

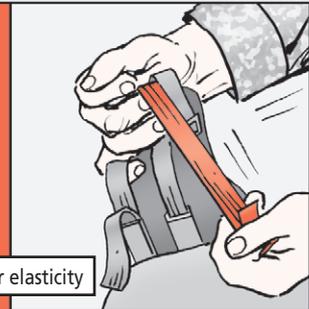
BAD HARNESS CAUSES BAD HEADACHES



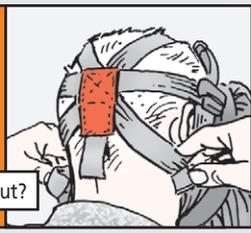
HARNESS MASK HEADACHES WITH A LITTLE PM...



- Check the head harness' elasticity every time you do PMCS. Gently stretch all the harness straps to make sure they still have spring. If they don't easily snap back, get your CBRN specialist to replace the harness ASAP.



- Make sure the head harness elastic webbing is on top and its seams point out. If you have the harness inside-out, the crosspiece rubs a sore spot on your head.



- Tighten the head harness snug, but not so snug you can't stick a finger under each strap. If the straps are tighter than that, count on a headache. Once you have the straps tightened correctly, loosen only the cheek straps to take off the mask. Then when you put the mask back on you need to tighten only the cheek straps to be ready for action. Saving those seconds could save your life.



- Don't tape the straps in one position. That can lead to a headache or hot spot on your head. Plus you can't adjust the mask.

- Store the mask with the head harness pulled over the front of the face piece. That lets you just stick your face in the mask and pull the harness back over your head, saving more life-saving seconds. Don't store the harness over the canister, though. That stretches the elastic and causes it to weaken.

