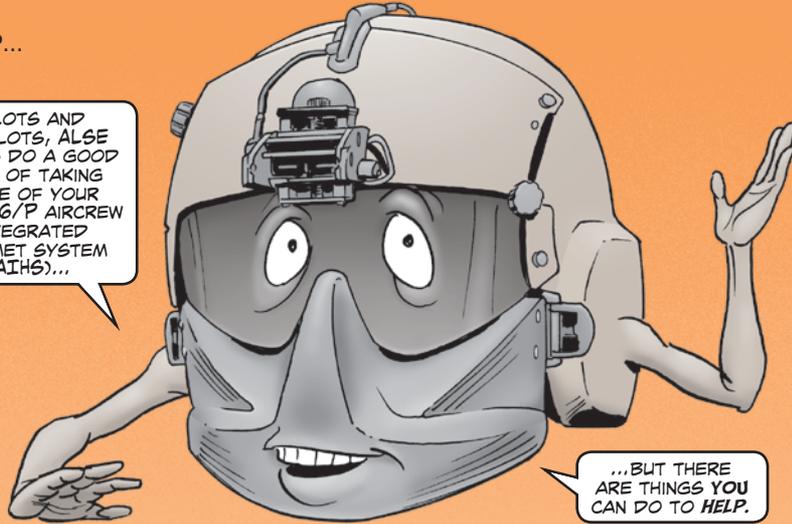


PILOTS AND COPILOTS, ALSE TECHS DO A GOOD JOB OF TAKING CARE OF YOUR HGU-56/P AIRCREW INTEGRATED HELMET SYSTEM (AIHS)...

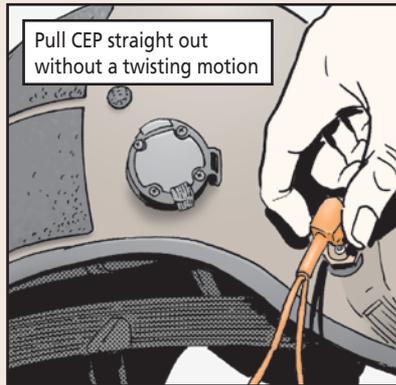


...BUT THERE ARE THINGS YOU CAN DO TO HELP.

# Helmet PM Is NOT Negotiable

**PMCS** is not negotiable. Don't leave it for the ALSE folks to take care of. Good helmet care means doing your Before and After helmet PMCS like it says in WP 0020 00 of TM 1-1680-377-13&P.

For example, when you remove your helmet after a mission, don't leave the communication earplug (CEP) connected. Remove the CEP by pulling it straight out of the connector and placing it in its plastic storage container. Never remove the CEP cable from the back of the helmet with a twisting motion. That could loosen the locknut on the backside of the connector and allow the connector to turn. If that happens, the soldered wires behind the connector assembly can come loose and short out.



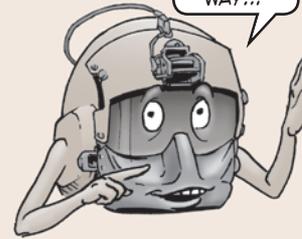
Leaving the CEP connected causes damage to the connector flange while it's carried in the helmet bag. The protrusion that sticks out from the helmet can bang against other equipment. That widens the flanges on the connector. Then you'll lose the interface in the helmet and the earcups because of broken wires.



DONNING THE HELMET IS AN EXERCISE IN PREVENTIVE MAINTENANCE, TOO.

REMEMBER, IF YOU SPREAD THE HELMET TOO MUCH WHEN PUTTING IT ON, YOU WEAKEN IT, AND THAT CAN LEAD TO CRACKS.

HERE'S THE RIGHT WAY...



1. Hook your thumbs over the ear cups and spread the helmet just slightly.
2. Place the front edge of the helmet firmly against your forehead.
3. Rotate the helmet rearward and down onto your head.
4. Press the helmet down firmly with both hands.
5. Adjust the nape straps, but do not pull on both straps at the same time. Pull on one end and then the other in a see-saw fashion for a snugger fit.
6. Adjust the chin strap.

PS END

Air Warrior...

# Turn-in of MCUs



**M**echanics, the microclimate cooling unit (MCU), NSN 8415-01-508-6626, is currently available through the wholesale supply system.

Excess MCUs should be turned in to the wholesale supply system for repair or proper demil and disposal. To turn in MCUs and request serviceable or unserviceable credit, your unit should submit a report of excess using document identifier code (field turn-in equipment).

If you have questions about turning in MCUs, contact Rakeshia Ransaw, DSN 897-2008, (256) 313-2008 or email: [rakeshia.d.ransaw.civ@mail.mil](mailto:rakeshia.d.ransaw.civ@mail.mil)