time the mask is clear and it is safe to open your eyes.</p>
<p>(c) Open your eyes.</p>
<p>NOTE: The facepiece should collapse against your face and remain so while you hold your breath. If it does collapse, the facepiece is airtight. If the facepiece does not collapse, check for hair, clothing, or other matter between the facepiece and your face.</p>
<p>(d) With palm of hand cover the inlet port of the armor quick disconnect.</p> <p>(e) Breathe in.</p> <p>(12) Check for any foreign material around the facepiece if the mask does not seal.</p> <p>(13) Resume breathing.</p> <p>f. If you have the M42A2 protective mask: don your mask within 9 seconds IAW TM 3-4240-343-10, paragraph 2-8 after removing your Combat Vehicle Crewman (CVC) helmet.</p> <p>g. If you have the M43-series protective mask: don your mask IAW TM 3-4240-312-12&P, paragraph 2-8.</p>
<p>NOTE: There are no time standards for donning the hood.</p>

Performance Steps
<p>3. Complete securing your mask with hood:</p> <ul style="list-style-type: none"> a. If you have the M17-series protective mask: pull the hood over your head and zip the front closed to cover all bare skin. b. If you have the M24 protective mask: pull the M7 hood over your helmet and head so that it covers your shoulders. c. If you have the M25-series protective mask: pull the hood over your head and zip the front closed to cover all bare skin. d. If you have the M40-series protective mask: don the hood so that it lies smoothly on your head
<p>NOTE: There are no time standards for donning the hood.</p>
<p>NOTE: Use the procedures below until TM 3-4240-339-10, dated Feb 94, is updated. CAUTION: Be Very Careful When Pulling On The Hood. The Hood Could Snag On The Buckles Of The Head Harness And Tear.</p>
<ul style="list-style-type: none"> (1) For masks equipped with the regular hood. <ul style="list-style-type: none"> (a) Grasp the back edge of the hood skirt. (b) Pull the hood completely over your head so that it covers the back of your neck, head, and shoulders. (c) Zip the front of the hood closed by pulling the zipper slider downward. (d) Tighten the draw cord. (e) Secure the underarm straps by fastening and adjusting them. (f) Put on your helmet. (g) Close your mask carrier. (h) Continue the mission. (2) For masks equipped with the Quick Doff hood. <ul style="list-style-type: none"> (a) With hands inside the hood, expand the elastic gathering around the neck of the hood. (b) Stretch and carefully pull the hood over your head so that the hood covers the head, neck, and shoulders.

Performance Steps
<ul style="list-style-type: none"> (c) Fasten and adjust the underarm straps. (d) Put on your helmet. (e) Close your mask carrier. (f) Continue the mission.
NOTE: There are no time standards for donning the hood.
e. If you have the M42 or M42A1 protective mask: pull the hood over your head and zip the front closed to cover all bare skin.
NOTE: Use the procedures below until TM 3-4240-300-10-2, dated Aug 88, is updated. CAUTION: Be Very Careful When Pulling On The Hood. The Hood Could Snag On The Buckles Of The Head Harness And Tear.
<ul style="list-style-type: none"> (1) For masks equipped with the regular hood. <ul style="list-style-type: none"> (a) Grasp the back edge of the hood skirt. (b) Pull the hood completely over your head so that it covers the back of your neck, head, and shoulders. (c) Zip the front of the hood closed by pulling the zipper slider downward. (d) Tighten the draw cord. (e) Secure the underarm straps by fastening and adjusting them. (f) Put on your helmet. (g) Close your mask carrier. (h) Go to (3) (2) For masks equipped with the Quick Doff hood. <ul style="list-style-type: none"> (a) With hands inside the hood, expand the elastic gathering around the neck of the hood. (b) Stretch and carefully pull the hood over your head so that the hood covers the head, neck, and shoulders. (c) Fasten and adjust the underarm straps. (d) Put on your helmet. (e) Close your mask carrier. (f) Go to (3).

Performance Steps
<p>(3) Put on your helmet.</p> <p>(a) Disconnect the boom microphone from the helmet.</p> <p>(b) Connect the mask microphone to the receptacle in the helmet.</p> <p>(c) Grasp the helmet next to the earcups with your hand spread as far as possible.</p> <p>(d) Place the helmet over your head, tilting the helmet forward slightly so the first contact when putting it on is with the forehead surface of the mask.</p> <p>(e) Rotate the helmet back and down over your head until it is seated in position.</p> <p>f. If you have the M42A2 protective mask: Pull the hood over your head and zip the front closed to cover all bare skin.</p> <p>g. If you have the M43-series protective mask: pull the hood over your head and zip the front closed to cover all bare skin.</p>
<p>NOTE: There are no time standards for donning the hood.</p>
<p>CAUTION: The M291 Decontamination Kit Is For External Use Only. It May Be Slightly Irritating To The Skin Or Eyes. Keep Decontaminating Powder Out Of Your Eyes, Cuts, And Wounds. Warning: Use The M291 Decon Kit To Decon Your Canteen. Do Not Use The M295 Decon Kit For This Purpose. Warning: The M258a1 Decontamination Kit (Olive Drab Case And Wipe Packets) Will Only Be Used For Actual Chemical Decontamination. Do Not Use Wipes On Your Eyes, Mouth, Or Open Wounds. Warning: Do Not Connect The Quick Disconnect Coupling Half To Your Canteen Until All Surfaces Have Been Checked. Chemical Contamination Could Enter Your Mouth Resulting In Your Becoming A Casualty.</p>

Performance Steps
<p>4. Drink water while wearing your assigned protective mask IAW the applicable technical manual. M17A1/M17A2 Mask (TM 3-4240-279-10), Paragraphs 2-15, 2-16; M40-series (TM 3-4240-339-10), Paragraphs 2-15, 2-16, 2-17; M42 or M42A1 Mask (TM 3-4240-300-10-2), Paragraphs 2-13, 2-14, 2-15; M42A2 Mask (TM 3-4240-343-10), Paragraphs 2-8g, 2-8h; M43-series (TM 3-4240-312-12&P), Paragraphs 2-8g, 2-8h.</p>
<p>5. Use the following actions if you have an M24/M25-series protective mask, or if your mask's drinking apparatus is not operational:</p>
<p>NOTE: There are no procedures for drinking when wearing the M7 hood over the flight helmet.</p>
<p>a. Prepare your hood.</p> <ol style="list-style-type: none"> (1) Unfasten your hood straps. (2) Loosen the draw cord. <p>b. Prepare the canteen.</p> <ol style="list-style-type: none"> (1) Take out the canteen by pushing up on the bottom of the canteen cover until you can grasp the canteen by its body. (2) Check the canteen for liquid contamination using M8 detector paper. <ol style="list-style-type: none"> (a) If the canteen is contaminated, seek an uncontaminated canteen. (b) If an uncontaminated canteen is not available, attempt to decontaminate the canteen with your decontamination kit. (3) Loosen the canteen cap without removing it. (4) Turn canteen upside down to let some water from the canteen wash the threads. (5) Move the canteen under your hood. <p>c. Take a few breaths, holding the last one.</p> <p>d. Grasp the chin part of the mask.</p>

Performance Steps
<ul style="list-style-type: none"> e. Close your eyes. f. Pull your mask down, out, and up away from your face, so that you can get the canteen to your mouth. g. Push the cap off the threads immediately, putting the mouth of the canteen to your lips, being careful to touch as little of the canteen mouth with your lips as possible. h. Tilt your head back, pouring water into your mouth while holding your breath. i. If using the buddy system, hand the canteen to your buddy to hold. If you are alone, you must set the canteen down. j. Reseat the mask on your face. k. Swallow the water. L. Clear your mask. m. Check your mask. n. Breathe. o. Repeat steps d through m until you are no longer thirsty. p. Reseal the canteen. q. Tighten the draw cord. r. Fasten the hood straps. s. Secure your equipment. t. Continue the mission.
<p>6. Remove and store the mask (following the steps in the applicable technical manual) after the "all clear" order is issued M17A1/M17A2 Mask (TM 3-4240-279-10), Paragraph 2-17; M24-series (TM 3-4240-280-10), Paragraphs 2-15, 2-16, 2-17; M25-series (TM 3-4240-280-10-2), Paragraphs 2-14, 2-16, 2-17; M40-series Paragraph, Go to Step 6a; M42 Or M42A1 Paragraph, Go to Step 6b; M42A2 (TM 3-4240-343-10), Paragraph 2-8; M43-series (TM 3-4240-312-12&P), Paragraph 2-8.</p> <ul style="list-style-type: none"> a. M40-series: <ul style="list-style-type: none"> (1) Remove your helmet. (2) Unfasten the underarm straps.

Performance Steps
<ul style="list-style-type: none"> (3) Loosen the draw cord. (4) Unzip the zipper on the hood. (5) Remove the hood. <ul style="list-style-type: none"> (a) Place both hands on the back edge of the hood skirt. (b) Raise the hood over your head. (c) Pull the hood over the front of the mask. (6) Loosen the cheek straps. (7) Remove the mask. <ul style="list-style-type: none"> (a) Place one hand on the front of the voicemitter to hold the facepiece to your face. (b) Grasp the head harness tab with your other hand. (c) Pull the head harness over the front of the mask. (d) Remove the mask from your head. (8) Replace the helmet on your head. (9) Remove any moisture from the hood and mask. <ul style="list-style-type: none"> (a) Shake off any moisture. (b) Wipe any moisture from the hood and mask. (10) Store your mask with hood. <ul style="list-style-type: none"> (a) Hold the front of the mask in a horizontal position. (b) Smooth the hood over the mask. (c) Pull the head harness over the front of the mask. (d) Fold the two edges of the hood over the outlet valve to create a V in the front of the hood. (e) Store the underarm straps and cord in the V. (f) Fold the V upward to cover the eye lenses without letting the hood cover the chin opening. (g) Put the mask with hood in the carrier while holding the facepiece upright with the lenses facing away from your body. (h) Close the carrier opening.

Performance Steps
<ul style="list-style-type: none"> (i) Store the mask with hood in the closed carrier in a cool, dry, dark place. (j) Hang the carrier by the hook on the short strap.
<p>NOTE: This step is not timed and will begin after the "all clear" order is issued. NOTE: Use the actions listed below until TM 3-4240-300-10-2, dated Aug 88, is updated.</p>
<p>b.M42 or M42A1:</p> <ul style="list-style-type: none"> (1) Disconnect the microphone plug from the helmet receptacle. (2) Remove your helmet. (3) Remove the hood without damaging it. <ul style="list-style-type: none"> (a) Unfasten the underarm straps. (b) Loosen the neck cord. (c) Unzip the zipper by holding the lower part of the zipper and pulling the zipper upward. (d) Place both hands on the back edge of the hood skirt. (e) Raise the hood over your head, pulling it over the front of the facepiece. (4) Loosen the cheek straps. (5) Place one hand on the front voicemitter to hold the facepiece to your face. (6) Grasp the head harness tab with the other hand. (7) Pull the head harness over the front of the facepiece, removing the facepiece. (8) Reconnect the microphone to the helmet. (9) Replace the helmet. (10) Store your mask with hood. <ul style="list-style-type: none"> (a) Install the canister and canister carrier in the carrier pocket with the quick disconnect coupling through the side opening in the carrier. (b) Ensure that the hose is pointing toward the opening. (c) Fold the canister carrier straps.

Performance Steps
<p>(d) Place the straps in the pocket with the canister.</p> <p>(e) Close the canister carrier pocket.</p> <p>(f) Hold the front of the facepiece in a horizontal position, smoothing the hood over it.</p> <p>(g) Fold the two edges of the hood over the outlet valve to create a V in the front of the hood.</p> <p>(h) Store the ends of the underarm straps and cord in the V.</p>
<p>CAUTION: To Prevent Crushing The Microphone, Do Not Apply Force To The Microphone Connection When Stowing The Facepiece.</p>
<p>(i) Grasp the bottom of the hood around the hose, tucking it into the space beneath the canister carrier pocket.</p> <p>(j) Continue to feed as much as possible of the hood and hose into the carrier.</p>
<p>NOTE: At this point, the facepiece is upside down.</p>
<p>(k) Place the facepiece over the canister carrier pocket with the eye lens facing towards the carrier opening.</p> <p>(l) Close the carrier.</p> <p>(m) Close the outside canister pocket.</p> <p>(n) Store your mask with hood in the closed carrier in a cool, dry, dark place, hanging the carrier by the shoulder strap or the hook on the short strap.</p>
<p>c. If you have the M42A2 protective mask: use procedures in TM 3-4240-343-10.</p> <p>d. If you have the M43-series protective mask: use procedures in TM 3-4240-312-12&P, paragraph 2-8.</p>

Evaluation Preparation: Evaluate this task during a normal unit operation. Use a mask previously fitted to the soldier's face. The soldier will bring his or her flight or CVC helmet. Drinking: The soldier should be in MOPP level 4. Do not use a new decon kit for every soldier. Use the kit as long as possible. Ensure that the soldier has M8 detector paper in the protective mask carrier prior to testing. If the soldier

has not made adequate progress towards drinking from the canteen after 2 minutes, stop him or her and give him or her a NO-GO. This time standard is administrative.

Brief Soldier: Tell the soldier to stand while wearing his/her mask carrier containing his/her assigned protective mask (with the hood attached. Tell the soldier to remove eyeglasses and contact lenses before starting the evaluation. Provide the soldier with one of the scenarios described in the conditions statement (cue to begin masking). Tell the soldier to keep the mask on until you issue the "all clear" order. Tell the soldier that all time standards are for administrative (non-combat) evaluation purposes only. **Drinking:** Tell the soldier to drink water while wearing his/her assigned mask. Tell the soldier there are no time standards for this task, but for testing purposes, he/she should be able to drink within 2 minutes.

Performance Measures	Results
1. Stopped breathing.	GO / NO-GO
NOTE: All time standards are for administrative (non-combat) evaluation purposes only.	
2. Donned mask within 9 seconds.	GO / NO-GO
3. Cleared mask. a. Sealed outlet valve. b. Breathed out.	GO / NO-GO
4. Checked mask. a. Breathed in. b. Facepiece collapsed to face.	GO / NO-GO
5. Resumed breathing.	GO / NO-GO
6. Completed securing of mask. a. Pulled hood over head. b. Zipped (if so equipped) front closed to cover all bare skin.	GO / NO-GO
7. Completed steps 1 through 6 in sequence.	GO / NO-GO

Performance Measures	Results
NOTE: All time standards are for administrative (non-combat) evaluation purposes only.	
8. Drank water while wearing assigned protective mask within 2 minutes without becoming a casualty.	GO / NO-GO
9. Removed mask. a. Disconnected microphone (if so equipped). b. Unfastened straps. c. Loosened draw cord. d. Unzipped the zipper (if so equipped). e. Pulled hood off the head. f. Loosened cheek straps. g. Held facepiece to face with one hand. h. Pulled head harness over the head. i. Pulled facepiece away from face.	GO / NO-GO
10. Stored mask. a. Put mask in mask carrier. b. Closed mask carrier. c. Stored mask in cool, dry place. d. Hung carrier by the hook on the short strap.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly. Allow the soldier time to retrain and retest.

References

Required

SB 3-30-2

TM 3-4240-279-10

TM 3-4240-280-10

Related

References

Required

TM 3-4240-300-10-2
TM 3-4240-312-12&P
TM 3-4240-339-10
TM 3-4240-343-10

Related

Maintain Your Assigned Protective Mask

031-503-1036

Conditions: You have used your assigned protective mask or must conduct your scheduled mask inspection. You have your assigned protective mask (with authorized accessories and components); a container of warm, soapy water; a container of warm, clear water; clean rags; small cleaning brush; optical lens cleaning compound (NSN 6850-00-592-3283); the applicable technical manual; DA Form 2404; and a set of replacement filters (for M17-series mask) or a replacement canister. This task cannot be performed in MOPP4. Use the following to identify the applicable technical manual: M17 (TM 3-4240-279-10); M24, M25 (TM 3-4240-280-10); M42 (TM 3-4240-300-10-2); M43 (TM 3-4240-312-12&P); M40 (TM 3-4240-339-10); M42, M42A1, M42A2 (TM 3-4240-343-10).

Standards : 1. Cleaned and dried mask. 2. Did not damage mask. 3. Recorded all deficiencies and shortcomings on DA Form 2404.

Performance Steps

WARNING: Do Not Attempt To Remove The Hose On The M42 Protective Mask From The Facepiece. This May Cause Leakage Of Toxic Agents Into The Facepiece
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Caution: Do Not Dunk The Mask Or Carrier In Water. Wash The Mask Carefully So That The Canister And The
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Performance Steps
Microphone Do Not Get Wet. Ensure All Components Are Entirely Dry Before Reassembling The Mask And Storing It. NOTE: Each soldier, under the supervision of qualified personnel, must care for and maintain his/her protective mask. Keep water away from inlet valve connectors.
1. Inspect the mask and hood IAW applicable TM. a. Identify all deficiencies and shortcomings. b. Correct all operator correctable deficiencies. c. Report uncorrected deficiencies and shortcomings on DA Form 2404 to your supervisor.
2. Clean the mask, hood, and all authorized accessories and components IAW applicable TM.
3. Replace defective filter elements or canisters as necessary IAW applicable TM.
4. Store your protective mask IAW applicable TM.

Evaluation Preparation: A good time to evaluate this task is during normal care and cleaning of the mask. Place all of the required equipment on a field table or another suitable surface. Simulate defects in the mask by removing components from the mask or using a defective mask not issued to the soldier. During training and evaluation sessions, use an old set of filters or canister several times to avoid expending a new set each time. If the soldier has not made adequate progress towards completing the task within 30 minutes, stop him or her and give him or her a NO-GO. This time standard is administrative.

Brief Soldier: Tell the soldier there is no time standard for this task on the job, but for testing purposes he or she must perform the task within 30 minutes. Tell the soldier to perform operator preventive maintenance checks and services (PMCS), clean, and condition his or her assigned protective mask, and replace the filters in the mask. Tell the soldier that completing a DA Form 2404 or M10 is not part of this task.

References

Required

TM 3-4240-339-10

TM 3-4240-343-10

Related

Detect Chemical Agents Using M8 Or M9 Detector Paper

031-503-1037

Conditions: You are in an area where there is a chemical threat and are in mission-oriented protective posture (MOPP) level 2. You have a booklet of M8 detector paper, a dispenser of M9 detector paper, assigned decontaminating kits (M258A1 or M291/M295), and a complete set of MOPP gear.

Standards: 1. Attached M9 detector paper in places likely to come into contact with liquid chemical agents. 2. Detected all liquid chemical agents in your area without becoming a chemical casualty. 3. Identified all liquid chemical agents within the capability of M8 detector paper. NOTE: There is no degradation of standards if performed in MOPP level 4.

Performance Steps
WARNING: The M9 Detector Paper Dye May Cause Cancer, But Because Very Little Dye Is Used, The Risk Is Small. Always Wear Protective Gloves When Touching M9 Detector Paper. Do Not Place M9 Detector Paper In Or Near Your Mouth Or On Your Skin.
1. Use M9 Detector Paper.
NOTE: M9 and M8 detector paper will NOT detect chemical agent vapors.

Performance Steps
<p>a. Attach M9 paper to MOPP gear and equipment while wearing chemical protective gloves.</p> <p>(1) Place the M9 detector paper on MOPP gear on opposite sides of the body.</p> <p>(a) If you are right handed, place a strip of M9 paper around your right upper arm, left wrist, and around your right ankle.</p> <p>(b) If you are left handed, place a strip of M9 paper around your left upper arm, right wrist, and around your left ankle.</p>
<p>NOTE: These are the places where a moving soldier will most likely brush against a surface (undergrowth, etc.) that is contaminated with a liquid chemical agent.</p>
<p>(2) Place M9 detector paper on equipment where it will come in contact with contaminated objects and is visible to the operator.</p>
<p>NOTE: Do not attach M9 detector paper to hot, dirty, oily, or greasy surfaces since it may give a false positive reading.</p>
<p>b. Constantly monitor the M9 detector paper for any color change. If you observe a color change:</p> <p>(1) Mask.</p> <p>(2) Give the alarm.</p> <p>(3) Decon as necessary and assume MOPP Level 4.</p>
<p>WARNING: Some Decontaminates Give False Positive Results On The M8 Detector Paper. The M8 Detector Paper May Indicate Positive Results If Used In An Area Where Decontaminates Have Been Used.</p>
<p>2. Use M8 Detector Paper if you see a liquid that might be a chemical agent or you observe a color change on the M9 detector paper.</p> <p>a. Immediately assume MOPP level 4.</p>

Performance Steps
<p>b. Prepare M8 detector paper. Tear out a sheet from the book (use one-half sheet if the M8 detector paper is perforated).</p> <p>c. Blot (DO NOT RUB) the M8 detector paper on the suspected liquid agent without touching the liquid with your protective glove.</p>
<p>NOTE: You may want to put the paper on the end of a stick or another object; then blot the paper on the suspected liquid agent.</p>
<p>d. Observe the M8 paper for a color change. Identify contamination by comparing any color change on the M8 paper to the color chart on the inside front cover of the booklet:</p> <ul style="list-style-type: none"> (1) A yellow-gold color indicates the presence of G (nerve) agent. (2) A red-pink color indicates the presence of H (blister) agent. (3) A dark green color indicates the presence of V (nerve) agent. (4) If any other color is present or if there is no color change, the liquid cannot be identified using M8 detector paper. <p>e. Store the booklet of M8 detector paper.</p> <p>f. Remain in MOPP 4 even if the liquid cannot be identified. Use other types of chemical agent detectors (example: M256 Detector Kit, Chemical Agent Monitor) to verify test results.</p> <p>g. Notify your supervisor of the test results.</p>

Evaluation Preparation: Simulate an unknown liquid chemical agent by using expedient training aids (for example: brake fluid, cleaning compound, gasoline, insect repellent, or antifreeze). Place drops of simulant on M9 detector paper to obtain a reading. For M8 detector paper, place the simulant on a non-porous material (for example: entrenching tool).

CAUTION: Ensure Simulant Is Placed Only On The Detector Paper, Not On The Protective Clothing

Brief Soldier: Tell the soldier that he/she will be entering an area where chemical agents have been used. Tell him/her to attach M9 detector paper to MOPP gear and equipment. Tell him/her that if you observe any unsafe acts or acts that could produce false reading, you will stop the test and the soldier will be scored NO GO.

Performance Measures	Results
1. Attached M9 paper to MOPP gear on upper arm, the opposite wrist, and around the ankle while wearing chemical protective gloves.	GO / NO-GO
2. Detected the presence of liquid chemical agents by color change on M9 detector paper (if any).	GO / NO-GO
3. Identified nerve (G or V type) and blister (H type) liquid chemical agents using M8 detector paper.	GO / NO-GO
4. Notified supervisor of any color change, or lack of color change, on M9 or M8 detector paper.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier a NO GO if any performance measure is failed. If the soldier scores NO GO, show the soldier what was done wrong and how to do it correctly. Allow the soldier time to retrain and retest.

References

Required

Related

FM 3-3

References

Required

Related

FM 3-4

TM 3-6665-307-10

TM 3-6665-311-10

Section VI: First Aid

Evaluate A Casualty

081-831-1000

Conditions: You have a casualty who has signs and/or symptoms of an injury.

Standards: Correctly evaluated the casualty following the correct sequence. Identified all injuries and/or conditions. Immobilized the casualty if a neck or back injury was suspected.

Performance Steps

NOTE: When Evaluating and/or Treating A Casualty, Seek Medical Aid As Soon As Possible. Do Not Stop Treatment, But, If The Situation Allows, Send Another Person To Find Medical Aid.
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WARNING: If There Are Signs Of Chemical Or Biological Agent Poisoning, Immediately Mask The Casualty. If It Is Not Nerve Agent Poisoning, Decontaminate Exposed Skin And Gross Contamination (Large Wet Or Oily Spots) Of The Clothing Or Over-Garments. If Nerve Agent Poisoning, Administer The Antidote Before Decontamination. (See Task Perform First Aid For Nerve Agent Injury, Task Number 081-831-1044.) Warning: If A Broken Neck Or Back Is Suspected,
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Performance Steps
Do Not Move The Casualty Unless To Save a Life.
<p>1. Check for responsiveness.</p> <ul style="list-style-type: none"> a. Ask in a loud, but calm voice, "Are you okay?" b. Gently shake or tap the casualty on the shoulder. c. Watch for a response. If the casualty does not respond, go to step 2. d. If the casualty is conscious, ask where he or she feels different than usual or where it hurts. Go to step 3. If the casualty is conscious but is choking and cannot talk, stop the evaluation and begin treatment. (See task Perform First Aid To Clear An Object Stuck In The Throat Of A Conscious Casualty, task number 081-831-1003.)
<p>2. Check for breathing.</p> <ul style="list-style-type: none"> a. Look for rise and fall of the casualty's chest. b. Listen for breathing by placing your ear about 1 inch above the casualty's mouth and nose. c. Feel for breathing by placing your hand or cheek about 1 inch above the casualty's mouth and nose. If the casualty is not breathing, stop the evaluation and begin treatment. (See task Perform mouth-to-mouth Resuscitation, task number 081-831-1042.)
NOTE: Checking for pulse is accomplished during performance of mouth-to-mouth resuscitation as necessary.
<p>3. Check for bleeding.</p> <ul style="list-style-type: none"> a. Look for spurts of blood or blood-soaked clothes. b. Look for entry and exit wounds. c. If bleeding is present, stop the evaluation and begin treatment as appropriate. <ul style="list-style-type: none"> (1) Arm or leg wound. (See task Perform First Aid for Bleeding of an Extremity, task number 081-831-1032.) (2) Partial or complete amputation. (See task Perform First Aid for Bleeding of an Extremity, task number 081-831-1032.)

Performance Steps
<p>(3)Open head wound. (See task Perform First Aid for an Open Head Wound, task number 081-831-1033.)</p> <p>(4)Open abdominal wound. (See task Perform First Aid for an Open Abdominal Wound, task number 081-831-1025.)</p> <p>(5)Open chest wound. (See task Perform First Aid for an Open Chest Wound, task number 081-831-1026.)</p>
<p>4. Check for shock.</p> <p>a. Look for any of the following signs and/or symptoms.</p> <ul style="list-style-type: none"> (1) Sweaty but cool skin (clammy skin). (2) Paleness of the skin. (3) Restlessness or nervousness. (4) Thirst. (5) Loss of blood (bleeding). (6) Confusion. (7) Faster than normal breathing rate. (8) Blotchy or bluish skin, especially around the mouth. (9) Nausea and/or vomiting <p>b. If signs or symptoms of shock are present, stop the evaluation and begin treatment. (See task Perform First Aid to Prevent or Control Shock, task number 081-831-1005.)</p>
<p>WARNING: Leg Fractures Must Be Splinted Before Elevating The Legs As A Treatment For Shock (See Task Perform First Aid For A Suspected Fracture, Task Number 081-831-1034.)</p>
<p>5. Check for fractures.</p> <p>a. Look for the following signs and symptoms of a back or neck injury:</p> <ul style="list-style-type: none"> (1) Pain or tenderness of the neck or back area. (2) Cuts or bruises in the neck or back area. (3) Inability of a casualty to move (paralysis or numbness).

Performance Steps
<ul style="list-style-type: none"> (a) Ask about the ability to move (paralysis). (b) Touch the casualty's arms and legs; ask whether he or she can feel your hand (numbness). (4) Unusual body or limb position.
WARNING: Unless There Is Immediate Life-Threatening Danger, Do Not Move A Casualty Who Has A Suspected Back Or Neck Injury.
<ul style="list-style-type: none"> b. Immobilize any casualty suspected of having a neck or back injury by doing the following: <ul style="list-style-type: none"> (1) Tell the casualty not to move. (2) If a back injury is suspected, place padding under the natural arch of the casualty's back. (3) If a neck injury is suspected, place a roll of cloth under the casualty's neck and put boots (filled with dirt, sand, etc.) or rocks on both sides of the head. c. Check the casualty's arms and legs for open or closed fractures. <ul style="list-style-type: none"> (1) Check for open fractures. <ul style="list-style-type: none"> (a) Look for bleeding. (b) Look for bone sticking through the skin. (2) Check for closed fractures. <ul style="list-style-type: none"> (a) Look for swelling. (b) Look for discoloration. (c) Look for deformity. (d) Look for unusual body position. d. If a fracture to an arm or leg is suspected, stop the evaluation and begin treatment. (See task Perform First Aid for Suspected Fracture, task number 081-831-1034.)
6. Check for burns. <ul style="list-style-type: none"> a. Look carefully for reddened, blistered, or charred skin. Also check for singed clothes. b. If burns are found, stop the evaluation and begin treatment. (See task Perform First Aid For Burns, task number 081-831-1007.)

Performance Steps
<p>7. Check for head injury.</p> <p>a. Look for the following signs and symptoms:</p> <ul style="list-style-type: none"> (1) Unequal pupils. (2) Fluid from the ear(s), nose, mouth, or injury site. (3) Slurred speech. (4) Confusion. (5) Sleepiness. (6) Loss of memory or consciousness. (7) Staggering in walking. (8) Headache. (9) Dizziness. (10) Vomiting. (11) Paralysis. (12) Convulsions or twitches. <p>b. If a head injury is suspected, continue to watch for signs which would require performance of mouth-to-mouth resuscitation (see task Perform mouth-to-mouth Resuscitation, task number 081-831-1042), treatment for shock (see task Perform First Aid To Prevent or Control Shock, task number 081-831-1005), or control of bleeding (see task Perform First Aid for an Open Head Wound, task number 081-831-1033.)</p>
<p>8. Seek medical aid. Seek medical assistance as soon as possible, but you must not interrupt treatment. If possible send another person to find medical aid.</p>

Evaluation Preparation: Prepare a "casualty" for the soldier to evaluate by simulating one or more wounds or conditions. Simulate the wounds using a war wounds moulage set, casualty simulation kit, or other available materials. You can coach a "conscious casualty" to show signs of such conditions as shock or head injury and to respond to the soldier's questions about location of pain or other symptoms of injury. However, you will have to cue the soldier during evaluation of an "unconscious casualty" as to whether the casualty is breathing and describe the

signs or conditions, such as shock, as the soldier is making the checks.

Brief Soldier: Tell the soldier to do, in order, all necessary steps to evaluate the casualty and identify all wounds and/or conditions. Tell the soldier to tell you what first aid action (give mouth-to-mouth resuscitation, bandage the wound, etc.) he or she would take but that first aid is not to be performed unless a neck or back injury is found.

Performance Measures	Results
1. Checked for responsiveness.	GO / NO-GO
2. Checked for breathing, if necessary.	GO / NO-GO
3. Checked for bleeding.	GO / NO-GO
4. Checked for shock.	GO / NO-GO
5. Checked for fractures and immobilize neck or back injuries if found.	GO / NO-GO
6. Checked for burns.	GO / NO-GO
7. Checked for a head injury.	GO / NO-GO
8. Sought medical aid.	GO / NO-GO
9. Performed all necessary steps in sequence.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 21-11

Perform First Aid To Clear An Object Stuck In The Throat Of A Conscious Casualty

081-831-1003

Conditions: You see a conscious casualty who is having a hard time breathing because something is stuck in his or her throat.

Standards: Cleared the object from the casualty's throat. Gave abdominal or chest thrusts until the casualty could talk and breathe normally and you were relieved by a qualified person. Performed mouth-to-mouth resuscitation if the casualty lost consciousness.

Performance Steps
<ol style="list-style-type: none">1. Determine if the casualty needs help.<ol style="list-style-type: none">a. If the casualty has good air exchange (able to speak or cough forcefully - may be wheezing between coughs), do not interfere except to encourage the casualty.b. If the casualty has poor air exchange (weak coughing with high-pitched noise between coughs and signs of shock), continue with step 2.c. If the casualty has a complete airway obstruction (cannot speak, breathe, or cough at all and may be clutching his or her neck and moving erratically), continue with step 2.
NOTE: Abdominal thrusts should be used unless the victim is in the advanced stages of pregnancy, is very obese, or has a significant abdominal wound.
<ol style="list-style-type: none">2. Perform abdominal or chest thrusts.<ol style="list-style-type: none">a. Abdominal thrusts.<ol style="list-style-type: none">(1) Stand behind the casualty.(2) Wrap your arms around the casualty's waist.(3) Make a fist with one hand.(4) Place the thumb side of the fist against the abdomen slightly above the navel and well below the tip of the breastbone.

Performance Steps
(5) Grasp the fist with the other hand. (6) Give quick backward and upward thrusts.
NOTE: Each thrust should be a separate, distinct movement. Thrusts should be continued until the obstruction is expelled or the casualty becomes unconscious.
b. Chest thrusts. (1) Stand behind the casualty. (2) Wrap your arms under the casualty's armpits and around the chest. (3) Make a fist with one hand. (4) Place the thumb side of the fist on the middle of the breastbone. (5) Grasp the fist with the other hand. (6) Give backward thrusts.
NOTE: Each thrust should be performed slowly and distinctly, and with the intent of relieving the obstruction.
3. Continue to give abdominal or chest thrusts as required. Give abdominal or chest thrusts until the obstruction is clear, a qualified person relieves you, or the casualty becomes unconscious.
NOTE: If the casualty becomes unconscious, perform a finger sweep and then start mouth-to-mouth resuscitation procedures. NOTE: If the obstruction is cleared, watch the casualty closely and check for other injuries if necessary.

Evaluation Preparation: You need another soldier to play the part of the casualty.

Brief Soldier: Describe the symptoms of a casualty with good air exchange, poor air exchange, or a complete airway obstruction. Inform the soldier that you will ask the soldier what should be done. Score for step 1 will be based upon the answer. Then tell the soldier he will do all of the first aid steps required to clear an object from the

casualty's throat and have to demonstrate where to stand, how to position his or her hands, and how to position the casualty for the thrusts. The soldier will tell you how the thrusts should be done. Ensure that the soldier understands that he or she must not actually do the thrusts. Do not evaluate step 3 in the simulated mode.

Performance Measures	Results
1. Determined if the casualty needs help.	GO /NO-GO
2. Performed abdominal or chest thrusts as required.	GO /NO-GO
3. Continued abdominal or chest thrusts as required.	GO /NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 21-11

Perform First Aid to Prevent Or Control Shock

081-831-1005

Conditions: You see a casualty who is breathing. There is no uncontrolled bleeding. The casualty has one or more of the symptoms of shock. Given necessary equipment and materials, a field jacket, blanket or poncho.

Standards: Attempted to prevent the casualty from going into shock by: positioning the casualty correctly, loosened binding clothes, calmed and reassured casualty, provided shade from direct sunlight during hot weather, and covered

casualty to prevent body heat loss during cold weather. No further injury was caused to the casualty.

Performance Steps
<ol style="list-style-type: none">1. Position the casualty.<ol style="list-style-type: none">a. Move the casualty to cover if cover is available and the situation permits.b. Lay the casualty on his or her back unless a sitting position will allow the casualty to breathe easier.c. Elevate the casualty's feet higher than the heart using a stable object so the feet will not fall.
WARNING: Do Not Elevate The Casualty's Legs. If The Casualty Has A Fractured Or Broken Leg, An Abdominal Wound, Or A Head Wound.
<ol style="list-style-type: none">2. Loosen clothing at the neck, waist, or anywhere it is binding.
WARNING: Do Not Loosen Clothing If In A Chemical Area.
<ol style="list-style-type: none">3. Prevent the casualty from chilling or overheating.<ol style="list-style-type: none">a. Cover the casualty to avoid loss of body heat and, in cold weather, place cover under as well as over the casualty. Use a blanket or clothing, or improvise a cover.b. Place the casualty under permanent or improvised shelter in hot weather to shade him or her from direct sunlight.
WARNING: Do Not Give The Casualty Anything To Eat Or Drink.
<ol style="list-style-type: none">4. Calm and reassure the casualty.<ol style="list-style-type: none">a. Take charge and show self-confidence.b. Assure the casualty that he or she is being taken care of.

Performance Steps
WARNING: If You Must Leave The Casualty, Turn His Or Her Head To The Side To Prevent Choking If Vomiting Occurs.
5. Seek medical aid.
NOTE: Watch the casualty closely for life-threatening conditions, check for other injuries, and seek medical aid.

Evaluation Preparation: You will need another soldier to play the part of the casualty. Have the casualty lie down. You can have a canteen of water available and have the casualty say that he or she is thirsty while testing step 3.

Brief Soldier: Tell the soldier to do all necessary first aid steps to prevent shock. You can vary the test by telling the soldier whether it is hot or cold or that the casualty has a broken leg or abdominal wound to see if the soldier knows what to do. Do not evaluate step 5 in the simulated mode.

Performance Measures	Results
1. Positioned the casualty correctly.	GO / NO-GO
2. Loosened tight/binding clothes.	GO / NO-GO
3. Prevented the casualty from chilling or overheating.	GO / NO-GO
4. Reassured the casualty.	GO / NO-GO
5. Sought medical aid.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly.

References

Required

FM 21-11

Related

Perform First Aid for Heat Injuries

081-831-1008

Conditions: You see a casualty who has signs and symptoms of a heat injury. The casualty has a full canteen of cool water.

Standards: Recognized the type of heat injury and administered appropriate first aid.

Performance Steps
1. Identify the three types of heat injury.
2. Perform first aid for the heat injuries.

Evaluation Preparation: N/A

Brief Soldier: Describe to the soldier the signs and/or symptoms of heat cramps, heat exhaustion, and heat stroke, and tell the soldier you will ask him what type of heat injury is indicated and what should be done to treat the heat injury described.

Performance Measures	Results
1. Identified the three types of heat injury. a. Heat cramps symptoms. (1) Muscle cramps of the arms, legs, or abdomen. (2) Excessive sweating. (3) Thirst. b. Heat exhaustion symptoms. (The first five symptoms occur often. The others occur sometimes.) (1) Profuse sweating with pale, moist, cool skin. (2) Headache. (3) Weakness. (4) Dizziness.	GO / NO-GO

Performance Measures	Results
<ul style="list-style-type: none"> (5) Loss of appetite. (6) Heat cramps. (7) Nausea with or without vomiting. (8) Urge to defecate. (9) Chills (goose flesh). (10) Rapid breathing. (11) Tingling of the hands and/or feet. (12) Confusion. c. Heatstroke symptoms. <ul style="list-style-type: none"> (1) Flushed, hot, dry skin. (2) Headache. (3) Dizziness. (4) Nausea. (5) Confusion. (6) Weakness. (7) Loss of consciousness. (8) Seizures. (9) Weak and rapid pulse and breathing. 	
<ul style="list-style-type: none"> 2. Performed first aid for the heat injuries. <ul style="list-style-type: none"> a. Heat cramps. <ul style="list-style-type: none"> (1) Moved the casualty to a cool or shady area or improvised shade. (2) Loosened the casualty's clothing unless in a chemical environment. (3) Made the casualty slowly drink at least one canteen of cool water. (4) Sought medical aid if the cramps continue. b. Heat exhaustion. <ul style="list-style-type: none"> (1) Moved the casualty to a cool or shady area or improvised shade. 	GO / NO-GO

Performance Measures	Results
<p>(2) Loosened or removed the casualty's clothing and boots unless in a chemical environment.</p> <p>(3) Poured water on the casualty and fanned him or her unless in a chemical environment.</p> <p>(4) Have the casualty slowly drink at least one canteen of cool water.</p> <p>(5) Elevated the casualty's legs.</p> <p>(6) Monitored the casualty until the symptoms were gone or medical aid arrives.</p>	
<p>NOTE: If possible, the casualty should not participate in strenuous activity for the rest of the day.</p>	
<p>WARNING: Heat Stroke Must Be Considered A Medical Emergency Which May Result In Death If Treatment Is Delayed. Cooling Measures Will Be Started Immediately And Will Be Continued While Waiting For Transportation And During Evacuation.</p>	
<p>c. Heatstroke.</p> <p>(1) Moved the casualty to a cool or shady area or improvised shade.</p> <p>(2) Loosened or removed the casualty's clothing unless in a chemical environment.</p> <p>(3) Sprayed or poured water on the casualty and fanned him or her unless in a chemical environment.</p> <p>(4) Massaged the casualty's arms and legs unless in a chemical environment.</p> <p>(5) Elevated the casualty's legs.</p>	

Performance Measures	Results
(6) If the casualty was conscious, made him or her slowly drink at least one canteen of cool water.	
Note: Watch the casualty closely for life-threatening conditions, check for other injuries, and seek medical aid.	

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 21-11

Perform First Aid For Bleeding Of An Extremity

081-831-1032

Conditions: You have a casualty who has a bleeding wound of the arm or leg. Given the casualty's first aid packet, materials to improvise a pressure dressing (wadding and cravat or strip of cloth), and materials to elevate the extremity (blanket, shelter half, poncho, log, or any available material), rigid object (stick, tent peg or similar object) and a strip of cloth.

Standards: Controlled bleeding from the wound following the correct sequence. Placed a field dressing over the wound with the sides of dressing sealed and so that it did not slip. The field and pressure dressings did not have a tourniquet-like effect. Applied a tourniquet to stop profuse bleeding not stopped by the dressings or for missing arms and legs.

Performance Steps
1. Uncover the wound unless the clothing is stuck to the wound or a chemical environment exists.
WARNING: Do Not Remove Protective Clothing In A Chemical Environment. Apply Dressings Over The Protective Clothing.
NOTE: If an arm or leg has been cut off go to step 5.
2. Apply the casualty's field dressing. <ul style="list-style-type: none"> a. Apply the dressing, white side down, directly over the wound. b. Wrap each tail, one at a time, in opposite directions around the wound so that the dressing is covered and both sides are sealed. c. Tie the tails into a non-slip knot over the outer edge of the dressing, not over the wound. d. Check the dressing to make sure that it is tied firmly enough to prevent slipping without causing a tourniquet-like effect.
WARNING: Field And Pressure Dressings Should Not Have A Tourniquet-Like Effect. The Dressing Must Be Loosened If The Skin Beyond The Injury Becomes Cool, Blue, Or Numb.
3. Apply manual pressure and elevate the arm or leg to reduce bleeding ,if necessary. <ul style="list-style-type: none"> a. Apply firm manual pressure over the dressing for 5 to 10 minutes. b. Elevate the injured part above the level of the heart unless a fracture is suspected and has not been splinted.
4. Apply a pressure dressing if the bleeding continues. <ul style="list-style-type: none"> a. Keep the arm or leg elevated. b. Place a wad of padding directly over the wound. c. Place an improvised dressing over the wad of padding and wrap it tightly around the limb.

Performance Steps
<ul style="list-style-type: none"> d. Tie the ends in a non-slip knot directly over the wound. e. Check the dressing to make sure that it does not have a tourniquet-like effect.
<p>NOTE: If the bleeding stops, watch the casualty closely, and check for other injuries. If heavy bleeding continues, apply a tourniquet.</p> <p>WARNING: The Only Time That A Tourniquet Should Be Applied Is When An Arm Or Leg Has Been Cut Off Or When Heavy Bleeding Cannot Be Stopped By A Pressure Dressing. If Only Part Of A Hand Or Foot Has Been Cut Off, The Bleeding Should Be Stopped Using A Pressure Dressing.</p>
5. Make a tourniquet at least 2 inches wide.
6. Position the tourniquet. <ul style="list-style-type: none"> a. Place the tourniquet over the smoothed sleeve or trouser leg if possible. b. Place the tourniquet around the limb two to four inches above the wound between the wound and the heart but not on a joint or directly over a wound or a fracture. c. Place the tourniquet just above and as close to the joint as possible, when wounds are just below a joint.
7. Apply the tourniquet. <ul style="list-style-type: none"> a. Tie a half knot. b. Place a stick (or similar object) on top of the half knot. c. Tie a full knot over the stick. d. Twist the stick until the tourniquet is tight around the limb and bright red bleeding has stopped.
<p>NOTE: In the case of an amputation, dark oozing blood may continue for a short time.</p>
8. Secure the tourniquet. The tourniquet can be secured using the ends of the tourniquet band or with another piece of cloth as long as the stick does not unwind.

Performance Steps
<p>NOTE: If a limb is completely amputated, the stump should be padded and bandaged (do not cover the tourniquet). If possible, severed limbs or body parts should be saved and transported with, but out of sight of, the casualty. The body parts should be wrapped in dry, sterile dressing and placed in a dry, plastic bag and in turn placed in a cool container (do not soak in water or saline or allow to freeze). It is entirely possible that your location in the field/combat may not allow for the correct preserving of parts; do what you can. WARNING: Do Not Loosen Or Release A Tourniquet Once It Has Been Applied.</p>
9. Mark the casualty's forehead with a letter T using a pen, mud, the casualty's blood or whatever is available.
10. Watch the casualty closely for life-threatening conditions, check for other injuries, if necessary and treat for shock.

Evaluation Preparation: Use the same field dressing repeatedly. Have materials available for a pressure dressing (wadding and cravat or a strip of cloth). Have one soldier play the part of the casualty and another apply the field and pressing dressing. Use a moulage or mark a place on the casualty's arm or leg to simulate a wound. For applying a tourniquet, use a mannequin or simulated arm or leg (padded length of 2 by 4 inch wood with a glove or boot on one end) with a field dressing appropriately placed on the arm or leg. Under no circumstances will a live simulated casualty be used to evaluate the application of a tourniquet. Place the tourniquet materials (a stick and one or two pieces of cloth) nearby.

Brief Soldier: Tell the soldier to do, in order, the first aid steps required to put on a field dressing and, if necessary, a pressure dressing on the casualty's wound. When testing step 1, you can vary the test by telling the soldier that clothing is stuck to the wound or that a chemical

environment exists. After step 2 and 3, tell the soldier that the bleeding has not stopped. After step 4, tell the soldier the bleeding is continuing and ask the soldier to describe and perform the first aid on the simulated arm or leg provided.

Performance Measures	Results
1. Uncovered the wound.	GO / NO-GO
2. Applied a field dressing.	GO / NO-GO
3. Applied manual pressure and elevate the arm or leg, if necessary.	GO / NO-GO
4. Applied a pressure dressing, if necessary.	GO / NO-GO
5. Applied a tourniquet, if necessary.	GO / NO-GO
6. Performed steps 1-5, as necessary, in sequence.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO GO, show what was done wrong and how to do it correctly.

References

Required	Related
FM 21-11	

Perform First Aid for A Suspected Fracture

081-831-1034

Conditions: You see a casualty who has an arm or leg, which you think, is broken. The casualty has no more serious wounds or conditions that have not been treated. Given splint material (boards, poles, tree branches);

padding material (clothing, blanket, field dressing, leafy vegetation); and tie material (strips of cloth, belts).

Standards: Splinted the suspected broken arm or leg so the arm or leg did not move and circulation was not impaired.

Performance Steps
<ol style="list-style-type: none">1. Prepare the casualty for splinting.<ol style="list-style-type: none">a. Reassure the casualty if he or she is conscious and able to understand. Tell the casualty that you will be taking care of him or her.b. Loosen any tight or binding clothing.c. Remove all jewelry from the affected limb and place it in the casualty's pocket. Tell the casualty that you are doing this to prevent further injury if swelling occurs later.
WARNING: Do Not Remove Any Protective Clothing Or Boots In A Chemical Environment. Apply The Splint Over The Clothing. Do Not Remove Boots From The Casualty Unless They Are Needed To Stabilize A Neck Injury Or There Is Actual Bleeding From The Foot.
<ol style="list-style-type: none">2. Get splinting materials.<ol style="list-style-type: none">a. Get splints (boards, tree branches, poles, an unloaded rifle) long enough to reach beyond the joints above and below the broken part.b. Get materials to pad the splints, such as a jacket, blanket, poncho, shelter half, or leafy vegetation.c. Get tie materials, such as strips of cloth or belts, to tie the splints.
Note: If splinting materials are not available, use the chest wall to immobilize a suspected fracture of the arm and an uninjured leg to immobilize the fractured leg. Continue with steps 7 and 8.
<ol style="list-style-type: none">3. Pad the splints. Apply padding between the splint and the bony areas of the body. Suggested sights for padding are, wrist, elbow, ankle, knee, crotch, and the arm pit.

Performance Steps
<p>4. Check for signs of blood circulation problems below the injury.</p> <ul style="list-style-type: none"> a. Check light-skinned persons for color of skin (skin may be pale, white, or a bluish gray color). b. Check dark-skinned persons by depressing the toenail or fingernail beds and seeing how fast the color returns. A slower return of color to the injured side indicates a circulation problem. c. Check to see if the injured arm or leg feels colder than the uninjured one. d. Ask the casualty about the presence of numbness, tightness, or a cold sensation.
WARNING: Evacuate The Casualty As Soon As Possible If Blood Circulation Problems Are Found.
<p>5. Put on the splint.</p> <ul style="list-style-type: none"> a. Splint the broken arm or leg in the position you find it.
WARNING: If The Fracture Is Open, Do Not Attempt To Push Bones Back Under The Skin. Apply A Field Dressing To Protect The Area.
NOTE: Do not try to reposition or straighten the fracture.
<ul style="list-style-type: none"> b. Place one splint on each side of the arm or leg. Make sure the splints reach beyond the joints above and below the fracture. c. Tie the splints with improvised (or actual) cravats. <ul style="list-style-type: none"> (1) Gently place the cravats at a minimum of two points above and two points below the fracture, if possible. (2) Tie non-slip knots on the splint away from the injury.
WARNING: Do Not Tie Any Cravats Directly Over The Fracture.
<p>6. Check the splint for tightness.</p> <ul style="list-style-type: none"> a. Make sure that the cravats are tight enough to securely hold the splinting materials in place.

Performance Steps
<ul style="list-style-type: none"> b. Recheck circulation below the injury to make sure that circulation is not impaired. c. Make any adjustments without allowing the splint to become ineffective.
7. Apply a sling, if applicable.
NOTE: A sling can be used to further immobilize an arm and to provide support by the uninjured side.
<ul style="list-style-type: none"> a. Make a sling from any non-stretching material, such as a strip of clothing or blanket, poncho, shelter half, belt, or shirttail. b. Apply the sling so that the supporting pressure is on the casualty's uninjured side. c. Make sure that the hand of the supported arm is slightly higher than the elbow.
8. Apply swathes, if applicable.
NOTE: Apply swathes when the casualty has a splinted, suspected fracture of the elbow or leg, or when a suspected fracture cannot be splinted. (Improvise swaths from large pieces of cloth or belts.) WARNING Place Swathes Above And/Or Below The Fracture--Not Over It.
<ul style="list-style-type: none"> a. Apply swathes to an injured arm by wrapping the swathes over the injured arm, around the casualty's back, and under the arm on the uninjured side. Tie the ends on the uninjured side. b. Apply swathes to an injured leg by wrapping the swathes around both legs and tying the swathes on the uninjured side.
NOTE: Watch the casualty closely for life-threatening conditions, check for other injuries and seek medical aid.

Evaluation Preparation: You will need another soldier to play the part of the casualty. Have the casualty lie down or sit. Place splinting materials nearby. Have splints, padding, and materials for ties, slings, and swathes available which

are appropriate to the fracture location on the arm or leg. If available, have two or more pairs of splints of varying lengths to help in scoring step 1.

Brief Soldier: Tell the soldier that the casualty has a suspected closed fracture and where it is located (lower arm, elbow, upper leg, lower leg). Tell the soldier to splint the suspected fracture. Do not evaluate step 8 in the simulated mode.

Performance Measures	Results
1. Used splints that reach beyond the points above and below the fracture.	GO / NO-GO
2. Checked the blood circulation below the fracture before and after applying the splints.	GO / NO-GO
3. Applied padding between the splints and all bony areas.	GO / NO-GO
4. Used at least four ties (two above and two below the fracture) to secure the splints, if possible.	GO / NO-GO
5. Tied non-slip knots on the splint which are away from the injury.	GO / NO-GO
6. Immobilized the splinted arm or leg using a sling and/or swathes, as required, to prevent easy movement.	GO / NO-GO
7. Checked the splint for tightness.	GO / NO-GO
8. Watched the casualty for life-threatening conditions and check for other injuries.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly.

References

Required

Related

FM 21-11

Perform mouth To mouth Resuscitation

081-831-1042

Conditions: You see an adult casualty who is unconscious and does not appear to be breathing. You are not in a chemical environment.

Standards: Administered mouth-to-mouth resuscitation following the correct sequence and at the rate of about 10 to 12 breaths per minute until the casualty started to breathe on his or her own, or you were relieved by a qualified person, or you were too tired to go on.

NOTE: The standard is based on American Heart Association information.

Performance Steps

1. Roll the casualty onto his or her back if necessary.

WARNING: The Casualty Should Be Carefully Rolled As A Unit So That The Body Does Not Twist.
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NOTE: If foreign material or vomit is seen in the mouth, it should be removed as quickly as possible (see step 7).

2. Open the airway using the head-tilt/chin-lift method.
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| <ul style="list-style-type: none">a. Kneel at the level of the casualty's shoulders.b. Place one hand on the casualty's forehead and apply firm, backward pressure with the palm to tilt the head back.c. Place the fingertips of the other hand under the bony part of the lower jaw and lift, bringing the chin forward. |
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Performance Steps
NOTE: Do not use the thumb to lift. Do not press deeply into the soft tissue under the chin with the fingers.
<p>3. Check for Breathing.</p> <ul style="list-style-type: none"> a. Check for breathing within 3 to 5 seconds by placing an ear over the casualty's mouth and looking toward his or her chest. b. Look for the chest to rise and fall. c. Listen for sounds of breathing. d. Feel for breath on your cheek.
NOTE: If the casualty resumes breathing at any time during this procedure, the airway should be maintained open and the casualty should be monitored. If the casualty continues to breathe, he or she should be transported to medical aid. Otherwise, the procedure should be continued.
4. Give breaths to ensure an open airway.
NOTE: When mouth-to-mouth resuscitation breathing cannot be performed because the casualty has jaw injuries or spasms, the mouth-to-nose method may be more effective. The mouth-to-nose method is performed by blowing into the nose while holding the lips closed. Let air escape by removing your mouth and, in some cases, removing your mouth and separating the casualty's lips.
<ul style="list-style-type: none"> a. Maintain the airway and gently pinch the nose closed, using the hand on the casualty's forehead. b. Take a deep breath and place your mouth, in an airtight seal, around the casualty's mouth. c. Give two full breaths (one and one half to two seconds each), taking a breath between them, while watching for the chest to rise and fall and listening and/or feeling for air to escape during exhalation.
NOTE: If chest rises, go to step 8. If chest does not rise, continue with step 5.

Performance Steps
5. Reposition the casualty's head slightly farther backward and repeat the breaths.
NOTE: If chest rises, go to step 8. If chest does not rise, continue with step 6.
NOTE: Abdominal thrusts should be used unless the casualty is in the advanced stages of pregnancy, is very obese, or has a significant abdominal wound.
6. Perform abdominal or chest thrusts. <ul style="list-style-type: none"> a. Abdominal thrusts. <ul style="list-style-type: none"> (1) Kneel astride the casualty's thighs. (2) Place the heel of one hand against the casualty's abdomen, slightly above the navel but well below the tip of the breastbone, with the fingers pointing toward the casualty's head. (3) Place the other hand on top of the first. (4) Press into the abdomen with a quick forward and upward thrust (5) Give several thrusts (up to five).
NOTE: Each thrust should be a separate, distinct movement.
<ul style="list-style-type: none"> b. Chest thrusts. <ul style="list-style-type: none"> (1) Kneel close to the side of the casualty's body. (2) Locate the lower edge of the casualty's ribs and run the fingers up along the rib cage to the notch where the ribs meet the breastbone. (3) Place the middle finger on the notch with the index finger just above it on the lower end of the breastbone. (4) Place the heel of the other hand on the lower half of the breastbone next to the two fingers. (5) Remove the fingers from the notch and place that hand on top of the other hand extending or interlacing the fingers.

Performance Steps
<p>(6) Straighten and lock the elbows with the shoulders directly above the hands.</p> <p>(7) Without bending the elbows, rocking, or allowing the shoulders to sag, apply enough pressure to depress the breastbone 1 to 2 inches.</p> <p>(8) Give several thrusts (up to five).</p>
NOTE: Each thrust should be given slowly, distinctly, and with the intent of relieving the obstruction.
<p>7. Perform a finger sweep and repeat breaths.</p> <p>a. Open the mouth by grasping the tongue and lower jaw to lift the jaw open or crossing the fingers and thumb to push the teeth apart.</p> <p>b. Insert the index finger of the other hand down along the cheek to the base of the tongue.</p> <p>c. Use a hooking motion from the side of the mouth toward the center to dislodge the object.</p> <p>d. Reopen the airway and repeat the breaths.</p>
WARNING: Take Care Not To Force The Object Deeper Into The Airway.
NOTE: If chest rises, go to step 8. If chest does not rise, repeat steps 6 and 7 until the airway is clear.
<p>8. Check for a pulse for 5 to 10 seconds.</p> <p>a. If a pulse is found but the casualty is not breathing, continue with step 9.</p> <p>b. If no pulse is found, qualified personnel must perform cardiopulmonary resuscitation (CPR). Send for qualified medical personnel.</p>
NOTE: Use the first two fingers in the groove in the casualty's throat beside the Adam's apple. The thumb will not be used.
9. Continue mouth-to-mouth resuscitation, at the rate of about 10 to 12 breaths per minute.

Performance Steps
10. Recheck for pulse and breathing for 3 to 5 seconds after every 12 breaths.
NOTE: Once breathing is restored watch the casualty closely, maintain an open airway and check for other injuries.

Evaluation Preparation: For training and testing, you must use a resuscitation training mannequin (DVC 08-15). Have a bottle of alcohol and swabs or cotton available. Place the mannequin on the floor and alcohol and cotton balls on the table. Clean the mannequin's nose and mouth before each soldier is evaluated

Brief Soldier: Tell the soldier to do, in order, all necessary steps to restore breathing. After step 3, tell the soldier that the casualty is not breathing. When testing steps 4 and 5, you can vary the test by indicating whether the chest rises or not. If step 7 is tested, tell the soldier that the airway is open. You can stop the evaluation when the soldier rechecks for the pulse in step 10.

Note: Reference made to the mouth-to-nose method within the task presents information on an alternate procedure, which must be used under some circumstances. This method will not be evaluated.

Performance Measures	Results
1. Positioned the casualty.	GO / NO-GO
2. Opened the airway using the head tilt/chin lift method	GO / NO-GO
3. Checked for breathing	GO / NO-GO
4. Gave breaths to ensure an open airway	GO / NO-GO
5. Repositioned the casualty and repeated breaths, if necessary	GO / NO-GO

Performance Measures	Results
6. Performed abdominal thrusts or chest thrusts, if necessary	GO / NO-GO
7. Performed finger sweep and repeated breaths if necessary	GO / NO-GO
8. Checked for pulse.	GO / NO-GO
9. Continued mouth-to-mouth or mouth-to-nose resuscitation.	GO / NO-GO
10. Rechecked for pulse and breathing after every 12 breaths.	GO / NO-GO
11. Performed all necessary steps in the correct sequence.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO-GO if any performance measure is failed. If the soldier scores NO-GO, show the soldier what was done wrong and how to do it correctly.

References
Required
FM 21-11

Related

Perform First Aid for Nerve Agent Injury

081-831-1044

Conditions: You and your unit have come under a chemical attack. You are wearing protective over-garments and or mask, or they are immediately available. There are casualties with nerve agent injuries. Given chemical protective gloves, over-garments, over-boots, protective mask and hood, mask carrier, and nerve agent antidote auto-injectors. The casualty has three nerve agent antidote auto-injectors and one convulsant antidote for nerve agents (CANA) auto-injector.

Standards: Correctly administered the antidote to yourself and administered three sets of nerve agent antidote auto-injectors followed by the CANA to a buddy following the correct sequence.

Performance Steps
NOTE: When performing first aid on a casualty, seek medical aid as soon as possible. Do not stop the first aid, but, if the situation allows, send another person to find medical aid.
1. Identify mild signs and symptoms of nerve agent poisoning. <ul style="list-style-type: none">a. Unexplained runny nose.b. Unexplained sudden headache.c. Excessive flow of saliva (drooling).d. Tightness of the chest causing breathing difficulties.e. Difficulty seeing (blurred vision).f. Muscular twitching around area of exposed or contaminated skin.g. Stomach cramps.h. Nausea.
NOTE: For the above signs and symptoms first aid is considered to be self-aid.
2. React to the Chemical Hazard. <ul style="list-style-type: none">a. Put on your protective mask.b. Give the alarm.
NOTE: Do not put on additional protective clothing at this time. Give yourself the nerve agent antidote first. Then, decontaminate exposed skin areas and put on remaining protective clothing.
3. Administer nerve agent antidote to self (Self-Aid), if necessary. <ul style="list-style-type: none">a. Prepare to administer one atropine injection.<ul style="list-style-type: none">(1) Obtain one set of your auto-injectors.

Performance Steps
<p>NOTE: If you have the M17-series protective mask, the auto-injectors will normally be stored in the mask carrier. The M40 Series mask carrier does not have room for storage of auto-injectors; unit SOP dictates storage location, usually the BDU pocket.</p>
<p>(2) With one hand, hold the set of injectors by the plastic clip with the big injector on top.</p> <p>(3) With the other hand, check the injection site in order to avoid buttons and objects in pockets where injecting.</p> <p>(4) Grasp the small injector without covering or holding the needle (green) end, and pull it out of the clip with a smooth motion.</p> <p>(5) Hold the injector between the thumb and first two fingers without covering or holding the needle (green) end.</p>
<p>NOTE: If the injection is accidentally given in the hand, another small injector must be obtained and the injection given in the proper site.</p>
<p>(6) Place the needle end of the injector against the outer thigh muscle.</p>
<p>NOTE: The injection can be given in any part of the lateral thigh muscle from about a hand's width above the knee to a hand's width below the hip joint. NOTE: Very thin soldiers should give the injection in the upper outer part of the buttocks.</p>
<p>CAUTION: When Injecting Antidote In The Buttocks, Be Very Careful To Inject Only Into The Upper, Outer Quarter Of The Buttocks To Avoid Hitting The Major Nerve Which Crosses The Buttocks. Hitting The Nerve May Cause Paralysis.</p>
<p>b. Administer the atropine injection.</p> <p>(1) Push the injector into the muscle with firm, even pressure until it functions.</p>

Performance Steps
<p>NOTE: A jabbing motion is not necessary to trigger the activating mechanism.</p> <p>(2) Hold the injector firmly in place for at least 10 seconds.</p> <p>(3) Remove the injector from your muscle and carefully place this used injector between two fingers of the hand holding the plastic clip.</p> <p>c. Prepare to administer one 2 PAM CI injection.</p> <p>(1) Pull the large injector out of the clip and hold it between the thumb and first two fingers as you did with the small injector.</p> <p>(2) Place the needle (black) end of the injector against the injection site.</p> <p>d. Administer the 2 Pam CI injection.</p> <p>(1) Push the injector into the muscle with firm, even pressure until it functions.</p> <p>(2) Hold the injector firmly in place for at least 10 seconds.</p>
<p>4. Secure the used injectors.</p> <p>a. Drop the plastic clip without dropping the used injectors.</p> <p>b. Push the needle of each used injector (one at a time) through one of the pocket flaps of the protective overgarment.</p> <p>c. Bend each needle to form a hook without tearing protective gloves or clothing.</p>
<p>5. Decontaminate skin if necessary.</p>
<p>NOTE: Information on this step is provided in task Decontaminate Yourself and Individual Equipment Using Chemical Decontamination Kits, task number 031-503-1013.</p>
<p>6. Put on remaining protective clothing.</p>

Performance Steps
NOTE: Information on this step is covered in task Protect Yourself From NBC Injury/Contamination With the Appropriate Mission-Oriented Protective Posture (MOPP) Gear, task number 031-503-1015.
WARNING: If, Within 5 To 10 Minutes After Administering The First Set Of Injections, Your Heart Begins Beating Rapidly And Your Mouth Becomes Very Dry, Do Not Administer Another Set Of Injections.
7. Seek buddy-aid or medical aid.
NOTE: After you have given yourself the first set of injections, you most likely will not need additional antidote if you are ambulatory and know who and where you are. If needed, second and third sets of injections will be given only by a buddy or by medical personnel.
8. Identify severe signs and symptoms of nerve agent poisoning. <ul style="list-style-type: none"> a.Strange and confused behavior. b.Gurgling sounds made when breathing. c.Severely pinpointed pupils. d.Red eyes with tearing. e.Vomiting. f.Severe muscular twitching. g.Loss of bladder and/or bowel control. h.Convulsions. i.Unconsciousness or stoppage of breathing.
NOTE: If the casualty is exhibiting severe symptoms, assistance (buddy-aid) is required by the individual to complete first aid treatment.
WARNING: Do Not Kneel At Any Time While Providing Aid To The Casualty. Contact With The Ground Could Force The Chemical Into Or Through The Protective Clothing.

Performance Steps
<p>NOTE: Reposition the casualty on his or her back if necessary to mask the individual.</p>
<p>9. Mask the casualty if necessary.</p> <ol style="list-style-type: none"> Place the mask on the casualty. If the casualty can follow directions, have him or her clear the mask. Check for a complete mask seal by covering the inlet valves of the mask. Pull the protective hood over the head, neck, and shoulders of the casualty. Position the casualty on the right side, similar to a swimmer position, with head slanted down so that the casualty will not roll back over.
<p>10. Administer first aid to a nerve agent casualty (Buddy-Aid).</p> <ol style="list-style-type: none"> Prepare to administer one atropine injection. <ol style="list-style-type: none"> Remove all three sets of auto-injectors and the single CANA auto-injector from the casualty's mask carrier or BDU pocket. With one hand, hold the set of injectors by the plastic clip with the big injector on top. With the other hand, check the injection site to avoid buttons and objects in pockets. Grasp the small injector and pull it out of the clip with a smooth motion. Hold the injector between the thumb and first two fingers without covering or holding the needle (green) end. Place the needle end of the injector against the casualty's outer (lateral) thigh muscle.
<p>NOTE: The injection can be given in any part of the lateral thigh muscle from about a hand's width above the knee to a hand's width below the hip joint. Very thin soldiers should be given the injections in the upper outer part of the buttocks.</p>

Performance Steps
WARNING: When Injecting Antidote In The Buttocks, Be Vary Careful To Inject Only Into The Upper, Outer Quarter Of The Buttocks To Avoid Hitting The Major Nerve Which Crosses The Buttocks. Hitting The Nerve May Cause Paralysis.
<p>b. Administer the atropine injection.</p> <p>(1) Push the injector into the muscle with firm, even pressure until it functions.</p> <p>(2) Hold the injector in place for at least 10 seconds.</p> <p>(3) Carefully place the used injector between two fingers of the hand holding the clip.</p>
<p>c. Prepare to administer one 2 PAM CI injection.</p> <p>(1) Pull the large injector out of the clip and hold it between the thumb and first two fingers as you did with the small injector.</p> <p>(2) Place the needle (black) end of the injector against the injection site.</p>
<p>d. Administer the 2 Pam CI injection.</p> <p>(1) Push the injector into the muscle with firm, even pressure until it functions.</p> <p>(2) Hold the injector in place for at least 10 seconds.</p> <p>(3) Drop the clip without dropping injectors.</p> <p>(4) Lay the used injectors on the casualty's side.</p>
NOTE: Repeat steps 10a through 10d until the casualty has received a total (including self-administered) of three sets of antidote injections.
<p>e. Prepare to administer the CANA injection.</p> <p>(1) Tear open the protective plastic packet and remove the injector.</p> <p>(2) Grasp the injector with the needle (black) end extending beyond the thumb and two fingers (index plus next finger).</p> <p>(3) With the other hand, pull the safety cap off the injector base to arm the injector.</p>

Performance Steps
(4) Place the black end of the injector against the casualty's injection site.
CAUTION: Do Not Touch The Black (Needle). You Could Accidentally Inject Yourself.
f. Administer the CANA injection. (1) Push the injector into the muscle with firm, even pressure until it functions. (2) Hold the injector in place for at least 10 seconds.
11. Secure the used injectors. a. Push the needle of each used injector (one at a time) through one of the pocket flaps of the casualty's protective over-garment. b. Bend each needle to form a hook without tearing protective gloves or clothing.
12. Decontaminate the casualty's skin if necessary.
NOTE: This information is covered in task Decontaminate Yourself and Individual Equipment Using Chemical Decontamination Kits, task number 031-503-1013.
13. Seek Medical Aid.

Evaluation Preparation: You must use nerve agent antidote injection training aid to train and evaluate this task. Actual auto-injectors will not be used. For self-aid, have the soldier dress in MOPP level 2. Have the soldier wear a mask carrier containing a mask and the training nerve agent auto-injectors. For buddy-aid, have the soldier being tested and the casualty dress in MOPP level 2. Have the casualty lie on the ground wearing the mask carrier containing a mask and the training nerve agent auto-injectors.

Brief Soldier: For self-aid, tell the soldier to state, in any order the mild symptoms of nerve agent poisoning. The soldier must state seven of the eight symptoms to be scored GO. Then, tell the soldier that he or she has mild

symptoms and to take appropriate action. After the soldier completes step 4, ask what should be done next. Then ask what he or she should do after putting on all protective clothing. Score steps 5 through 7 based upon the soldier's responses. For buddy-aid, tell the soldier to state, in any order, the severe symptoms of nerve agent poisoning. The soldier must state eight of the nine symptoms to be scored GO. Tell the soldier to treat the casualty for nerve agent poisoning. After the soldier completes step 11, ask what else he or she should do. Score steps 12 and 13 based upon the soldier's responses.

Performance Measures	Results
1. Identified mild signs of nerve agent poisoning.	GO / NO-GO
2. Reacted to the chemical hazard.	GO / NO-GO
3. Correctly administered the nerve agent antidote to self.	GO / NO-GO
4. Secured the used injectors.	GO / NO-GO
5. Decontaminated skin if necessary.	GO / NO-GO
6. Put on remaining protective clothing.	GO / NO-GO
7. Sought help (Buddy-Aid).	GO / NO-GO
8. Identified severe signs of nerve agent poisoning.	GO / NO-GO
9. Masked the casualty.	GO / NO-GO
10. Correctly administered nerve agent antidotes to the casualty.	GO / NO-GO
11. Secured the used injectors.	GO / NO-GO
12. Decontaminated the casualty's skin if necessary.	GO / NO-GO
13. Sought medical aid.	GO / NO-GO
14. Performed steps 1 through 12 in the correct sequence.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all the performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier

scores NO GO, show what was done wrong and how to do it correctly.

References

Required

Related

FM 21-11

FM 8-285

Perform First Aid for Cold Injuries

081-831-1045

Conditions: You see a casualty who has signs and symptoms of a cold injury. Necessary equipment and materials: Canteen of potable water, blanket or similar item to use for warmth, dry clothing.

Standards: Recognized the type of cold injury and administered appropriate first aid.

Performance Steps

NOTE: When Performing First Aid On A Casualty, Seek Medical Aid As Soon As Possible. Do Not Stop The First Aid, But, If The Situation Allows, Send Another Person To Find Medical Aid.

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| <ol style="list-style-type: none">1. Identify the type of cold injury.<ol style="list-style-type: none">a. Chilblain/frostnip. If the signs and symptoms are as follows go to step 2a.<ol style="list-style-type: none">(1) Prolonged exposure of bare skin at temperatures of 60°F, to 32°F.(2) Redness or pallor of affected areas.(3) Absence of pain (numb).(4) May have ulcerated bleeding skin lesions. |
|--|

Performance Steps
<p>NOTE: Freezing of superficial skin tissue may occur with frostnip; however, there is no freezing of the deeper tissues.</p> <p>b. Frostbite. If the signs and symptoms are as follows go to step 2b.</p> <ul style="list-style-type: none"> (1) Superficial. <ul style="list-style-type: none"> (a) Loss of sensation or numb feeling in any part of the body. (b) Sudden whitening of the skin in the affected area followed by momentary tingling feeling. (c) Redness of skin in light-skinned soldiers, grayish coloring in dark-skinned soldiers. (2) Deep. <ul style="list-style-type: none"> (a) Blisters. (b) Swelling or tender areas. (c) Loss of previous feeling of pain in the affected area. (d) Pale, yellowish, waxy-looking skin. (e) Frozen area feels solid or wooden to the touch. <p>c. Immersion foot/trench foot. If the signs and symptoms are as follows go to step 2c.</p> <ul style="list-style-type: none"> (1) Long exposure of feet to wet conditions at temperatures from 50°F down to 32°F. (2) Early stage/first phase. <ul style="list-style-type: none"> (a) Affected area feels cold. (b) Numb and painless. (3) Later stage/advanced phase. <ul style="list-style-type: none"> (a) Limbs feel hot and burning. (b) Shooting pains. (c) Affected area is pale with bluish cast. (d) Pulse strength decreased. (e) Other signs that may follow: Blisters, swelling, redness, heat, hemorrhages or gangrene.

Performance Steps
<p>d. Snow blindness. If the signs and symptoms are as follows go to step 2d.</p> <ol style="list-style-type: none"> (1) Scratchy feeling in eyes, as if from sand or dirt. (2) Watery eyes. (3) Redness. (4) Headache. (5) Increased pain with exposure to light.
<p>e. Hypothermia. If the signs and symptoms are as follows go to step 2e.</p>
<p>NOTE: This condition should be suspected in any chronically ill person who is found in an environment of less than 50°F.</p> <p>CAUTION: With generalized hypothermia the entire body has cooled with the core temperature below 95° F (Temperature is provided as guide; the common soldier probably would not have a thermometer to use). This is a medical emergency.</p>
<ol style="list-style-type: none"> (1) Mild hypothermia (Body temperature 90°-95°F). <ol style="list-style-type: none"> (a) Conscious, but usually apathetic or lethargic. (b) Shivering. (c) Pale cold skin. (d) Slurred speech. (e) Poor muscle coordination. (f) Faint Pulse (2) Severe hypothermia (Body temperature 90°F or lower). <ol style="list-style-type: none"> (a) Breathing slow and shallow. (b) Irregular heart action (c) Pulse weaker or absent. (d) Stupor or unconsciousness. (e) Ice cold skin. (f) Rigid muscles. (g) Glassy eyed.

Performance Steps
CAUTION: Hypothermia is a medical emergency. Prompt medical treatment is necessary. Casualty should be evacuated to medical treatment facility immediately.
<p>f. Dehydration (cold weather). If the signs and symptoms are as follows go to step 2f.</p> <ul style="list-style-type: none"> (1) Mouth, tongue, and throat are parched and dry. (2) Swallowing is difficult. (3) Nausea and dizziness. (4) Fainting. (5) Tired and weak. (6) Muscle cramps especially in the legs. (7) Focusing eyes may be difficult.
<p>2. Perform first aid for the cold injury.</p> <p>a. Chilblain/frostnip.</p> <ul style="list-style-type: none"> (1) Apply rewarming (body heat). <ul style="list-style-type: none"> (a) Apply warmth with casualties bare hands. (b) Blow warm air on the affected area. (c) For hands and fingertips place hands in armpits. (2) Protect lesions (if present) with dry sterile dressing. (3) Seek medical aid.
CAUTION: Do Not Rub Or Massage Area.
NOTE: If the condition does not respond to simple care begin first aid for frostbite.
CAUTION: Do Not: Rub Snow On The Frostbitten Part; Massage Or Rub The Frostbitten Part; Use Dry Or Radiant Heat To Rewarm; Rupture Blister; Use Ointments Or Other Medications On The Part; Handle A Frostbitten Extremity Roughly; Allow A Thawed Extremity To Refreeze; Or Allow The Casualty To Use Alcohol Or Tobacco Products.

Performance Steps
<p>b. Frostbite.</p> <p>(1) Warm the area using firm, steady pressure of hands, underarm or abdomen.</p> <p>(2) Face, ears, nose--cover with hands (casualty's or a buddy's).</p> <p>(3) Hands--open casualty's field jacket and place against the body (under armpits if possible), then close the jacket.</p> <p>(4) Feet--remove boots, socks, and place feet under clothing and against the body of another soldier.</p>
<p>CAUTION: Do Not Remove Clothing In A Chemical Environment.</p> <p>WARNING: Do Not Attempt To Thaw The Casualty's Feet Or Other Seriously Frozen Areas If The Soldier Will Be Required To Walk Or Travel To A Medical Center In Order To Receive Medical Treatment. The Possibility Of Injury From Walking Is Less When The Feet Are Froze Than After They Have Been Thawed (If Possible, Avoid Walking). Thawing In The Field Increases The Possibility Of Infection, Gangrene, Or Injury.</p>
<p>(5) Loosen or remove constricting clothing and remove any jewelry.</p> <p>(6) Increase insulation (cover with blanket or something similar and dry).</p> <p>(7) Have the casualty exercise as much as possible, avoiding trauma to injured part(s).</p> <p>(8) Seek medical aid (Evacuate the casualty).</p>
<p>WARNING: Monitor The Casualty For Life Threatening Conditions And Apply Appropriate First Aid As Necessary.</p>
<p>c. Immersion foot/trench foot.</p> <p>(1) Gradually rewarm by exposing to warm air.</p> <p>(2) Protect affected parts from trauma.</p> <p>(3) Dry feet thoroughly and avoid walking.</p>

Performance Steps
<ul style="list-style-type: none"> (4) Elevate the affected part. (5) Seek medical treatment (evacuate casualty).
<ul style="list-style-type: none"> d. Snow Blindness. <ul style="list-style-type: none"> (1) Cover the eyes with a dark cloth. (2) Seek medical treatment (evacuate casualty).
CAUTION: This Is A Medical Emergency! Prompt Medical Treatment Is Necessary.
<ul style="list-style-type: none"> e. Hypothermia. <ul style="list-style-type: none"> (1) Mild. <ul style="list-style-type: none"> (a) Re-warm body evenly. (Must provide heat source--campfire or other soldier's body.)
NOTE: Merely placing the casualty in a sleeping bag or covering with a blanket is not enough since the casualty is unable to generate his or her own body heat.
<ul style="list-style-type: none"> (b) Keep dry and protect from the elements. (c) Give warm liquids gradually if the casualty is conscious. (d) Seek medical treatment immediately.
<ul style="list-style-type: none"> (2) Severe. <ul style="list-style-type: none"> (a) Stabilize the temperature. (b) Attempt to avoid further heat loss. (c) Evacuate to the nearest medical treatment facility as soon as possible.
NOTE: Re-warming a severely hypothermic casualty is extremely dangerous in the field due to the great possibility of such complications as re-warming shock and disturbance in the rhythm of the heartbeat.
WARNING: Monitor The Casualty For Life Threatening Conditions.
<ul style="list-style-type: none"> f. Dehydration. <ul style="list-style-type: none"> (1) Keep warm. (2) Loosen clothes to improve circulation. (3) Give fluids for fluid replacement.

Performance Steps
(4) Rest. (5) Seek medical assistance.
NOTE: Medical personnel will determine the need for salt replacement.

Evaluation Preparation: Have a soldier play the part of the cold injury casualty. Select one of the types of cold injuries to evaluate the soldier on. Coach the simulated casualty on how to answer questions about symptoms. Physical signs and symptoms that the casualty cannot readily simulate, for example, blisters, must be described to the soldier.

Brief Soldier: Tell the soldier being evaluated to determine what cold injury the casualty has. After the cold injury has been identified, ask the soldier to describe the proper treatment.

Performance Measures	Results
1. Identified the type of cold injury.	GO / NO-GO
2. Provided the proper first aid for cold injuries.	GO / NO-GO

Evaluation Guidance: Score the soldier GO if all performance measures are passed. Score the soldier NO GO if any performance measure is failed. If the soldier scores NO GO, show what was done wrong and how to do it correctly.

References
Required
FM 21-11

Related

GLOSSARY

ACES—Army Continuing Education System
ACP—Allied Communication Publication
ACS—Army Community Service
ADAPCP—alcohol and drug abuse prevention and control
program
AEC—Army Education Center
AER—Army Emergency Relief
AFTB—Army Family Team Building
AIT—advanced individual training
ALICE—all-purpose lightweight carrying equipment
AMCS—Army Management Staff College
ANCOC—Advanced Individual Training
APFT—Army Physical Fitness Test
AR—Army Regulation
ARNG—Army National Guard

BAQ/OR—basic allowance for quarters/own right
BAQ/W—basic allowance for quarters/with dependents
BCT—basic combat training
BNCOC—Basic Noncommissioned Officers Course

CANA—Convulsant Antidote for Nerve Agents
CB—chemical biological
CGSC—Command General Staff College
CHAMPUS—Civilian Health and Medical Program of the
Uniformed Services
CONUS—continental United States
CLP—cleaner lubricant preservative
CTT—Common Task Test
cpl—corporal
CPR—cardiopulmonary resuscitation
CW2—Chief Warrant Officer, W2
CW3—Chief Warrant Officer, W3
CW4—Chief Warrant Officer, W4
CW5—Chief Warrant Officer, W5

DA—Department of the Army
DEERS—Defense Enrollment Eligibility Reporting System
DIC—dependency and indemnity compensation
DS—direct support

EO—equal opportunity
EOA—equal opportunity advisor
EOR—equal opportunity representative
EQ—enlisted quarters

F—fail
FITT—frequency, intensity, time, type
FM—field manual
FSA—family separation allowance
FSBAQ—family separation basic allowance for quarters
FTX—field training exercise

GED—general education development
GS—general support
GTA—graphic training aid

IAW—in accordance with
ID—identification
IEDK—individual equipment decontaminating kit
IET—initial entry training
IG—inspector general

JAG—judge advocate general

LAW—light antitank weapon
LCE—load-carrying equipment
LES—leave and earnings statement

MIJI—meaconing, intrusion, jamming, and interference
mm—millimeter
MOPP—mission-oriented protective posture
MOS—military occupational specialty

NCO—noncommissioned officer
NSN—national stock number

GLOSSARY– 2

OAC—Officer Advanced Course
 OBC—Officers Basic Course
 OQ—officer quarters
 OSUT—one-station unit training

 P—pass
 pam—pamphlet
 para—paragraph
 PL—preservative lubricant
 PLDC—Primary Leadership Development Course
 POST—program on sexual harassment
 PM—Provost Marshal
 PMCS—preventive maintenance checks and services
 PT—physical training
 PW—prisoner of war
 PX—post exchange

 RBC—rifle bore cleaner

 S—safe
 SALUTE—size, activity, location, unit, time, equipment
 SAM—statement, act, and marriage
 SBP—Survivor Benefit Plan
 SDK—skin decontamination kit
 semi—semiautomatic
 SEQ—senior enlisted quarters
 SGLI—Servicemen's Group Life Insurance
 SJA—Staff Judge Advocate
 SOCAD—Servicemembers Opportunity College
 Associate's Degree
 SOI—Signal Operating Instructions
 SOP—standing operating procedure
 SOQ—senior officer quarters
 SPORTS—slap, pull, observe, release, tap, shoot

 TC—training circular
 TM—technical manual
 TRADOC—(United States Army) Training and Doctrine
 Command

UCMJ—Uniformed Code of Military Justice

US—United States

USAR—United States Army Reserve

VD—venereal disease

VGLI—Veteran's Group Life Insurance

VHA—variable housing allowance

WO1—warrant officer, W1

WOAC—Warrant Officers Advance Course

WOBC—Warrant Officers Basic Course

WOSC—Warrant Officers Staff College

WP—white phosphorus

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