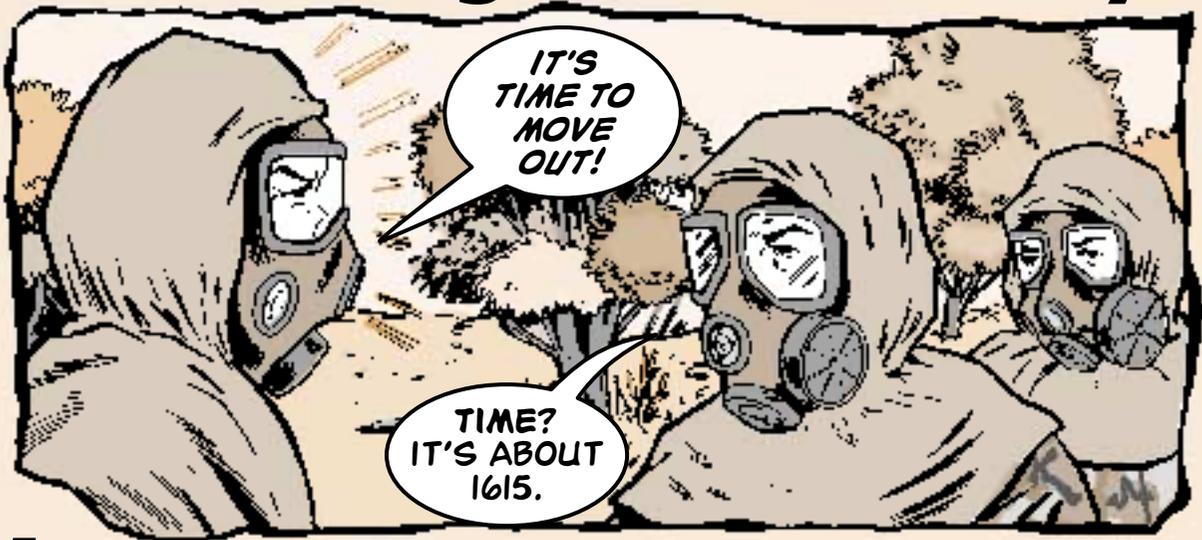
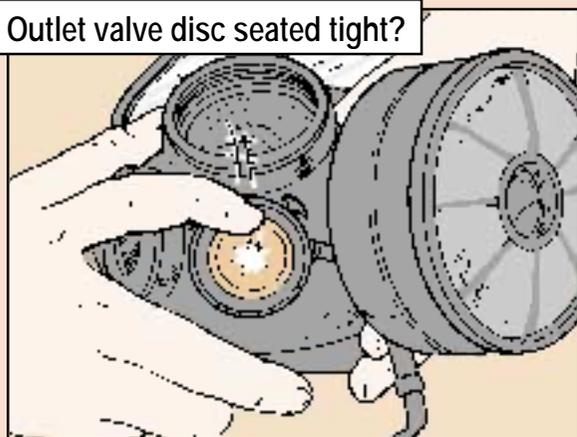


Breathing Comfortably



It's rough enough to wear your M40/M42 mask for long periods. You don't want to make it rougher than it has to be.

So pay attention to the outlet valve disc. Unless it's seated properly, you'll be breathing in and out of the outlet valve. You'll have no protection against real or simulated chemical agents. As part of your before-operation PMCS, make sure the disc is seated tight in the outlet valve.



It's tough to make yourself heard with your mask on, so if you're a squad leader or higher, you can shout your-

self hoarse during a mission. The remedy is the M7 amplifier, NSN 5996-01-381-9012. It greatly amplifies your voice and makes shouting unnecessary. The M7 is part of the AAL for the M40A1/M42A2 masks.

Your mask doesn't have to be skin-tight to protect you. In fact, if the straps are too tight, you'll develop a terrific headache. After you put on the mask, pull the harness cheek straps snug, but don't muscle them tight.

