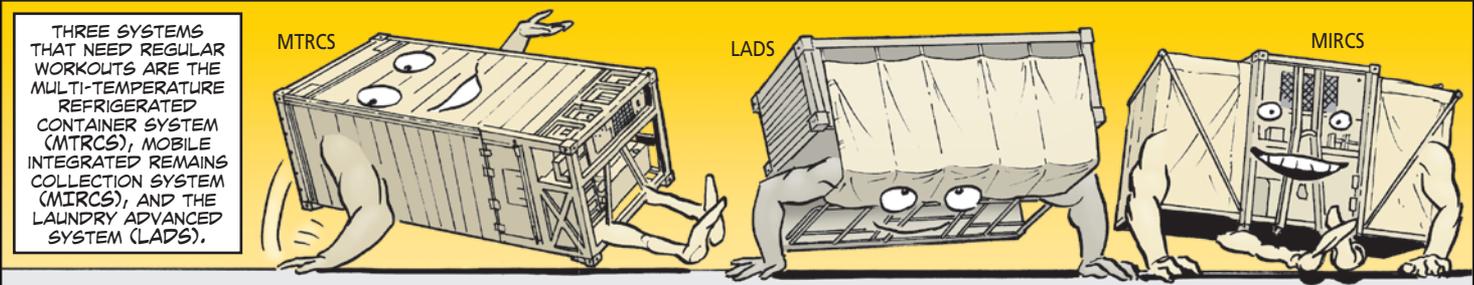
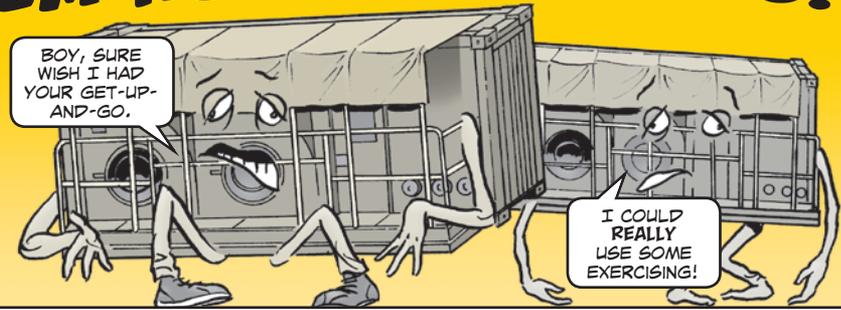
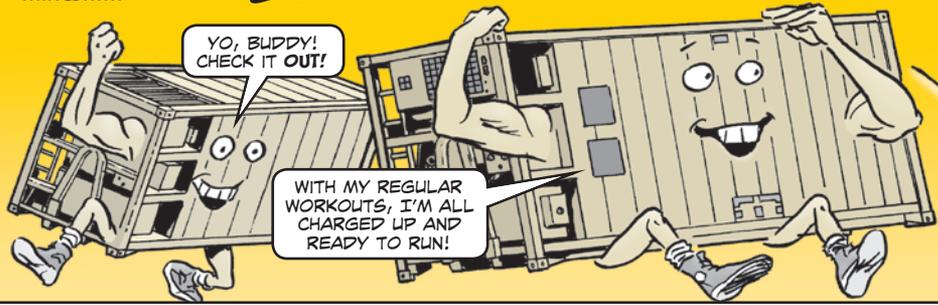


# EXERCISE KEEPS 'EM HUMMING ALONG!



THREE SYSTEMS THAT NEED REGULAR WORKOUTS ARE THE MULTI-TEMPERATURE REFRIGERATED CONTAINER SYSTEM (MTRCS), MOBILE INTEGRATED REMAINS COLLECTION SYSTEM (MIRCS), AND THE LAUNDRY ADVANCED SYSTEM (LADS).

**MTRCS**

Units should exercise the MTRCS monthly. Otherwise the seals within the refrigeration unit can dry out and refrigerant can escape. Refrigerant loss means an MTRCS that will not cool properly. Units have reported low refrigerant levels in MTRCS after fully-charged systems sat idle for an extended time.

To help prevent refrigerant from escaping, operate the MTRCS monthly for at least two hours. When the system is not going to be used for 90 days or longer, the refrigerant should be pumped down into the receiving tank. Follow the pump-down procedures in WP 0032 of TM 10-8145-222-13 (Sep 10).

**LADS**

Proper shutdown of systems is just as important as regular workouts. With LADS, this includes draining all the water from the system to prevent damage from freezing. Follow the shutdown/cool down and draining/storage procedures in WP 0016 of TM 10-3510-221-10 (Jul 08).

**MIRCS**

The MIRCS has three key components that need exercise: the generator (15-kW tactical quiet generator), environmental control unit (ECU) and refrigeration unit (RU). The RU and generator need to run at least once a month for a minimum of two hours. The ECU should be run quarterly.

The generator and RU benefit from exercise by keeping their batteries charged. Exercise lubricates the moving parts of the engine and fuel injectors, and prevents engine seals from drying out. Additionally, exercise prevents the RU compressor shaft seal from drying out and leaking refrigerant.

Before starting the generator, deploy the generator supports in accordance with WP 0008-7 through 0008-11 in TM 10-4110-263-10 (Jun 10).

Follow procedures in WP 0009-1 for operating the RU. Before operation, remove the RU cover and install the exhaust extension.

After operation, allow the exhaust extension to cool, remove it, stow it and replace the cover. Failure to replace the cover will allow water to get into the system, causing severe damage.

The ECU is helped when moving parts such as the compressor and fans are exercised. To properly start the ECU, the MIRCS must be set up IAW WP 0008 in TM 10-4110-263-10 (Jun 10), which means the platforms must be lowered and the softwalls deployed with support rods.

Follow the PMCS guidelines in WP 0023 of TM 10-4110-263-10 (Jun 10).