

## **RP0406 -FIELD HYGIENE**

### **TERMINAL LEARNING OBJECTIVE**

1. Given essential items, perform individual field hygiene, per the student handout. (RP00.04.09)

### **ENABLING LEARNING OBJECTIVE**

1. Without the aid of references, given a list, identify how to purify water, per the student handout. (RP00.04.09a)

2. Without the aid of references, given a list, identify how to clean skin, per the student handout. (RP00.04.09b)

3. Without the aid of references, given a list, identify how to clean hair, per the student handout. (RP00.04.09c)

4. Without the aid of references, given a list, identify how to clean hands, per the student handout. (RP00.04.09d)

5. Without the aid of references, given a list, identify how to clean clothing and sleeping gear, per the student handout. (RP00.04.09e)

6. Without the aid of references, given a list, identify how to care for mouth and teeth, per the student handout. (RP00.04.09f)

7. Without the aid of references, given a list, identify how to care for feet, per the student handout. (RP00.04.09g)

8. Without the aid of references, given a list, identify how to dispose of human waste, per the student handout. (RP00.04.09h)

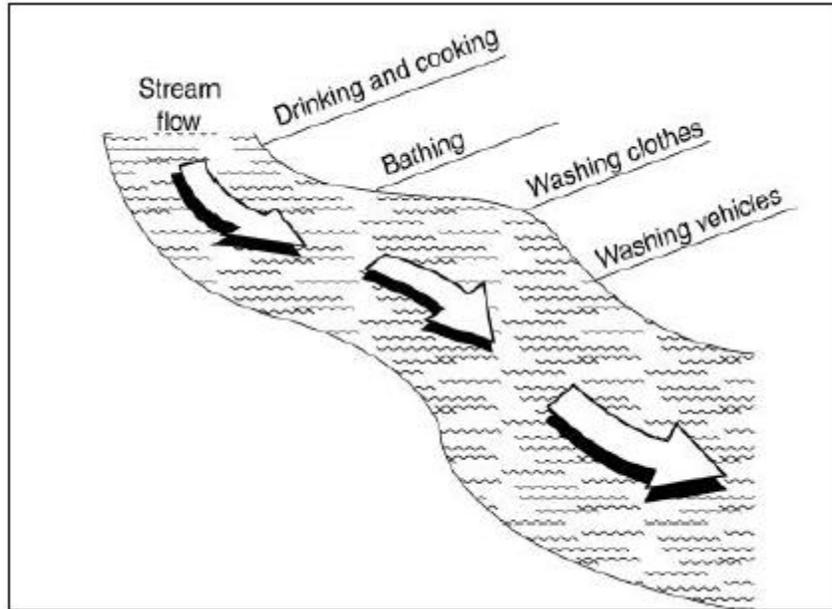
### **GENERAL INFORMATION:**

Personal hygiene protects against disease-causing germs that are present in all environments. Practicing personal hygiene prevents spreading of disease-causing germs, promotes health, and improves morale.

### **PERFORMANCE STEPS:**

1. Purify water.

a. Draw water upstream from other activities as shown in Figure 1.



b. Use iodine tablets.

- (1) Remove the cap from your canteen and fill the canteen with the cleanest water available.
- (2) Put one “Micropur Purification Emergency Drinking Water Tablet” in clean water as shown in Figure 2.
- (3) Put two tablets in the canteen of cloudy water.

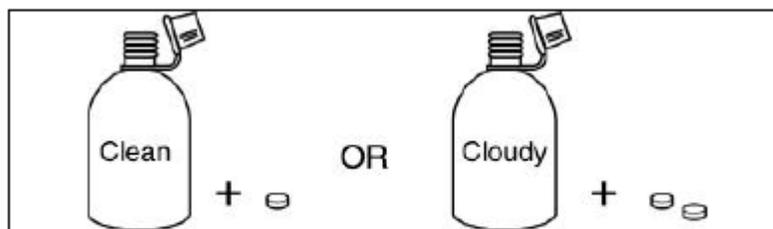


Figure 2

**NOTE:** only one tablet is to be used according to the directions provided by the manufacture for one liter of drinking water. Also, the time needed to treat cold (40 degree) dirty water is 4 hours however only 15 minutes needed for clear warm water. The Iodine tablets that were issued in the 1st generation IFAK required 2 Iodine tablets and a total of 35 minutes of wait time before drinking. Our new Version 2 book does not cover specific instructions for the new IFAK but does talk about the Iodine tablets.

**NOTES:** This method is used when purification compounds are not available. However, it has the following disadvantages:

- (1) You need fuel to boil the water.
- (2) Water can take a long time to boil and then cool.
- (3) Boiled water needs residual protection against recontamination.
- (4) Water must be held at a rolling boil for at least 15 seconds to make it safe for drinking.

2. Clean skin.

- a. Wash your body frequently from head to foot with cloth, soap, and water.
- b. Wash armpits, groin area, face, ears, hands, and feet.

3. Clean hair.

**WARNING:** Do not share combs or shaving equipment with others.

- a. Keep your hair clean, neatly combed, and trimmed.
- b. Wash your hair and entire scalp with soap and water at least once a week, and make sure that you rinse your hair thoroughly.
- c. Shave as often as the water supply and tactical situation permit.

4. Clean hands.

- a. Wash your hands with soap and water after any dirty work, after each visit to the bathroom, and before eating.
- b. Keep your fingernails closely trimmed and clean.
- c. Do not bite your fingernails, pick your nose, or scratch your body.

5. Clean clothing and sleeping gear.

- a. Wash or exchange your clothing when they become dirty, if the situation permits.
- b. Wash or exchange your sleeping bag when it becomes dirty.
- c. Shake your clothing and sleeping gear, and air them regularly in the sun if they cannot be washed or exchanged.

6. Care for mouth and teeth.

a. Clean your mouth and teeth thoroughly and correctly after each meal with a toothbrush and toothpaste.

b. Cut a twig from a tree and fray it on one end to serve as a toothbrush if one is not available as shown in Figure 4.

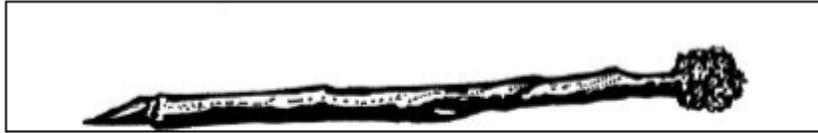


Figure 4

c. Use mouthwash to help kill germs in your mouth, if available.

d. Use dental floss or toothpicks to help remove food between your teeth.

- Use twigs for toothpicks, if necessary.

## 7. Care for feet.

a. Wash and dry your feet daily.

b. Use foot powder on your feet to help kill germs, reduce friction on the skin, and absorb perspiration.

c. Socks should be changed daily.

d. After crossing a wet area, dry your feet, put on foot powder, and change socks, as soon as the situation permits.

## 8. Dispose of human waste.

- Choose the field expedient head which best suits the situation. The two types of field expedient heads are the cat-hole and the straddle trench.

(1) The cat-hole is used when on the march.

(a) Dig a cat hole approximately 1-foot wide and 1-foot deep as shown in Figure 5.

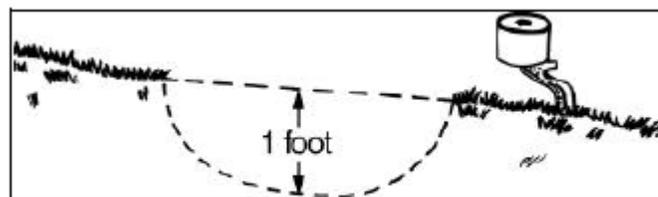


Figure 5

(b) Completely cover and pack down with dirt after each use.

(2) The straddle trench is used for 1- to 3-day bivouac sites.

(a) Dig a straddle trench approximately 4-foot long, 2 1/2 feet deep, and 1-foot wide as shown in Figure 6.

(b) After each use, cover with a shovel of dirt.

(c) Completely cover and pack down with dirt after each bivouac.

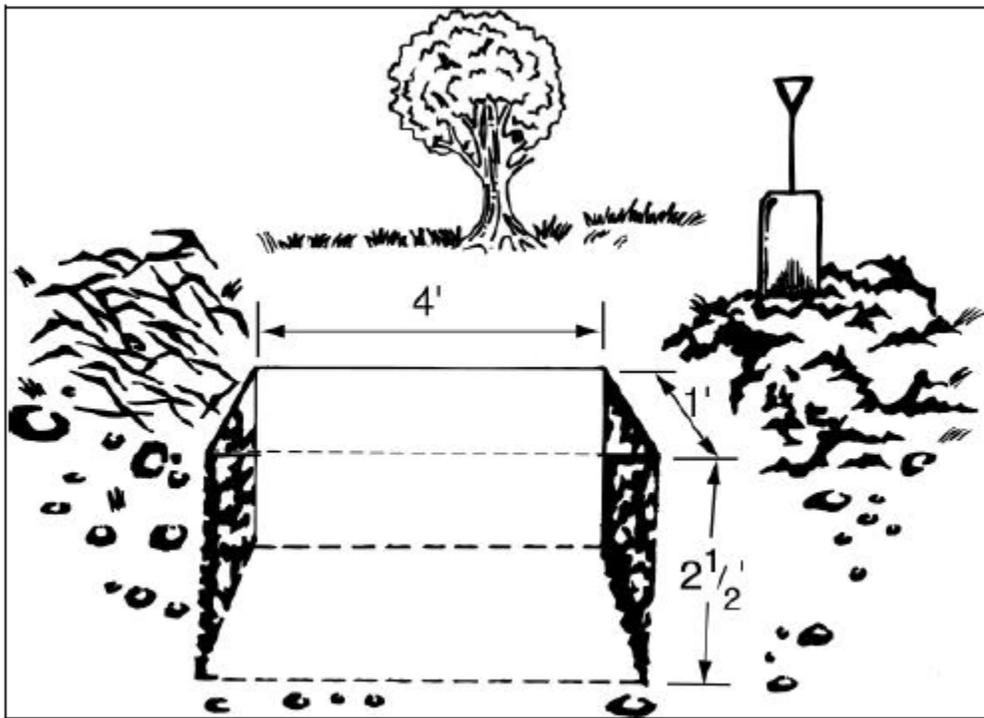


Figure 6

**REFERENCES:**

FM 21-75, *Combat Skills of the Soldier*

MCCS Handbook 1B, *Marine Corps Common Skills Handbook – Book 1B*

MCRP 4-11.1D, *Field Hygiene and Sanitation*