

TIPS FOR BREATHING EASIER



FOLLOW THESE TIPS SO WE CAN BOTH BREATHE EASIER!

Dear Editor,

You will definitely breathe easier in your M40/M42 mask if you remember these tips:

Train, train, train. We see Soldiers who are just handed a mask and really don't have any idea on how to put it together or wear it. Sergeant's Time is an excellent time for CBRN specialists to go over mask basics with units. TM 3-4240-346-10 and -23&P are excellent tools for training.

If you're a new CBRN specialist and don't have much training yourself, most major posts have some sort of CBRN school you can go through to prepare you for your new job.

Remember the M40 canister can be on either side of the mask. That helps left-handed Soldiers when they're firing their weapons.

When you sanitize a mask or issue a mask to a new Soldier, replace the outlet, inlet and two nose cup disks, the internal drink tube, and the head harness. They wear out over time, which makes it difficult for the mask to function. These items aren't expensive, so replacing them is a good, cheap way to keep the mask breathing right.



NOW WE ARE GOING TO TRAIN, TRAIN, TRAIN UNTIL YOU KNOW ME INSIDE AND OUT!



I CAN GO RIGHT OR LEFT WITH MY CANISTER. I'M TALENTED LIKE THAT!

Make sure you learn how to use M41 PATS. That is the best way to ensure your Soldiers have masks that properly fit. In too many CBRN rooms, PATS isn't being used because CBRN specialists aren't sure how to use it. Also make sure PATS is calibrated. It won't do you any good if it gives false results.

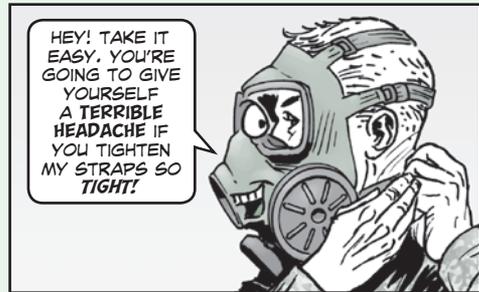
Consider where you will be operating when choosing which outserts to use. If you're going to be in bright sunshine most of the time, use the tinted outserts. If it's going to be cloudy or at night, use the clear outserts. Once you have the mask on, it's difficult to change the outserts.



LET'S SEE... TODAY IS SUPPOSED TO BE BRIGHT 'N' SUNNY...SO I THINK I'LL GO WITH MY TINTED OUTSERTS.

Forget the faceform for storage. You no longer need to install the plastic insert in the mask when it's going to be stored for a long time. The mask will hold its shape without the insert if it's stored like the TM tells you to. Just remember to store the mask with the head harness straps pulled over the front of the mask. Also ensure the mask is stored with the outserts installed so the primary lenses don't get scratched.

Don't crank the headharness straps tight. New Soldiers often do this, which results in the Mother of All Headaches. If your scalp tingles after you tighten the straps, they're probably too tight. Loosen the straps and place a finger under the clip and buckle. Adjust the strap until the clips and buckle feel snug. Do this for all the straps.



HEY! TAKE IT EASY. YOU'RE GOING TO GIVE YOURSELF A TERRIBLE HEADACHE IF YOU TIGHTEN MY STRAPS SO TIGHT!

Put on your mask chin first. That helps it fit better.

When you do your mask PMCS, check all the straps for elasticity. If they've lost their snap, they won't do a good job of holding the mask in place. Get a new head harness.



Putting mask on chin first gives a better fit

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Editor's note: You've unmasked some great mask ideas, Sergeant. Thanks for sharing.