

M40/M42-Series Masks...



NO GLASSES OR CONTACTS PLEASE!

If you wear glasses or contacts to correct your vision, don't wear them with your M40/M42 mask.

If you put on your mask while wearing glasses (yes, sunglasses count!), the mask can't seal properly to your face and can't protect you.

Contact lenses may not affect your mask seal, but they can quickly become a problem. Not only do contact lenses require a good fit, they also need sufficient moisture and oxygen to be worn comfortably. If the mask is cutting down the oxygen to your eyes or dust, smoke or gas have fouled your contacts, they can become extremely painful to wear. If you're in a chemical environment, you can't remove your mask to take out the contacts or put in eye drops. Bottom line, contact lenses and masks don't mix.

That's why every Soldier who wears glasses or contacts needs to use optical lens inserts for his M40/M42. The inserts include prescription lenses; a lens carrier, NSN 6540-01-264-1348; and a carrier mount/frame, NSN 6540-01-389-7152.

Soldiers who wear glasses or contacts need prescription lenses for M40/M42 masks



Order your optical lens inserts through your medical branch or by contacting the Naval Ophthalmic Support and Training Activity (NOSTRA):

<http://www.med.navy.mil/sites/nostra/Pages/default.aspx>

NOSTRA also provides optical inserts for other masks.

Their website has instructions for ordering lenses, tracking the order and installing the lens inserts.

The M40/M42's TM 3-4240-346-23&P also provides installation and removal instructions for the optical lens inserts.

If you need mask help, email the Individual Protection Team at:

us.army.detroit.tacom.mbx.ilsc-masks@mail.mil