**Fall 1944: Orote Peninsula, Guam.**

- MAG-21 was hit by dysentery and dengue fever.
- After burying enemy dead, instituting hygiene procedures and cleaning the water source, dysentery and dengue fever disappeared.
OVERVIEW

❖ **Personal Field Hygiene**
  - Field Hygiene Purpose
  - Clean Skin, Hair and Hands
  - Clean Mouth and Teeth
  - Clean Clothing and Sleeping Gear

❖ **Dispose Human Waste**
  - Proper Human Waste Disposal Purpose
  - Cat Hole
  - Straddle Trench
  - Trash and Rubbish
FIELD SANITATION

Please Read Your

Terminal Learning Objectives

And

Enabling Learning Objectives
QUESTIONS
The Purpose of Good Field Hygiene:

- Is to ensure reduction of casualty through avoidance of non-combat related health issues among military personnel, particularly in the prevention of disease.

Historically, in every conflict the US has been involved in, only 20 percent of all hospital admissions have been from combat injuries. The other 80 percent have been from Disease and Non-Battle Injuries (DNBI).
○ **Clean Skin:**
  - Use soap and potable water.
  - Bathe frequently.
  - If no field shower is available, use a washcloth or wet-wipes.
  - After eating.
  - Pay close attention to areas where you sweat and air does not prominently circulate.
    - Genital area
    - Armpits
    - Feet
    - Under breasts
    - Between buttocks
    - Between thighs
Clean Feet:

- Wash and dry feet daily with soap and water.
- Pay special attention to the areas between the toes and under the nails.
- Thoroughly dry the feet and air them out.
- Use foot powder on your feet, especially if you have had fungal infections on your feet in the past.
- Socks should be changed daily & after crossing any wet areas.
FIELD HYGIENE

- **Clean Hair:**
  - Use soap and potable water.
  - Keep hair trimmed.
  - Shave as often as water supply/tactical situation permits.
  - Do not share combs, brushes or shaving gear.
  - Look for lice and eggs attached to the hair, close to the scalp.

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Clean Hands:

- Use soap and potable water.
- After using the latrine.
- Before touching eating utensils or food.
- After eating.
- After handling any item that can potentially transfer germs.
- Frequently during the work day to keep your hands free of germs.
FIELD HYGIENE

- **Clean Mouth & Teeth:**
  - Use toothpaste & potable water.
  - Brush teeth & gums after meals or at least once a day when time permits.
  - If toothpaste is not available, brush without it.
  - If toothbrush is not available, use a clean twig.

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o Clean Clothing and Sleeping Gear:

- Wash your uniform and sleeping gear frequently (every 7 days if possible) to remove arthropods and bacteria.
- If the situation permits, use a stream, lake, or washbasin.
- Air-dry sleep system and uniforms in sun, especially underwear and socks, if possible.
FIELD HYGIENE

- KEEP CLEAN - DON’T BE THAT GUY!!!
QUESTIONS
Purpose of Human Waste Disposal:

- Always dispose of your waste immediately if your unit is on the move to prevent flies from spreading germs from waste to your food.
- Prevent sickness and disease.
- Disposing of your waste also helps keep unwanted animals out of your bivouac area.
DISPOSE HUMAN WASTE

- **Cat Hole:**
  - Used only on the march (if individual waste collection bags are not available) and covered immediately after use.
DISPOSE HUMAN WASTE

- **Straddle Trench:**
  - Used on short bivouacs and field training exercises.
  - Two trenches per 100 males and three trenches per 100 females.
o Straddle Trench (Continued):

- Located 50 to 100 yards (downwind) away of bivouac site.
- Must be placed at a downward gradient from unit messing facilities to prevent contamination.
- The trench is covered when filled up to at least 1 foot of the ground surface, or when the unit leaves the area.
- Within a friendly area, the covered trench will be marked with the date closed. No marking is required in enemy territory.
o **Trash and Rubbish:**

- Locate trash dumps away from sleeping/berthing and food service areas.
- Remove/bury/burn any unnecessary trash, rubbish and other debris to prevent rodents infestation or enemy detection.
QUESTIONS
SUMMARY

◊ Personal Field Hygiene
  - Field Hygiene Purpose
  - Clean Skin, Hair and Hands
  - Clean Mouth and Teeth
  - Clean Clothing and Sleeping Gear

◊ Dispose Human Waste
  - Proper Human Waste Purpose
  - Cat Hole
  - Straddle Trench
  - Trash and Rubbish
BACKUP SLIDES
STUDY !!!

There is this amazing thing called Personal Hygiene.
Clean water is essential to unit health

A person can survive 1 month without food but only 3 to 5 days without water

Drinking contaminated water can sicken Marines thus degrading unit efficiency
Maintaining Personal Hygiene

Care of the feet

Wash feet with soap and water daily:

✔ Pay special attention between the toes.
✔ Thoroughly dry and air out your feet.
✔ Sprinkle foot powder on your feet.
✔ Change socks daily, or more often if your feet get wet.