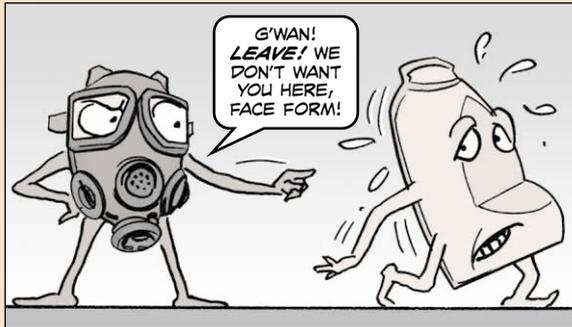


Ways to Breathe Better



YOU AND YOUR M40/M42 MASK CAN BOTH BREATHE EASIER IF YOU TAKE A DEEP BREATH AND READ AND REMEMBER THESE TIPS ON MASK CARE...

No faceforms. NBC NCOs and operators, throw away those faceforms. They're no longer considered necessary for mask storage in the NBC room and they were never meant to go to the field. If you need something in writing on getting rid of the faceforms, see SBCCOM Maintenance Advisory Message (MAM) 99-05. Your logistics assistance representative can get you a copy.



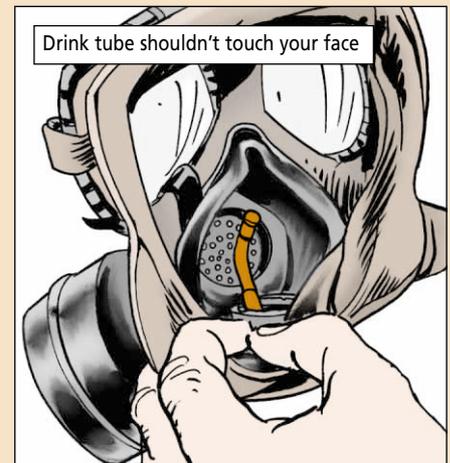
Store and carry your mask properly. You'll prevent most mask damage by remembering these three don'ts:

- Don't fold your mask to put it in the carrier.
- Don't use the carrier as a pillow or seat cushion.
- Don't put anything in the carrier besides the mask.

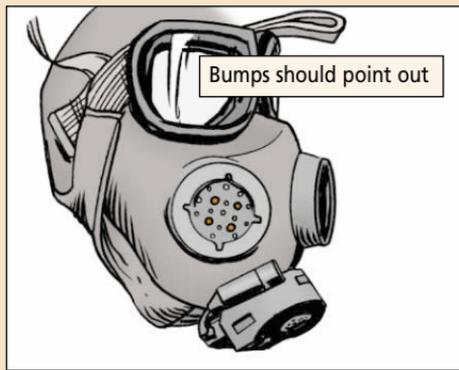


If you ignore any of these don'ts, count on your mask being damaged and unable to protect you.

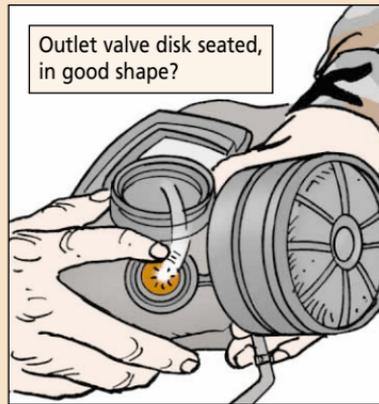
Make sure the internal drink tube is the proper length. If it touches your face, it's too long and will irritate your face when you have to wear the mask a long time. If the drink tube is the right length, you should be able to push on top of the outlet valve cover and grasp the tube with your teeth. Your NBC NCO can trim the tube to fit. Anytime you get a mask that was used by someone else, you should also get a new drink tube. You don't want someone's germs. Remember there are now two different internal drink tubes. Get the correct one.



Look for the bumps on the front and side voicemitters. The four bumps on both voicemitters should point out. The side voicemitter is often installed backwards and then your mask won't be able to protect you.



Check for the outlet valve disk. If it's missing, torn, or not seated tight in the outlet valve body, you'll have no protection.



'I can't hear you.' If you hear that a lot from your fellow soldiers, you need the amplifier, NSN 5996-01-381-9012. It amplifies your voice enough that you don't need to shout.



Riot Control Disperser NSNs Change

The individual riot control agent disperser has been changed from Federal Supply Class V (ammunition) to Class II (individual equipment). As a result, these are the new NSNs for the dispersers.

- pepper, NSN 1040-01-501-4380
- tear gas, NSN 1040-01-501-4384
- simulant, NSN 1040-01-501-4423