

UNITED STATES MARINE CORPS
FIELD MEDICAL TRAINING BATTALION-EAST
PSC BOX 20042
CAMP LEJEUNE, NORTH CAROLINA 28542-0042

MCECST

2401-IND-1002 FIELD SANITATION

TERMINAL LEARNING OBJECTIVES:

1. Given water and hygiene items, perform individual field hygiene, to prevent injuries, maintain health and preserve the fighting force to accomplish the mission.
(2401-IND-1002)

ENABLING LEARNING OBJECTIVES:

1. Without the aid of reference, identify individual field hygiene requirements, in accordance with reference MCRP 3-40A.4 Field Hygiene and Sanitation.
(2401-IND-1002a)

2. Without the aid of reference, identify methods of human waste disposal, in accordance with reference MCRP 3-40A.4 Field Hygiene and Sanitation.
(2401-IND-1002b)

1. **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). Four important reasons for personal hygiene are:

- a. Personal protection against disease causing germs which are present in all environments.
- b. To keep disease causing germs from spreading to others.
- c. Promotes health among Marines and Sailors.
- d. Improves morale among Marines and Sailors.

2. **HOW TO MAINTAIN PERSONAL HYGIENE:** Maintaining good personal hygiene is vital when in the field or in a combat environment.

a. **SKIN:** Wash your body frequently from head to toe with soap, water and a washcloth. If no tub or shower is available, ensure the following essential areas of the body must be cleaned daily:

- (1) Your genital area.
- (2) Your armpits.
- (3) Other areas where you sweat or that become wet, such as between thighs, (or for females, under the breasts) and between buttocks.
- (4) Your feet.

b. **CARE OF FEET:**

(1) Wash and dry feet daily with soap and water, paying special attention to the areas between the toes and under the nails.

o Thoroughly dry the feet and air them out.

(2) Sprinkle foot powder on your feet, especially if you

have had fungal infections on your feet in the past.

(3) Socks should be changed daily and after crossing any wet areas.

c. **HAIR:**

(1) Must be kept clean and trimmed.

(2) At least once a week wash your hair and entire scalp with soap and water.

(3) Shave as often as the water supply and tactical situation permit.

(4) Do not share combs or shaving equipment with other Marines.

d. **HANDS:**

(5) After using the latrine.

o Before touching eating utensils or food.

(6) After eating.

o After handling any item that can potentially transfer germs.

e. **DENTAL HYGIENE:** To prevent tooth decay, gum infections, and severe illness:

(1) Brush your teeth and gums after meals or at least once daily. If fluoride toothpaste is unavailable, brush without it and rinse with potable water.

(2) Floss at least once a day.

(3) If a tooth brush is not available, cut a twig from a tree and fray it on one end to use as a tooth brush.

(4) The other end may be used as a tooth pick to help remove food particles from between your teeth.

f. **CLOTHING AND SLEEPING GEAR:** If you work at keeping your body clean in the field environment, then it does not make sense to wear dirty clothing. Dirty clothing can harbor germs and

bacteria that can cause infection.

(1) All clothing and sleeping gear should be washed or exchanged as the situation permits.

(2) If clothing and sleeping gear cannot be washed or exchanged, shake them and air them out regularly in the sun. This will reduce the number of disease bearing germs on them.

3. **DISPOSE OF HUMAN WASTE:** Always dispose of your waste immediately if your unit is on the move to prevent flies from spreading germs from waste to your food. Disposing of your waste also helps keep unwanted animals out of your bivouac area.

The proper disposal of human waste helps to prevent the spread of sickness and disease in the unit. Improper disposal of human waste can sicken Marines due to the transmission of fecal borne bacteria. Transmission can occur as a result of direct contact with fecal matter, indirect contact with hands that have directly contacted feces, contact with insects that have contacted feces or through food/drinking water contaminated with feces. Therefore it is vitally importance to the health and well-being of the unit that human waste is properly disposed of.

g. **CAT HOLE:** A cat hole is one field expedient method of disposing of body waste.

(1) It is normally used by the individual Marine while on the march.

- o A cat hole is dug one foot deep, and one foot wide.

- o After use, place all waste paper in the hole, cover it with the removed dirt then pack it down.

h. **STRADDLE TRENCH:** A straddle trench is used when a unit is halted in one place for more than one, but less than three days.

(1) A straddle trench is dug one foot wide, four feet long, and two and one-half feet deep.

(2) All trenches should be located on the leeward or downwind side of the camp, and 50 to 100 yards from the bivouac site and at a downward gradient from the unit's messing area/facilities to prevent contamination via water runoff.

(3) The dirt removed from the trench should be piled on one end, with a shovel available for each individual to cover his or her waste after use.

(4) The trench is covered when it becomes filled to within one foot of the surface, or when the unit leaves the area. The pit will be closed by filling it with successive 3 inch layers of compacted dirt to form a 1 foot mound above the ground surface. This is to prevent fly pupae (eggs) from hatching and gaining access to the open air.

(5) The location of a covered trench within a friendly area must be marked with the date the trench was closed. This can best be accomplished by pounding a stake in the ground over the trench and placing a sign with the closing date on the stake.

(6) When operating in enemy territory, the trench should not be marked.

i. **TRASH AND RUBBISH:** Locate trash dumps away from sleeping/berthing and food service areas.

o Remove/bury/burn any unnecessary trash, rubbish and other debris to prevent rodents infestation or enemy detection.

REFERENCE (S) :

FM 21-75 Combat Skills of the Soldier
MCRP 4-11.1D Field Hygiene and Sanitation