

by the American Red Cross, American Heart Association or an accredited hospital. A copy of the certification is required for inclusion in your SRB.

### **SWIMMING RIBBON AWARD**

Awarded to any Young Marine who completes the prescribed course for the American Red Cross standards of their state. To receive a ribbon the Young Marine must pass the beginner swimming course and receive the Red Cross certification card. A copy of the ARC certification card is required for inclusion in your SRB.

### **SEAMANSHIP RIBBON AWARD**

Awarded to any Young Marine who completes a course prescribed by the U.S. Coast Guard Auxiliary, Power Squadron of America as well as similar organizations offering courses in boating safety or small boat handling. A copy of the course completion certificate is required for inclusion in your SRB.

### **SCUBA DIVING RIBBON AWARD**

Awarded to any Young Marine who receives certification by a national or international certifying organization. A copy of the certification is required for inclusion in your SRB.

### **ADVANCED FIELD RIBBON AWARD**

Awarded to any Young Marine who holds a qualified field ribbon award has a passing grade in map reading and compass use, and demonstrates mastery of the following skills: can locate north three ways without a compass, can demonstrate how to give rescue signals, can locate water suitable for drinking, can make a game trap, can catch a fish without the use of commercial tackle, is able to identify any poisonous snake in their area of the country, knows the nomenclature and use of the hand ax, 3/4 ax, sheath knife, pocket knife and camp saw, can make and explain the usage of the square knot, granny knot, slip knot, sheet bend, two half hitches, bowline, whip a rope end, and make a back splice, and explain the rules for fire and how to put them out, show how to make a lean-to fire, cooking fire, cross ditch fire, trench fire, and baking fire.

### **ORIENTEERING RIBBON AWARD**

Awarded to any Young Marine, or team, who completes an orienteering run and places first in competition.

### **QUALIFIED FIELD RIBBON AWARD**

Awarded to any Young Marine who can erect a shelter with one piece of canvas and one piece of line and local materials, build a fire to warm the shelter and cook three meals from scratch. Minimum test period is 24 hours.

### **COMMUNICATIONS RIBBON AWARD**

Awarded to any Young Marine who completes a basic communication school and passes a written, oral, and practical examination.

### **CONSERVATION RIBBON AWARD**

Awarded to any Young Marine who completes the requirements for the ribbon award as outlined in the Young Marines Award Manual, including writing summaries of selected magazine articles, on six undomestic animals and park in state, and identification of various animals, reptiles, rocks and fish.

## **Awards and Decorations**

### **MARKSMANSHIP RIBBON AWARD**

Awarded to any Young Marine qualifying for small bore firing as prescribed by the National Rifle Association. A copy of the certification is required for inclusion in your SRB.

### **ACHIEVEMENT RIBBON AWARD**

Awarded to a Young Marine for demonstrated excellence in any of the following: engineering, design or construction, Marine Corps history, military police (Interior Guard, i.e. know the general orders), company clerk, and food services.

### **COMMUNITY SERVICE RIBBON AWARD**

Awarded to any Young Marine who performs a service that is beneficial to a community, veteran's organization, military unit, service organization, youth group, or school. The service must be at least 50 hours in one year. A copy of the verification of the hours worked is required for inclusion in your SRB.

### **BASIC RIBBON AWARD**

Awarded to Young Marines who complete Recruit training with no more than 3 excused absences.

### **DRILL COMPETITION RIBBON AWARD**

Awarded to any Young Marine who competes in the actual drill competition against other units or organizations and the performance is judged by other officials.

### **DRILL TEAM RIBBON AWARD**

Awarded to any Young Marine who has been accepted by the Commanding Officer as a member of the drill team and who has participated in one public event.

### **NATIONAL/DIVISIONAL/REGIMENTAL/BATTALION/ ENCAMPMENT RIBBON AWARD**

Awarded to any Young Marine who attends and participates in all National/Divisional/Regimental/Battalion/ encampments for a period of one year.

### **ORGANIZED UNIT TRIP RIBBON AWARD**

Awarded to any Young Marine for participation in a trip aboard a military installation or naval vessel for training for a minimum of five days.

## **6. PROPER WEARING OF RIBBONS & DEVICES**

- A. Ribbons are worn 1/8 inch above the Young Marines patch over the left breast pocket.
- B. Each row of ribbons is worn flush against the previous row.
- C. Ribbons are normally worn in rows of three but can be worn in rows of four.
- D. The ribbon of highest precedence is worn farthest up and farthest to the right. The ribbon of lowest precedence is worn farthest down and farthest to the left.
- E. The red part of your ribbon goes towards the heart (inboard).

F. Stars are five points and are worn with single point up.

G. Stars are worn as follows: 1st star centered on ribbon, 2nd star is worn inboard, 3rd star is worn outboard, fourth star is inboard. When supplanted by a silver star (equivalent to the award of five bronze starts), use the same procedures as above with the silver star in the center.

H. Devices are generally centered on the ribbon. Personal Achievement devices are worn as earned: first device centered, 2nd device is added inboard, 3rd device outboard, fourth device inboard. Gold lamp (Academic) is centered on the ribbon, stars are started inboard, next outboard, next inboard. Qualified Field – H worn inboard, C worn outboard (both centered on the ribbon). When more than one level of award is made, only the highest award is worn on the ribbon.

## 7. DEVICES

The following is a **partial** list of authorized devices.

**5/16" Gold Star** - For subsequent awards on personal decorations.

**3/16" Silver Star** - Worn in lieu of 5 bronze stars.

**3/16" Bronze Star** - For subsequent service awards or unit citations.

**Gold Palm** - Worn on Distinguished Service Ribbon, National Young Marine of the Year Ribbon, Personal Achievement Ribbon and Commendation of Merit Ribbon.

**Gold Globe & Anchor** - Worn on Achievement ribbon for USMC History.

**Gold Castle** - Worn on Achievement ribbon for engineering.

**Gold Maltese Cross** - Worn on Achievement ribbon for food services.

**Gold Crossed Pistols** - Worn on Achievement ribbon for Young Marines law enforcement. (Note: You are considered qualified for this ribbon if you know your general orders).

**Gold Crossed Quills** - Worn on Achievement ribbon for administration.

**Gold Lamp** - Worn on Academic ribbon to signify a grade point average of 3.5 or above.

**DEA Device** - Worn on the Drug Demand Reduction ribbon for distinguished performance — having conducted four presentations on Drug Demand Reduction to civic, community or other appropriate audiences to promote the ideas of a drug-free life-style.

**Gold Drill Team Bar** - Worn on Drill Team ribbon.

**Gold Rifle Team Bar** - Worn on Marksmanship ribbon.

**Gold "T"** - Worn on Swimming ribbon to signify Lifesaving.

## **Awards and Decorations**

**Gold "V"** - Worn on Sportsmanship ribbon to signify 1st place.

**Silver "D"** - Worn on Drill Competition ribbon to signify Divisional level competition.

**Silver "I"** - Worn on Swimming ribbon to signify Intermediate.

**Silver "N"** - Worn on Drill Competition ribbon to signify National level competition.

**Silver "R"** - Worn on Drill Competition ribbon to signify Regimental level competition.

**Silver "S"** - Worn on Swimming ribbon to signify Swimmer.

**Silver "T"** - Worn on Qualified Field ribbon to signify completion of 3-day test period in weather over 80° or higher.

**Silver "W"** - Worn on Qualified Field ribbon to signify winter test.

**Silver Palm** - Worn on Personal Achievement ribbon, Commendation of Merit ribbon to signify Division.

**Bronze "B"** - Worn on Commendation of Merit ribbon to signify Battalion.

**Bronze "AB"** - Worn on Swimming ribbon to signify an Advanced Beginner.

**Bronze "E"** - Worn on Marksmanship ribbon to signify Expert.

**Bronze "S"** - Worn on Marksmanship ribbon to signify Sharpshooter.

**Bronze Palm** - Worn on Personal Achievement ribbon, Commendation of Merit ribbon to signify Regiment.

## **8. Streamer Awards**

Streamers are authorized for corresponding ribbons to be displayed with Unit Colors and Guidons.

a. Unit Colors streamers are 24" in length and are issued for the first award. Subsequent awards are designated by a 1" white star; 1" gold stars displayed in lieu of four white stars.

b. Guidon streamers are 12" in length. Subsequent awards are the same as Unit Colors.

## 9. Authorized Streamers

### Award

Distinguished Unit  
 Meritorious Unit Citation  
 Meritorious Unit Commendation  
 National Encampment  
 Division Encampment  
 Regimental Encampment  
 Battalion Encampment  
 Marine Corps League Unit Commendation  
 Organized Unit Trip  
 Drill Competition (First Place only)  
     Plain streamer  
     1" Bronze "R"  
     1" White "D"  
     1" Gold "N"

### Issuing Authority

National Director  
 National Director  
 National/Division/Regiment  
 National Director  
 Division/National  
 Regiment  
 Battalion/Regiment/National  
 Regiment/Division/National  
 All levels  
  
 Company  
 Regiment  
 Division  
 National Director

# CHAPTER NOTES

## CHAPTER 8

### Close Order Drill

#### A. PURPOSE OF DRILL

**PURPOSE.** Drill was originated to provide simple formations from which various other formations could readily be assumed. The unit(s) could move from one place to another in a standard and orderly manner, while maintaining the best possible appearance. Discipline is instilled through precision and automatic response to orders. A leader's confidence is increased through the exercise of command by the giving of proper commands and control of drilling troops.

#### B. INDIVIDUAL MOVEMENTS

##### 1. Without arms

##### a. POSITION OF ATTENTION

- (1) Bring your left heel against the right with smartness and snap.
- (2) Turn your feet out equally to form a 45 degree angle. Keep your heels on the same line and touching.
- (3) Keep your legs straight but not stiff at the knees.
- (4) Keep your hips and shoulders level and your chest lifted.
- (5) Let your arms hang naturally, thumbs along the trousers seams, palms facing inward toward your legs, and fingers joined in their natural curl.
- (6) Keep your head and body erect. Look straight ahead. Keep your mouth closed and your chin pulled in slightly.
- (7) Stand still and do not talk.

**NOTE:** "SQUAD (PLATOON)," ATTENTION" may be given during halt, at parade rest, at ease, rest or while marching at route step or at ease.

1. During parade rest, come to attention.
2. During at ease or rest, take position of parade rest on the command SQUAD. When "ATTENTION" is given, come to that position.
3. While marching at route step or at ease, get in step as soon as possible and continue marching at attention.

**b. Positions of REST**

**(1) PARADE REST**

- (a) Assume that you are halted at attention and that you have received the command "PARADE REST."
- (b) At "PARADE" shift the weight of your body to the right leg without noticeable movement.
- (c) On "REST" and for the count of one, smartly move the left foot approximately 12 inches from the inside of the right heel.
- (d) Keep the legs straight without stiffness, resting the body weight equally on both legs.
- (e) Clasp the hands behind the back while moving the left foot.
- (f) Place the left hand at the small of the back, just below the belt, and place the right hand inside the left.
- (g) Grasp the thumb of the left hand lightly with the thumb of the right hand.
- (h) Extend and join all the fingers, and palms facing to the rear. Align the elbows with the body.
- (i) Hold your head and eyes in the same position as you would at attention.

NOTE : The only command you may receive while at parade rest is back to the position of attention. The command is "SQUAD, ATTENTION."

1. On the command of execution, smartly bring the left heel against the right heel.
2. Simultaneously, drop the arms to the sides and assume the position of attention.

**(2) AT EASE**

- (a) Assume that you are halted at attention and that you have received the command "AT EASE."
- (b) On "AT EASE" and for the count of one, keep your right foot in place. Move about to adjust equipment only.
- (c) Maintain silence.

NOTE: The only command you may receive while at ease is "ATTENTION."

1. At "SQUAD" assume the position of parade rest.
2. On "ATTENTION," smartly bring the left heel against the right heel.



3. Simultaneously, drop the arms to the side, and assume the position of attention.

NOTE: You may also be given this command when not in ranks. In this case, it means to cease talking but to continue whatever you were doing before the command.

**(3) REST**

- (a) Assume that you are halted at attention and that you have received the command, "REST."
- (b) On "REST" and for the count of one, keep right foot in place. Move about only to adjust equipment.
- (c) Talk in a low, conversational tone.

NOTE: The only command you may receive while at rest is the command "ATTENTION"

1. At "SQUAD" assume the position of Parade Rest.
2. On "ATTENTION" smartly bring the left heel against the right heel.
3. Simultaneously, drop the arms to the side, and assume the position of attention.

**(4) FALL OUT**

- (a) Assume that you are halted at attention and that you have received the command, "FALL OUT."
- (b) On "FALL OUT" leave your position in ranks.
- (c) Go to a predesignated area or remain in the immediate vicinity.

NOTE: The only command you may receive from "FALL OUT" is "FALL IN."

**(5) FALL IN**

- Resume your position in ranks at the Position of "ATTENTION."

**c. HALT**

**(1) TO HALT WHILE MARCHING FORWARD AT QUICK TIME CADENCE**

- (a) Assume you are marching forward at quick time and you received the command, "SQUAD, HALT." NOTE: The command is given as the left foot strikes the deck.

- (b) On the count of one, take one more normal step.

- (c) For the second count of halt, take the next step; smartly bring your left heel against the right heel.

### **Close Order Drill**

- (d) Assume the position until given another command.

### **(2) TO HALT WHILE MARCHING AT DOUBLE TIME CADENCE**

- (a) Assume that you are marching forward at double time and that you have received the command, "SQUAD HALT."

NOTE: The command is given as the left foot strikes the deck.

- (b) For the first count of halt and for your next step, take one more 36 inch step to the front with your right foot.
- (c) For the first count of halt and for your next step, take a 30 inch step to the front with your left foot, decreasing the cadence and lowering the arms to the quick-time position.
- (d) For the third count of halt and for your next step, smartly bring the right heel against the left heel.
- (e) Assume the position of attention.
- (f) Remain in this position until given another command.

### **(3) TO HALT WHILE MARKING TIME**

- (a) Assume you are marking time and you received the command, "SQUAD, HALT."

NOTE: The command is given as the left foot strikes the deck.

- (b) For the first count of halt and for your next step, take one more 2 inch vertical step in place with the right foot.
- (c) For the second count of halt, take a 2 inch vertical step in place with the left foot.
- (d) For the third count of halt and for your next step, take a 2 inch vertical step in place with the right foot, bringing the right heel smartly against the left heel and assume the position of attention.
- (e) Remain in this position until given another command.

### **(4) TO HALT WHILE DOUBLE TIMING IN PLACE**

- (a) Assume that you are double timing in place and that you have received the command, "SQUAD, HALT."

NOTE: The command of execution may be given as either foot strikes the deck.

- (b) For the first count of halt and for your next step, take one 6 inch vertical step in place with the right foot.

(c) For the second count of halt and for your next step, take a 2 inch vertical step in place with the left foot, decreasing the cadence and lowering the arms to the quick-time position.

(d) For the third count of halt and for your next step, take a 2 inch vertical step in place with the right foot, bringing the right heel smartly against the left heel and assuming the position of attention.

(e) Remain in this position until given another command.

#### (5) TO HALT WHILE MARCHING AT THE HALF STEP

(a) Assume that you are marching forward at a half step and that you have received the command "SQUAD, HALT." NOTE: The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

(b) For the first count of halt and for your next step, take one more 15 inch step to the front with your right foot.

(c) For the second count of halt and for your next step, smartly bring the left heel against the right heel.

(d) Assume the position of attention.

(e) Remain in this position until given another command.

#### d. EYES RIGHT/LEFT

##### (1) EYES RIGHT/AT THE HALT

(a) Assume that you are halted at attention.

NOTE: Upon the approach of the reviewing officer, the unit leader commands, "EYES, RIGHT."

(b) On "RIGHT" and for the count of one, all members of the formation smartly turn their heads to the right - 90 degrees.

(c) Keep the shoulders square to the front.

NOTE: There is no command to terminate this movement

(d) When the reviewing officer comes into your line of vision, follow his movement with your head and eyes until they are straight to the front. At this time, the movement is terminated.

(e) Remain at the position of ATTENTION.

##### (2) EYES RIGHT/ON THE MARCH

NOTE: While marching at quick time, the unit leader gives the command when he is six paces from the reviewing officer. The command of execution is given as the right foot strikes the deck since this is a movement to the right.

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- (a) On 'RIGHT' and for the count of one, take a 30 inch step to the front with your left foot.
- (b) Simultaneously, except the right file, all files smartly turn their heads and eyes 90 degrees to the right.
- (c) Continue to march until given the next command.

NOTE: The command to terminate this movement is "READY, FRONT." The command of execution is given when the last rank is six paces beyond the reviewing officer as the left foot strikes the deck, since this involves a movement to the left.

### **(3) READY, FRONT/ON THE MARCH**

- (a) On the command of execution, take a 30 inch step to the front with your right foot.
- (b) Simultaneously, (all Young Marines who have executed eyes right) turn (their) heads and eyes to the front.
- (c) Continue to march until given another command.

### **(4) EYES LEFT/ON THE MARCH**

NOTE: The movement of eyes left may only be executed while marching and is normally done during street parades, when the reviewing stand is on the left. While marching at quick time, the unit leader gives the command when he is six paces from the reviewing officer. The command of execution is given as the left foot strikes the deck, since this involves a movement to the left.

- (a) On "LEFT" and for the count of one, take a 30 inch step to the front with your right foot.
- (b) Simultaneously, except the left file, all files smartly turn their heads and eyes 90 degrees to the left.
- (c) Keep the shoulder square to the front.
- (d) Members of the left file keep their heads and eyes to the front.
- (e) Continue to march until given the next command.

NOTE: The command to terminate this movement is "READY, FRONT."

## **e. HAND SALUTE**

### **(1) ON COMMAND OF HAND SALUTE**

- (a) Assume you are halted at attention and you have received the command, "HAND SALUTE."
- (b) On "SALUTE," do so smartly and in the most direct manner. Raise the right hand until the tip of the

right forefinger touches the lower portion of the headdress above or slightly to the right of the right eye.

(c) Extend and join the fingers with the thumb along the hand and the palm down. Ensure that you are able to see the entire palm when looking straight ahead.

(d) Keep the wrist and forearm straight.

(e) Incline the forearm at a 45 degree angle.

(f) Keep the upper arm parallel to the deck and the elbow in line with the body.

NOTE : The command to terminate the salute is "READY, TWO."

### (2) READY, TWO

(a) On "TWO," smartly and in the most direct manner, return the right hand to the right side.

(b) Assume the position of attention.

(c) Remain in this position until another command is given .

### (3) ON COMMAND PRESENT ARMS

(a) Execute the hand salute on the command of "PRESENT, ARMS" when unarmed or when you are armed with a weapon which has no presented manual for present arms or when you are armed with a weapon at sling arms.

(b) Terminate the salute on the command "ORDER, ARMS."

### (4) WITHOUT COMMAND

(a) Salute without command while walking or seated in a vehicle.

1. Render the salute when the colors or a person to be saluted is at a six-pace distance or at the nearest point of approach if it is within six paces.

2. Do not render the salute if the person or colors to be saluted does not approach within 30 paces.

(b) Assume that you are walking down the street and that an officer comes within saluting distance.

1. Execute a hand salute.

2. Simultaneously turn your head in the direction of the officer.

3. Offer an appropriate greeting when saluting an officer such as "GOOD MORNING, SIR or MA'AM."

NOTE: When you are in a group but not in a formation, the entire group salutes at one time. When you

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are in a formation, the senior person calls the formation to attention, if not already at attention, and salutes for the unit.

### f. **FACING**

#### (1) **RIGHT FACE**

- (a) Assume that you are halted at attention and that you have received the command "RIGHT, FACE."
- (b) On "FACE" and for the count of one, slightly lift the toe of the right foot and the heel of the left foot.
- (c) Then face 90 degrees to the right by pivoting on the right heel, assisted by slight pressure from the left toe.
- (d) Hold the left leg straight without stiffness with the thumbs along the seams of the trousers.
- (e) For the count of two, smartly bring the left heel against the right heel, assuming the position of attention (TWO).
- (f) Remain in this position until given another command.

#### (2) **LEFT FACE**

- (a) Assume that you are halted at attention and that you have received the command "LEFT, FACE."
- (b) On "FACE" and for the count of one, slightly lift the toe of the left foot and the heel of the right foot.
- (c) Then face 90 degrees to the left by pivoting on the left heel, assisted by a slight pressure from the right toe.
- (d) Hold the right leg straight without stiffness with the thumbs along the seams of the trousers.
- (e) For the count of two, smartly bring the right heel against the left heel, assuming the position of attention (TWO).
- (f) Remain in this position until given another command.

#### (3) **ABOUT FACE**

- (a) Assume that you are halted at the position of attention and that you have received the command "ABOUT, FACE."
- (b) At "ABOUT," shift the weight of your body to the left leg without noticeable movement.
- (c) On "FACE" and for the count of one, place the ball of the right foot in position, touching the deck at one-half of your foot's length to the rear and slightly to the left of your heel.

- (d) Keep the right leg straight without stiffness. Rest the body weight on both legs.
- (e) Keep the thumbs along the seams of the trousers.
- (f) For the count of two face to the rear by turning about 180 degrees to the right.
- (g) Pivot on the heel and the ball of the right foot, assuming the position of attention (TWO).

NOTE : If properly executed, the heels will be on line and touching when the movement is completed.

- (h) Remain in this position until given another command .

**g. QUICK TIME**

**(1) FROM THE HALT**

- (a) Assume that you are halted at attention and that you have received the command "FORWARD, MARCH."
- (b) At "FORWARD," shift the weight of your body to the right leg without noticeable movement.
- (c) On "MARCH," smartly take a 30 inch step, measured from the rear of the left heel to the rear of the right heel, to the front with the left foot.
- (d) Simultaneously, begin to swing your arms in their natural arc, 6 inches to the front and 3 inches to the rear of your legs.
- (e) Continue to march without stiffness or exaggeration of movement, taking 120, 30 inch steps per minute, swinging the arms as indicated above until given another command.

**(2) WHILE MARKING TIME**

- (a) Assume that you are marking time and that you have received the command "FORWARD, MARCH."

NOTE: The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

- (b) On "MARCH," take one more 2 inch vertical step in place with your right foot.
- (c) Take a 30 inch step, measured from the rear of the left heel to the rear of the right heel. Step to the front with your left foot.
- (d) Continue to march, taking 120, 30 inch steps per minute, swinging your arms 6 inches to the front and 3 inches to the rear of your legs until given another command.

**(3) WHILE MARCHING FORWARD AT DOUBLE TIME**

(a) Assume you are marching forward at double time and you receive the command "QUICK TIME, MARCH."

NOTE: The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

(b) On "MARCH," take a 36 inch step to the front with your right foot.

(c) Take a 30 inch step to the front (measured from the rear of your left heel to the rear of your right heel.)

(d) Simultaneously, decrease the cadence to 120 steps per minute and lower your arms to the quick-time position.

(e) Continue to march, taking 120, 30-inch steps per minute, swinging your arms 6 inches to the front and 3 inches to the rear of your legs until given another command.

**(4) WHILE MARCHING AT HALF STEP**

(a) Assume you are marching at half step and you receive the command "FORWARD, MARCH."

NOTE : The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

(b) On "MARCH," take one more 15 inch step to the front with your right foot.

(c) Take a 30 inch (from the rear of your left heel to the rear of your right heel) step to the front with your left foot.

(d) Continue to march, taking 120, 30-inch steps per minute, swinging your arms 6 inches to the front and 3 inches to the rear of your legs until given another command.

**h. DOUBLE TIME**

**(1) FROM THE HALT**

(a) Assume you are halted at attention and you receive the command, "DOUBLE TIME, MARCH."

(b) At "DOUBLE TIME," shift the weight of your body to the right leg without noticeable movement.

(c) On "MARCH," smartly take a 36 inch step, measured from the rear of your left heel to the rear of your right heel. Step to the front with the left foot.

(d) Simultaneously, raise the forearms to horizontal position along the waistline, fingers closed and knuckles out.



- (e) Continue to march, taking 180, 36-inch steps per minute, swinging your arms in their natural arc across the front of your body until given another command.

**(2) WHILE MARKING TIME**

- (a) Assume you are marking time and receive the command "DOUBLE TIME, MARCH."

NOTE: The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

- (b) On "MARCH," take one more two inch vertical step in place with your right foot.
- (c) Take a 36 inch step to the front with your left foot.
- (d) Simultaneously, increase the cadence to 180 steps per minute and raise the forearms to the horizontal position along the waistline, fingers closed and knuckles out.
- (e) Continue to march, taking 180, 36-inch steps per minute, swinging your arms in their natural arc across the front of your body until given another command.

**(3) WHILE DOUBLE TIMING IN PLACE**

- (a) Assume you are double timing in place and you receive the command "DOUBLE TIME, MARCH."

NOTE : The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

- (b) On "MARCH," take one more 30 inch step to the front with your right foot.
- (c) Take a 36 inch step to the front with your left foot.
- (d) Simultaneously, increase the cadence to 180, 36-inch steps per minute, swinging your arms in their natural arc across the front of your body until given another command.

**i. MARK TIME**

**(1) FROM THE HALT**

- (a) Assume you are halted at attention and you receive the command "MARK TIME, MARCH."
- (b) At "MARK TIME," shift the weight of your body to the right leg without noticeable movement.
- (c) On "MARCH," take a two inch, measured from the ball of the foot to the deck, vertical step in place with your left foot. The heel is 4 inches from the deck.
- (d) Simultaneously, begin swinging your arms six inches to the front and three inches to the rear of your legs.

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(e) Continue marching in place, taking 120, two inch vertical alternating steps per minute, swinging your arms 6 inches to the front and 3 inches to the rear of your legs until given another command.

### (2) WHILE DOUBLE TIMING IN PLACE

(a) Assume you are double timing in place and you receive the command "MARK TIME, MARCH."

NOTE: The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

(b) On "MARCH," take one more six inch, from the ball of the foot to the deck, vertical step in place with your left foot. The heel is four inches from the deck.

(c) Simultaneously, reduce the cadence to 120 steps per minute, and lower the arms to the quick time position.

(d) Continue marching in place, taking 120; two inch vertical alternating steps per minute, swinging your arms six inches to the front and three inches to the rear of your legs until given another command.

### (3) WHILE MARCHING AT HALF STEP

(a) Assume you are marching at half step and you receive the command "MARK TIME, MARCH."

NOTE : The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

(b) On "MARCH," take one more 15 inch step to the front with your right foot.

(c) Bring your left foot forward along side the right foot as in a halt.

(d) Without losing cadence take a 2 inch vertical step in place with your right foot.

(e) Continue marching in place, taking 120, two inch vertical steps per minute, swinging your arms six inches to the front and three inches to the rear of your legs until given another command.

### (4) WHILE MARCHING AT QUICK TIME

(a) Assume you are marching at quick time and you receive the command "MARK TIME, MARCH."

NOTE: The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

(b) On "MARCH," take one more 30 inch step to the front with your right foot.

(c) Bring the left foot along side the right foot as in halt.

- (d) Without losing cadence, take a two inch vertical step in place with your right foot.
- (e) Continue marching in place, taking 120, two inch vertical alternating steps per minute, swinging your arms six inches to the front and three inches to the rear of your legs until given another command.

**j. DOUBLE TIME IN PLACE - FROM THE HALT**

- (1) Assume you are halted at attention and you receive the command "IN PLACE DOUBLE TIME, MARCH."
- (2) At IN PLACE DOUBLE TIME, shift the weight of your body to your right leg without noticeable movement.
- (3) On "MARCH," take a six inch vertical step in place with your left foot and replace it on the deck.
- (4) Simultaneously, raise the arms to the double time position.
- (5) Continue marching in place, taking 180, six inch, vertical, alternating steps per minute, swinging your arms in their natural arc across the front of your body until given another command.

**k. HALF STEP**

**(1) FROM THE HALT**

- (a) Assume you are halted at attention and you receive the command "HALF STEP, MARCH."
- (b) At "HALF STEP," shift the weight of your body to the right leg without noticeable movement.
- (c) On "MARCH," take a 15 inch, from the rear of the left heel to the rear of the right heel, step to the front with your left foot.
- (d) Allow the ball of the foot to strike the deck before the heel.
- (e) Simultaneously, begin to swing your arms six inches to the front and three inches to the rear of your legs.
- (f) Continue to march taking 120, fifteen inch steps per minute, swinging your arms as in paragraph (e) above, until given another command.

**(2) WHILE MARCHING FORWARD AT QUICK TIME**

- (a) Assume you are marching forward at quick time and you receive the command, "HALF STEP, MARCH."

NOTE: The command of execution may be given as either foot strikes the deck. For example, the command is given as the left foot strikes the deck.

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- (b) On "MARCH," take one more 30 inch step to the front with your right foot.
- (c) Take a 15 inch, from the rear of the left heel to the rear of the right heel, step on the front with your left foot, allowing the ball of the foot to strike the deck before the heel.
- (d) Continue to march, taking 120, fifteen inch steps per minute, swinging your arms 6 inches to the front and 3 inches to the rear of your legs until given another command.

### l. BACK STEP

- (1) Assume you are halted at attention and you receive the command "BACKWARD, MARCH."
- (2) At "BACKWARD," shift the weight of your body to the right leg without noticeable movement.
- (3) On "MARCH," take a 15 inch, measured from the rear of the left heel to the rear of the right heel, step backward with the left foot, allowing the ball of the foot to strike the deck before the heel.
- (4) Simultaneously, begin to swing your arms six inches to the front and three inches to the rear of your legs.

NOTE: The only command you may receive while marching backward is "HALT." The command of execution may be given as either foot strikes the deck.

- 1. On "HALT," and for the first count of halt, take one more 15 inch step backward with your right foot.
- 2. For the second count of halt, smartly bring the left heel against the right heel and come to ATTENTION.

### m. SIDE STEP

#### (1) RIGHT STEP

- (a) Assume you are halted at attention and you receive the command "RIGHT STEP, MARCH."
- (b) At "RIGHT STEP," shift the weight of your body to the left foot without noticeable movement.
- (c) On "MARCH" and for the cadence count of one, place the right foot 12 inches, from the inside of the left heel to the inside of the left heel, to the right of the left foot.
- (d) Keep heels on line, and distribute the body weight evenly on both legs.
- (e) Keep the legs straight, without stiffness, and thumbs along the trouser seams.
- (f) For the cadence count of two, smartly bring the left heel against the right heel as in the position of attention.

(g) Continue taking 12 inch steps right at 120 steps per minute until you receive another command.

NOTE: The only command you may receive while right stepping is "HALT." Both the preparatory and command of execution must be given as the heels are together.

1. On "HALT" and for the first count of halt, take one more 12 inch step to the right with the right foot (Step).
2. For your next step and for the second count of halt, smartly bring the left heel against the right heel assuming the position of attention.

**(2) LEFT STEP**

- (a) Assume you are halted at attention and you receive the command "LEFT STEP, MARCH."
- (b) At "LEFT STEP," shift the weight of your body to the right foot without noticeable movement.
- (c) On "MARCH" and for the cadence count of one, place the left foot 12 inches, measured from the inside of the left heel to the inside of the right heel, to the left of the right foot.
- (d) Keep the heels on line and distribute the body weight evenly distributed on both legs.
- (e) Keep the legs straight, without stiffness, and the thumbs along the trouser seams.
- (f) For the cadence count of two, smartly bring the right heel against the left heel as in the position of attention.
- (g) Continue taking 12 inch steps left at 120 steps per minute until given another command.

NOTE: The only command you may receive while left stepping is "HALT." Both the preparatory and command of execution must be given as the heels are together.

1. On "HALT" and for the first count of halt, take one 12 inch step to the left with the left foot.
2. For your next step and for the second count of halt, smartly bring the right heel against the left heel assuming the position of attention.

**n. FACE TO THE LEFT (RIGHT) IN MARCHING**

- (1) Assume you are halted at attention and you receive the command "FOR INSTRUCTIONAL PURPOSES, BY THE LEFT or RIGHT FLANK, MARCH."
- (2) At "FOR INSTRUCTIONAL PURPOSES, BY THE LEFT or RIGHT FLANK," shift the weight of your body to the right leg without noticeable movement.
- (3) On "MARCH," face 90 degrees to the left (right) by pivoting on the ball of the (right) foot.

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- (4) Simultaneously, take a 30 inch step in the new direction with the (left) foot.
- (5) Swing the arms in their natural swing, but do not allow them to swing away from the body.
- (6) Continue to march in the new direction at a quick-time cadence until given another command.

#### **o. CHANGE STEP**

##### **(1) WHILE MARKING TIME**

- (a) Assume you are marking time and you receive the command "CHANGE STEP, MARCH."

NOTE: The command of execution will be given as the right foot strikes the deck.

- (b) On "MARCH," take 2 inch vertical steps with the left foot.
- (c) Then continue taking alternating steps in place beginning with the left foot.
- (d) Swing your arms to conform with the change in step.
- (e) Continue to mark time until given another command.

##### **(2) WHILE DOUBLE TIMING IN PLACE**

- (a) Assume you are double timing in place and you receive the command "CHANGE STEP, MARCH."

NOTE: The command of execution will be given as the right foot strikes the deck.

- (b) On "MARCH," hop twice on your left foot.
- (c) Keep the forearms in the horizontal position along the waist line while hopping twice on your left foot.
- (d) Then continue to take alternating steps, beginning with the right foot.
- (e) Swing your arms to conform with the change in step.
- (f) Continue to double time in place until given another command.

##### **(3) WHILE MARCHING FORWARD AT QUICK TIME**

- (a) Assume you are marching forward at quick time and you receive the command "CHANGE STEP, MARCH."

NOTE. The command of execution will be given as the right foot strikes the deck.

- (b) On "MARCH," take one 30 inch step to the front with the left foot.
- (c) Then place the toe of your right foot near the heel of your left foot then immediately step off with a 30 inch step to the front with the left foot.
- (d) Keep the thumbs along the seams of the trousers during the change in step.
- (e) Continue to march at quick time until given another command.

**(4) WHILE MARCHING FORWARD AT DOUBLE TIME**

- (a) Assume you are marching forward at double time and you receive the command "CHANGE STEP, MARCH."

NOTE: The command of execution will be given as the right foot strikes the deck.

- (b) On "MARCH," take one 36 inch step to the front with your left foot.
- (c) Place the toe of your right foot near the heel of your left foot and immediately step off with a 36 inch step to the front with your left foot.
- (d) Keep the forearms in the horizontal position along the waist line while changing step.
- (e) Swing your arms to conform with the change in step.
- (f) Continue to march at double time until given another command.

**p. FACE TO THE REAR WHILE MARCHING**

**(l) WHILE MARCHING FORWARD AT QUICK TIME**

- (a) Assume you are marching forward at quick time and you receive the command "TO THE REAR, MARCH."

NOTE: The command of execution will be given as the right foot strikes the deck as this involves a movement to the right.

- (b) On "MARCH," place your left foot approximately 30 inches directly in front of your right foot.
- (c) Face 180 degrees to the right by pivoting on the balls of both feet.
- (d) Keep the legs straight without stiffness.
- (e) Continue the arms in their natural swing, but do not allow them to swing wide from the body.
- (f) Without losing cadence, take a 30 inch step in the new direction at quick time until given another command.

**(2) WHILE MARCHING FORWARD, AT DOUBLE TIME**

(a) Assume you are marching forward at double time and you receive the command "TO THE REAR, MARCH."

NOTE: The command of execution will be given as the right foot strikes the deck as this involves a movement to the right.

- (b) On "MARCH," take two 36 inch steps to the front.
- (c) Take four, 6 inch vertical, alternating steps in place.
- (d) Simultaneously turn 180 degrees about to the right.
- (e) Allow the arms to continue their natural swing away from the body.
- (f) Without losing cadence take a 36 inch step in the new direction with your left foot.
- (g) Continue to march in the new direction at a double-time cadence until given another command.

**(3) TO MARCH TO THE REAR FROM A HALT**

NOTE : The command is "TO THE REAR, MARCH."

- (a) On "MARCH," step off with the left foot.
- (b) Turn about to the right on the balls of both feet.
- (c) Immediately step out to the rear with the left foot.

**q. TO MARCH AT REST**

**(1) TO MARCH AT EASE**

(a) Assume you are marching forward at quick time and you receive the command "AT EASE, MARCH."

NOTE: The command of execution may be given as either foot strikes the deck. You are no longer required to march at the position of attention in cadence.

- (b) On "MARCH," keep your alignment, cover, interval and distance.
- (c) Maintain silence.
- (d) Continue to march until given another command.

NOTE : The only command you may receive while marching at ease is "SQUAD, PLATOON OR



COMPANY, ATTENTION.”

- On “ATTENTION,” pick up the step as soon as possible.

NOTE: The instructor will count cadence until all troops are in step.

## (2) TO MARCH AT ROUTE STEP

- (a) Assume you are marching forward at quick time and you receive the command “ROUTE STEP, MARCH.”

NOTE: The command of execution may be given as either foot strikes the deck. You are no longer required to march at the position of attention in cadence.

- (b) On “MARCH,” keep your alignment, cover, interval, and distance.
- (c) Talk in a low, conversational tone.
- (d) Continue to march until given another command.

NOTE: The only command you may receive while marching at route step is “SQUAD, PLATOON OR COMPANY, ATTENTION.”

## C. MOVEMENTS AS A MEMBER OF A UNIT

NOTE: An interval is the lateral space between Young Marines on the same line, measuring from shoulder to shoulder. Distance is the space between Young Marines in the same file, measuring from the chest of one Young Marine to the back of the Young Marine in front. In normal formations, interval may be closed; distance will not.

1. The platoon, the basic drill unit, consists of a platoon headquarters and two or more squads. The platoon headquarters consists of a platoon commander and one or more assistants. A section normally forms and drills as a squad. A large section, however, is divided into two or more drill squads to form and to drill as a platoon. The two platoon formations are line and column.

### a. PLATOON IN LINE

- (1) Used when forming the platoon.
- (2) Used in ceremonies of larger units when the Company is in line, and in inspections of the platoon.

NOTE The squads are numbered from front to rear. When in line formation, a platoon should be marched for short distances only.

- (a) On FALL IN, (platoon sergeant) form the platoon in line and at a normal interval.

1. On “IN,” (platoon guide) position yourself so that the first squad will be centered three spaces from the platoon sergeant.

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2. (Guide) Keep your head and eyes to the front, and furnish normal interval to the first squad leader by raising your left arm shoulder high in line with your body.

(b) In the first squad, including the squad leader, align with the Young Marine on your right.

(c) Furnish interval to the Young Marine on your left.

(d) As you obtain alignment and interval, return smartly and quickly to the position of attention without command.

(3) Squad Leaders fall in directly behind the squad leader of the first squad with a 40-inch distance between you.

(4) Remaining squads align yourself with the corresponding Young Marine in first squad.

NOTE Members of the first squad will obtain only exact one-arm intervals.

### **b. PLATOON IN COLUMN**

(1) Used when marching the platoon.

(2) Used in ceremonies of larger organizations when the company is massed.

NOTE: The squads are numbered from left to right with the squad leaders at the head of their respective squads.

After the platoon is formed in line, it is put in column with the command "RIGHT, FACE."

(a) Platoon Guide executes right face with immediately face right as in marching.

(b) Platoon Guide marches to a position in front of right squad leader, halts and execute left face.

NOTE: The platoon commander moves by the most direct route to his post in front of the left squad leader. When the platoon commander is present and when the platoon is in line, the platoon sergeant takes post to the left file of the rear rank, following the last member of the right file (squad) when in column.

When the platoon commander is not present, after the platoon is formed, the platoon sergeant drills the platoon as prescribed for the platoon commander.

(c) Platoon guide, takes post as stated below in paragraph b.

(d) Extra Young Marines fall in on the left when the platoon is in line and in rear when in column.

### **2. RULES FOR THE GUIDE.**

Unless otherwise announced, the guide is right, and the guide takes post on the right. In line he is

posted to the right of the squad leader of the first squad. In column he is posted in front of the squad leader of the third squad.

NOTE: In column, when guide left is desired, the command "GUIDE, LEFT" is given.

a. On "LEFT," guide and platoon commander exchange positions.

- Guide crosses between the platoon commander and the platoon.

b. On "RIGHT," Guide returns to normal position.

NOTE: Guide and platoon commander return to normal position with the guide again passing between the platoon commander and the platoon. This movement may be made at a halt or in march. The base squad or base file is the one behind the guide.

The guide does not change his position at the command "DRESS LEFT or RIGHT, DRESS."

c. When a platoon in line is given the command "RIGHT, FACE," guide executes right face with the platoon.

NOTE: The guide immediately faces to the right in marching and marches to a position in front of the right squad leader, halts, and executes left face. If a platoon is given "LEFT, FACE," the guide executes left face with the platoon, but does not change his position within the platoon.

d. When a platoon in column is given the command "COLUMN OF FILES FROM THE LEFT, MARCH," on the preparatory command, the guide takes position in the front of the left squad leader so that you are at the head of the column.

e. When a platoon in column is given the command "COLUMN OF TWO'S FROM THE LEFT, MARCH," on the preparatory command, guide take his position in front of the second file from the left so that he is at the head of the right file of the column.

(1) Face left as in marching and march to a position in front of designated right squad leader.

(2) Halt and execute right face.

f. When reforming in a column of three's or four's from a file or column of two's, guide posts himself in his normal position when the movement is completed.

g.(Guide) Sets the direction and cadence of the march.

NOTE: The leading Young Marine in each file is responsible for interval.

h. When a platoon is marching in column and the command to march by a flank or to the rear, "BY THE RIGHT FLANK, MARCH or TO THE REAR, MARCH," is given, guide executes movement with the platoon, but do not change your position with the platoon.

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NOTE: Guide, Does Not count off.

3. IN PLATOON DRILL, the squad is merged with other squads. The platoon forms in line at normal interval and distance between the files and ranks on the command "FALL IN". To form at close interval, the command is "AT CLOSE INTERVAL, FALL IN," in which case the platoon forms in line with normal distance between ranks but with close interval, 4 inches between files. The platoon sergeant or platoon commander forms the platoon as described below.

### a. FORMING THE PLATOON BY THE PLATOON SERGEANT

(1) Platoon Sergeant, takes post three paces in front of the point where the center of the platoon will be.

(2) Faces that point, and draws sword, if so armed.

(3) Commands "FALL IN" or "AT CLOSE INTERVAL, FALL IN."

(a) On "FALL IN" or "AT CLOSE INTERVAL, FALL IN, Guide takes his post so that the first rank, when aligned on him, will be centered and three paces from the platoon sergeant.

(b) Squad Leader of the First Squad falls in at normal close interval as prescribed in squad drill.

NOTE: Exception: Exact interval is taken only by the first squad, i.e., front rank. Young Marines in the rear squads, i.e., rear ranks take approximate interval only to cover the corresponding member of the front rank. All personnel fall in at attention and, if armed with the rifle, at the position of order arms.

(4) When a report is appropriate, after all personnel are formed, command "REPORT."

NOTE: Remaining in position at order arms, if armed with the rifle, the squad leaders, in succession from front to rear, salute and report, "ALL PRESENT," or "Private (name) absent."

(5) Then command "INSPECTION, ARMS; PORT, ARMS; ORDER, ARMS," if troops are armed with the rifle.

(6) Take three paces forward, and assume the post and duties of the platoon commander if the platoon commander does not receive the platoon.

(7) Face the front receiving the reports of the squad leader causing the platoon to execute inspection arms when the platoon commander is present.

(8) Salute and report "Sir, all present and accounted for," or "Sir, (number) Young Marines absent," when the platoon commander has taken post six paces in front and center of the platoon remaining with sword in scabbard, if so armed.

NOTE: The platoon commander returns the salute and may discuss absentees and issue necessary instructions to the platoon sergeant. Next, the platoon commander directs the platoon sergeant to "TAKE YOUR POST."

(9) Then march by the most direct route to your post on the left of the rear rank. NOTE: The platoon commander then draws sword, if so armed.

#### **b. FORMING THE PLATOON BY THE PLATOON COMMANDER**

NOTE: When appropriate, the platoon commander rather than the platoon sergeant forms the platoon. The procedures are the same with some exceptions.

(1) Take post six paces in front of the point where the center of the Platoon will be.

(2) Face that point, and draw sword.

(3) Command "FALL IN" or "AT CLOSE INTERVAL, FALL IN."

NOTE: The platoon then forms on the platoon commander, the platoon sergeant falling in on the left of the rear flank with sword drawn, if so armed.

(4) Receive the report of the squad leaders.

(5) Command the platoon to execute inspection arms, if troops are armed with the rifle.

#### **c. DISMISS THE PLATOON**

(1) The platoon is dismissed only from a line with Young Marines at attention.

(2) Armed troops are dismissed with commands "INSPECTION, ARMS; PORT, ARMS; DISMISSED."

(3) Unarmed troops are dismissed with the command "DISMISSED."

(4) The platoon sergeant usually dismisses the platoon.

#### **d. ALIGNMENTS**

NOTE: In line, the platoon is aligned as prescribed for the squad.

Aligning a platoon in line at normal interval.

(1) The guide and the squad leaders are the base for this movement. Unit leader: Command, "DRESS RIGHT (LEFT), DRESS". Platoon members — On the command of execution "DRESS" execute the same arm, hand, and head movements as falling in at normal interval.

(2) Guide, raises his left arm to obtain proper interval, and looks to the front or to the left.

(3) Squad leader of the first squad turns his head to the right or left during alignment.

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- (4) Other squad leaders cover on the first squad leader and look to the front during alignment.
- (5) Platoon Commander on your command "DRESS," face half left, as in marching, and proceed in the most direct route until you are positioned on line with the front rank and one pace from the extreme right flank Young Marine.
  - (a) When in position, execute a halt, facing to the rear.
  - (b) Then execute a right face, facing down the line.
  - (c) Align the front rank by commanding those Young Marines in advance or rear of the line to move forward or backward until in line.

NOTE: These Young Marines are designated by name or number. Those commanded to move will move the designated number of steps and will continue to move until receiving the command "STEADY."

- (d) Execute a series of short side steps to the right or left to identify a Young Marine.
- (e) Be in line with the rank when commanding a Young Marine to move.
- (f) After verifying the alignment of the first rank, faces to the left or right in marching, and march straight to the front.
- (g) Halt on line with each succeeding rank, execute right or left face and align each squad.

NOTE: When the guide is in ranks for right dress, the platoon commander will be two paces from the squad leaders of succeeding ranks.

- (h) After verifying the alignment of the rear rank, face the right or left in marching; march straight to a point three paces beyond the front rank; halt; face the left or right and commands "READY, FRONT; COVER."
- (i) Immediately after commanding "COVER," march by the most direct route, and take your post six paces front and center of the platoon.
- (j) (Platoon Commander) Commands "READY, FRONT; COVER" from your normal post without verifying alignment, when aligning a platoon of well-drilled Young Marines or when there is insufficient time to verify alignment.

NOTE: When marching in columns, the platoon is aligned by the command "COVER."

- (6) On "COVER" the base squad leader moves a 40-inch distance from the guide.
- (7) Other squad leaders obtain proper interval from the base squad leader and align on him.
- (8) Other Young Marines in the base squad executes the movement as in squad drill.

(9) Remaining Young Marines of the platoon align simultaneously on the base squad and cover your squad leaders.

**e. TO CLOSE AND EXTEND THE INTERVAL HALTED OR MARCHING IN COLUMN**

**(1) CLOSE MARCH**

NOTE: When in column at normal interval, at a halt, or in march at quick time, to obtain close interval between files, the command is "CLOSE, MARCH."

- (a) Members of the Base Squad on "MARCH," stand still.
- (b) Other Young Marines obtain close interval by doing right step.

NOTE: When marching, the command "MARCH" is given on the right foot when the base squad is on the right, and on the left foot when the base squad is on the left. When the base squad is center, the command "MARCH" may be given on either foot.

- (c) Base Squad on "MARCH," take up the half step.
- (d) Other Squad(s) make an oblique turn toward the base squad until the interval between Young Marines is 4 inches.
- (e) Squad Members make an oblique turn to the front and take up the step when abreast of the corresponding member of the base squad.
- (f) All Squads on "FORWARD, MARCH," resume the 30-inch step.

**f. EXTEND MARCH**

NOTE: When in column at close interval, at a halt, or in marching at quick time, to obtain normal interval between files, the command is "EXTEND, MARCH."

- (1) Members of the Base Squad at a halt, on "MARCH," stand still.
- (2) Other Young Marines obtain normal interval by doing left step.

NOTE: When marching, the command "MARCH" is given on the left foot when the base squad is on the right, and on the right foot when the base squad is on the left. When the base squad is center, the command "MARCH" may be given on either foot.

- (3) Base Squad on "MARCH" takes up the half step.
- (4) Other Squad(s) make an oblique turn away from the base squad until normal interval is obtained.
- (5) Squad Members when abreast of corresponding members of the base squad, make an oblique turn

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to the front in marching and take up the half step.

(6) All Squads on "FORWARD, MARCH" resume the 30-inch step.

(7) Squad(s) in Rear of the Squad. The leading squad after doing the flank movement, take(s) half steps until a 40-inch distance is obtained between squads.

NOTE: After movement, the platoon maintains normal interval until close march is commanded.

## g. CHANGE OF DIRECTION

NOTE: The command is "COLUMN RIGHT (COLUMN LEFT, COLUMN HALF RIGHT or COLUMN HALF LEFT), MARCH." The base element during the turn is the squad on the rank in the direction of the turn. The pivot Young Marine for the movement is the first Young Marine in the base squad, excluding the platoon commander and guide.

When marching, the preparatory command and command of execution are given so that they end on the foot in the direction of the turn.

(1) Pivot Young Marine on "MARCH," face the right or left in the direction of the turn.

(a) Then take a half step.

(b) Resume the full step when other Young Marines of your rank are abreast.

(2) Other Young Marines of the Leading Rank turn twice to an oblique right or left without changing interval.

(a) Place yourselves abreast of the pivot Young Marine.

(b) Conform to his step.

(c) Execute the first oblique at the command of execution.

(d) Execute the second oblique opposite their new line of march so that when the oblique is completed, they will be marching toward the new front with proper interval.

(3) Ranks in Rear of the Leading Rank. Execute the movement on the same ground and in the same way as the leading rank.

(4) Pivot Young Marine when halted on "MARCH" face the right or left by turning to the right or left on your right toe.

(a) Step one full step with your left foot in the new direction.

(b) Then take a half step.

(c) Resume the full step when other Young Marines of your rank are abreast.



(5) Other Young Marines of the Leading Rank. Turn twice to the oblique right or left in marching without changing interval.

(a) Place yourselves abreast of the pivot Young Marine.

(b) Conform to his step.

(c) Execute the two obliques the same as when the column movement is ordered while marching.

(d) Simultaneously march forward and execute the movements the same as when marching.

(6) Platoon Commander and Guide. During column movements, smartly step oblique in the direction of the turn; take a half step, and resume full step in a manner that places you in your proper position in the formation for marching in the new direction.

NOTE: For slight changes of direction, the command is "INCLINE TO THE RIGHT or LEFT."

(7) Guide at the command, change direction as commanded.

NOTE: This is not a precise movement and is executed only while marching.

#### **h. TO FORM COLUMN FROM LINE**

NOTE: Being in line at a halt and at the order, to form column, the command to the platoon is "RIGHT, FACE."

(1) Face to the right, and form column.

NOTE: The platoon commander takes his post in front of the left file and the guide in front of the right file. The platoon commander may then command "RIGHT SHOULDER, LEFT SHOULDER, PORT, or SLING, ARMS. FORWARD COLUMN RIGHT or LEFT MARCH."

(2) March in column.

NOTE: Since the platoon becomes inverted if faced to the left, this should only be done for short movements.

(3) Being in a line to form a column facing to the left, first form a column by facing to the right.

(4) Execute necessary column movements until the column is faced in the desired direction.

#### **i. TO FORM LINE FROM COLUMN**

NOTE: Being at a halt and at the order in column, to form a line, the platoon commander commands the platoon to "LEFT, FACE."

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- On "FACE," face the left.

NOTE: The platoon commander moves by the most direct route to his post on the right of the front rank. When in column, if faced to the right, the platoon becomes inverted; therefore the platoon commander remains six paces and centered on the platoon and should march the unit only for a short distance.

### j. FLANKS

NOTE: The command is "TO THE RIGHT or LEFT FLANK, MARCH." It may be given from any marching formation. It should not be given at a halt. The preparatory command and command of execution are given so that they end as the foot in the direction of the turn hits the deck.

- (1) Each Young Marine, on "MARCH," takes one more step.
- (2) Face to the right or left in marching.
- (3) Step out with your right or left foot in the new direction.
- (4) Platoon Commander and Guide execute the flanking movement with the platoon, but do not change your position within the platoon.

#### EXCEPTION(S):

(5) Squad in Rear of the formation becomes the Leading Squad. Take up the half step after doing the flank movement when this movement is executed from a column at close interval, until a 40-inch distance is obtained between squads. After movement, the platoon maintains normal interval until close march is commanded.

NOTE: This movement is also used to move a column a short distance to the right or left.

### k. OPEN AND CLOSE RANKS

#### (1) TO OPEN RANKS

NOTE: The commands are "OPEN RANKS, MARCH; READY, FRONT; COVER," They are given only in line.

- (a) Front Rank on "MARCH" takes two paces forward, halt and execute dress right.
- (b) Second Rank takes one pace forward, halt and execute dress right.
- (c) Third Rank, if present stands fast and executes dress right.
- (d) Each succeeding rank, if present takes two, four, or six steps backward, halts and executes dress right.

- (e) Platoon Commander verifies the alignment as for dress right.
- (f) After verifying the alignment of the rear rank, faces the left and commands "READY, FRONT; COVER."

**(2) TO CLOSE RANKS**

NOTE: The command is "CLOSE RANKS, MARCH." It may be given only from open ranks.

- (a) Front Rank on "MARCH," stands fast.
- (b) Second Rank takes one pace forward and halt.
- (c) Each Succeeding Rank takes two, three, four or five paces forward and halts.
- (d) Each Young Marine covers.

NOTE: The platoon commander gives the command to close ranks at the same position from which he commanded ready front. At the command "MARCH," the platoon commander moves by the most direct route and posts six paces in front of the center of the platoon.

**1. FORM A COLUMN OF TWO'S AND REFORM**

NOTE: The platoon may be marched in column of two's and reformed into column of three's following the steps given below. The change of column is always made from the halt.

Being in column of three's to reform to column of two's, the platoon commander commands "COLUMN OF TWO'S FROM THE RIGHT or LEFT, MARCH."

- (1) Squad Leaders on the preparatory command, give the following supplementary commands.

- (a) The two right or left Squad Leaders command "FORWARD."
- (b) Remaining Squad Leader commands "COLUMN OF TWO'S TO THE LEFT or RIGHT."

- (2) On platoon commander's "MARCH."

- (a) Two right or left squads march forward.
- (b) Remaining squads form column of two's to the left or right as prescribed in squad drill.

- Then on commands of the squad leader, execute column half right or left and column half left or right to follow the two leading squads at normal distance in column.

**m. REFORM A COLUMN OF TWO'S AND FORM A COLUMN OF THREE'S**

NOTE: Being in column of two's to reform into column of three's the platoon commander commands

### Close Order Drill

“COLUMN OF THREE’S TO THE LEFT or RIGHT, “MARCH.”

(1) Squad leaders at the preparatory command give the following supplementary commands.

(a) Two leading squad leaders command “STAND FAST.”

(b) Remaining squad leader commands “COLUMN OF FILES FROM THE RIGHT or LEFT.”

(2) Two leading squads on “MARCH” stand fast.

(3) Rear squad forms a single file from the right or left as in squad drill.

- Then on command of their squad leader, move to the normal place beside the leading squads by executing a column half left or right and a column half right or left.

NOTE: It is halted by the squad leader when its leading file is on line with leading rank of the platoon.

NOTE: The platoon, at a halt may be marched in single file, reforming into column of three’s in the same manner as forming into column of two’s and reforming into column of three’s by the following commands: “CLOSE, MARCH; EXTEND, MARCH.”

### n. FORM A COLUMN OF FILES AND REFORM

NOTE: In a column of three’s, to form column of files, the platoon commander commands “COLUMN OF FILES FROM THE RIGHT or LEFT, MARCH.”

(i) Squad Leaders on the preparatory command, give the following supplementary commands.

(a) Right - left squad leader commands “FORWARD.”

(b) Remaining squad leaders command “STAND FAST.”

(2) Right - left squad on “MARCH,” march forward.

(3) Remaining squads stand fast, then each in succession, on command of its squad leader, execute a column half right or left then column half left or right, so as to march.

NOTE: In column of files, to reform column of three’s, the platoon commander commands “COLUMN OF THREE’S TO THE LEFT or RIGHT, MARCH.”

(4) Squad leaders at the preparatory command, give the following supplementary commands.

(a) Leading squad leader commands “STAND FAST.”

(b) Second squad leader commands “COLUMN HALF LEFT or RIGHT.”

(c) Third squad leader commands “FORWARD.”

(5) Leading squad on the platoon commander’s command “MARCH,” stands fast.

(6) Second squad executes a column half left or right, marches at normal interval abreast of the leading squad, then halts when the leading file is abreast of the front file of the leading squad.

(7) Third squad, marches forward, then on command of your squad leader, executes a column half left or right, column half right or left and marches at normal interval alongside the second squad, halting when the leading file is abreast of the front rank of the platoon.

NOTE: When marching in column of two's, the platoon commander is ahead of the left file and the right guide in front of the right file. When marching in single file, the guide leads the platoon, the platoon commander marches abreast of and to the left of the guide.

**o. CLOSE AND EXTEND THE INTERVAL IN LINE**

**(1) CLOSE MARCH**

NOTE: The command is "CLOSE" MARCH."

(a) All Young Marines on "MARCH," except the right flank Young Marine, face to the right in marching.

(b) March forward until approximately a 4-inch interval has been obtained.

(c) Halt and face the left.

(d) Form at close interval by placing the left hand on the hip and dressing to the right.

NOTE: When the Young Marine on the left has obtained the proper interval, smartly lower the left hand to the side, and turn the head to the front.

**(2) EXTEND MARCH**

NOTE: The command is "EXTEND, MARCH."

(a) All Young Marines on "MARCH," except the right rank Young Marine, face to the left.

(b) March forward until approximate normal interval has been obtained.

(c) Halt and face the right.

(d) Form at normal interval by extending left arm at shoulder height and dressing to the right.

NOTE: When the Young Marine on the left has obtained proper interval, smartly lower the left arm to the side, and turn the head to the front.

**p. TAKE INTERVAL AND ASSEMBLE**

NOTE: From either close or normal interval, the command is "TAKE INTERVAL TO THE LEFT or RIGHT, MARCH."

### Close Order Drill

(1) On "MARCH" move the same as when extending, except that you obtain the double arm interval raising both arms. The right flank Young Marine raises only his left arm and the left flank Young Marine raises only his right arm and touching the fingertips of the Young Marine on his right.

(a) Smartly lower your right arm when you have proper interval and your left arm when the Young Marine on your left lowers his right arm.

(b) Smartly turn your head and look to the front as you lower your right arm.

NOTE: Armed troops are given this command only when at sling arms.

(2) Obtain normal interval from double-arm interval on "ASSEMBLE TO THE RIGHT or LEFT, MARCH."

- Execute this movement the same as closing, except form at normal interval.

### q. OBLIQUE

NOTE: When marching in any formation, the command is "RIGHT or LEFT OBLIQUE, MARCH." The word oblique is pronounced to rhyme with strike.

(1) Instructor: To teach men to march to the oblique, align the unit and have each Young Marine do a half-right or left face.

(a) Point out each Young Marine's position.

(b) Explain that each Young Marine must keep this position while marching, holding his shoulders parallel to the Young Marine in front.

NOTE: The command "MARCH," is given as the foot in the direction of the turn hits the deck.

(2) Take one more step forward, face half right or left in marching, and step off at a 45-degree angle from your original direction of march.

NOTE: The command "FORWARD, MARCH" is given to resume the original direction of march. It is given as the foot toward the original front hits the deck.

(3) On "MARCH" face half left or right in marching and step off to the front.

(4) On "PLATOON, HALT" face the original front.

NOTE: The command is given as the foot toward the original front hits the deck.

(a) On "HALT" take one more step in the oblique direction.

(b) Turn to the front on the toe of your right or left foot and place your left or right foot beside your right or left foot.

NOTE: The command "IN PLACE, HALT" is given as either foot hits the deck to halt the unit in the oblique temporarily for correcting errors.

(5) On "HALT," halt in two counts the same as in quick time, but remain facing in the oblique direction.

NOTE: The only command that can be given after halting in place is "RESUME, MARCH." On that command the movement continues in the oblique direction.

(6) On "RESUME, MARCH" resume full step to the oblique, while marching at half step or marking time.

**r. COUNT OFF**

NOTE: In line the command is "COUNT, OFF."

(1) All Young Marines except the Young Marine on the Right Flank on "OFF" smartly turn your heads and look to the right.

(2) Right flank Young Marine shouts "ONE."

(3) Young Marine to your left shouts "TWO."

NOTE: In column the command is "FROM FRONT TO REAR COUNT, OFF."

(4) Each Young Marine starting with the front Young Marine, turns his head to the right, and smartly shouts his number as he turns his head back to the front.

(5) Count numbers in cadence at quick time from front to rear.

**s. FORM FOR PHYSICAL DRILL/COUNT OFF**

NOTE: The command is "FROM FRONT TO REAR, COUNT, OFF." Before the movement is executed, the unit leader places himself three paces from the platoon guide, centered on the column.

The base for this movement is the squad leader. The platoon guide will not count off.

(1) Squad leaders on "OFF," turn their heads to the right, smartly shouting "ONE" turning their heads back to the front.

(2) Next Young Marine turns his head to the right and smartly shouts the next higher number when the person in front calls out his number and turns his head back to the front.

**t. TAKE INTERVAL TO THE LEFT**

NOTE: The next command is "TAKE INTERVAL TO THE LEFT, MARCH." The base for this movement is the third squad.

(1) All Members of the Third Squad on "MARCH," cover in file, and stand fast.

**Close Order Drill**

- (a) Raise both arms laterally to shoulder height.
- (b) Extend and joint your fingers with the thumb along your hand, palms down.

NOTE: The squad remains in this position until given another command.

- (2) All Members of the First Squad on "MARCH" face left as in marching.

- (a) Take four 30-inch steps, halt; execute a right face and smartly raise both arms laterally to shoulder height.

- (b) Extend and join your fingers with the thumb along your hand, palms down.

NOTE: The squad remains in this position until given another command. Cover is automatic.

- (3) All Members of the second squad on "MARCH", face left as in marching.

- (a) Take two 30-inch steps; halt; execute a right face, and smartly raise both arms laterally to shoulder height.

- (b) Extend and join your fingers with the thumb along your hand, palms down.

NOTE: The squad remains in this position until given another command. Cover is automatic.

- (4) Unit leader on "MARCH" faces the right as in marching; takes the appropriate number of steps to re-center himself on the squad leaders and faces the platoon.

**u. ARMS DOWN**

NOTE: The next command is "ARMS, DOWN."

- (1) All Members of the Formation at the commaned "DOWN," smartly and quietly lower your arms to your sides.

- (2) Assume the position of attention.

**v. EVEN NUMBERS TO THE RIGHT**

NOTE: The next command is "EVEN NUMBERS TO THE RIGHT, MOVE."

- (1) All even-numbered Young Marines in formation and the Platoon Guide on "MOVE," move to their right and to the middle of the interval between files by swinging their right legs sideways.

- (2) Spring from your left foot and land on your right foot.

- (3) Bring your left foot smartly against your right.



NOTE: Cover is automatic.

### w. REFORM THE UNIT

NOTE: The command is "ASSEMBLE, MARCH."

- (1) All odd-numbered Young Marines of the third squad and the even-numbered Young Marines of the second squad on "MARCH" stand fast.
- (2) All remaining members face the same as in marching, return on the double to your original position and stand fast.

NOTE: Rifles will be at port arms while moving. The unit leader faces to the left as in marching and re-centers himself on the column to verify that cover has been made. After verifying cover, the unit leader faces half right as in marching and moves to his position six paces and centers on the column.

### TECHNIQUES OF GIVING COMMANDS

A. **GENERAL** - Unquestioning obedience to a lawful command is a basic concept of military life. A command given by proper authority demands the follower's immediate response to the will of the leader. When a lawful command is issued, there can be no question on the part of the follower as to whether the command is correct or whether there is an option as to carrying it out. He must be trained to carry out the instruction contained in the command to the very best of his ability.

B. **TECHNIQUES** - Commands become familiar as a result of constant usage. However, a command is not necessarily stereotyped. Situations, which require commands, often develop quickly.

(1) **DEFINITE** - A command must be definite. You must let the person to whom you are talking understand exactly what you mean.

(2) **POSITIVE** - A command must be positive and given in a tone of voice that leaves no doubt that it is to be executed.

(3) **CONCISE** - A command must be concise and not contain so much that people cannot remember it.

(4) **LEADERS LOOK AT THEIR PEOPLE** - The leader must look at their people when giving a command in order to reinforce effectiveness.

**TRANSITION** - In command voice there are four factors that you use to make those listening know you are in fact giving a command. These factors are voice control, distinctness, inflection, and cadence.

### COMMAND VOICE

A. **VOICE CONTROL** - The voice is controlled by opening the throat, using the mouth to shape the words and using the diaphragm to control the volume.

## Close Order Drill

- (1) Loudness of a command is adjusted to the number of people in the unit.
- (2) The only position for giving commands is at the position of attention. Here is a point in leadership. If you demonstrate military bearing, so will your people. If you slouch, your people will have the tendency to do likewise.
- (3) The most important muscle used in breathing is the diaphragm. This is the large muscle that separates the chest cavity from the abdominal cavity.
- (4) The cavities of the throat, mouth and nose act as amplifiers and help to give fullness and projection to the voice.

**B. DISTINCTNESS** - All commands can be pronounced correctly without loss of effect.

- (1) Distinctness depends on the correct use of your tongue, lips and teeth which form the separate sounds of a word.
- (2) To develop the ability to give clear, distinct commands, practice giving commands slowly and carefully, prolonging the syllables. Then gradually increase your rate of delivery until you develop the proper cadence, yet enunciating each syllable distinctly.

**C. INFLECTION** - Inflection is the rise and fall in pitch and tone in the voice.

**D. CADENCE** - Cadence when speaking is regards to commands means a uniform and rhythmic flow of words. The interval between commands is generally of uniform length for any given troop unit. This is necessary so that everyone in the unit will be able to understand the preparatory command and will know when to expect the command of execution. Except when supplementary commands need to be given, the best interval of time for the squad or platoon on the march allows one step to be taken between the preparatory command and the command of execution.

**TRANSITION** - Now that we have talked about the fundamentals of commands, let us now talk about five different types of commands.

## TYPES OF COMMANDS

**A. PREPARATORY COMMAND** - The preparatory command is the command which indicates the movement.

- (1) **BEGINNING PITCH** - Normal speaking voice.
- (2) **INFLECTION** - Rising inflections.
- (3) **CADENCE** - Normally, one count.

**B. COMMAND OF EXECUTION** - The command of execution is the command which indicates when a movement is to be executed.

- (1) **BEGINNING PITCH** - Higher than last pitch of the preparatory command.
- (2) **INFLECTION** - None.

(3) SNAP!

**C. SUPPLEMENTARY COMMAND** - A supplementary command is given when an element of a larger unit is acting separately. An example would be "Continue To March," given by the second platoon commander when the company is in column and a column movement is ordered.

(1) **PITCH and INFLECTION** - The pitch and inflection are the same as for the type of command it replaces.

(a) "Continue To March" is both a preparatory command and a command of execution. It is given in a flat pitch.

(b) "Forward" is a preparatory command and is given in a speaking voice with rising inflection.

**D. COMBINED COMMANDS** - Commands in which the preparatory command and the command of execution are combined.

(1) Are delivered without inflection.

(2) Given with the same loudness of a command of execution.

**E. COMMANDS TO SUBORDINATE LEADERS** - This command is not for execution by the Young Marine in ranks. It is given to the subordinate leaders and they in turn will give the command to be executed to the elements of that larger unit. An example of this type of command would be "Dress Right."

(1) **PITCH** - It begins at a pitch higher than the normal speaking voice.

(2) **INFLECTION** - It has downward inflection, a grounding command.

# CHAPTER NOTES

## CHAPTER 9

### First Aid

#### WARNING

\* \* \* \* \*

Handling or contact with body fluids, such as blood,  
may be hazardous to your health.

**WEAR GLOVES - PUT SOMETHING BETWEEN YOU AND THE VICTIM**

In the following chapter, we give only the basics for the most common emergencies. Call your local office of the American Red Cross and arrange to take their First Aid and CPR courses. Another excellent course is the American Heart Association's CPR course. You never know when a disaster or injury will occur. For your own good and the well being of those around you, it is highly recommended you take certified training in first aid and cardiopulmonary resuscitation. The information given below is only a small portion of what you learn in those classes. It gives the highlights, but in no way replaces hands-on training.

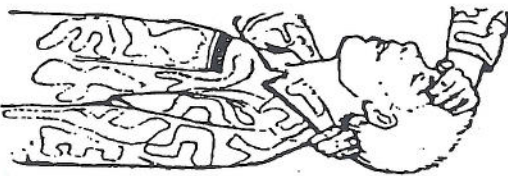
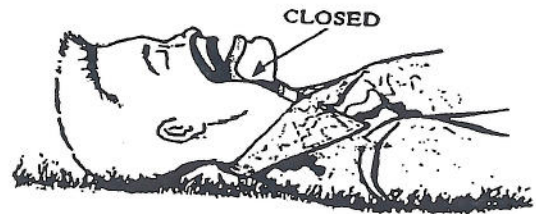
Suggested Test: "Standard First Aid" by the American Red Cross (A.R.C.).

#### FIRST AID BASICS

When there is an accident or emergency, always call an adult. Always call a doctor if the injury is serious. Make sure you know where the first aid kit/station is located when with Young Marines. If possible, wash your hands before giving first aid. Do not touch a wound with anything unclean. Touch sterile dressing by corners only. Do not touch the part that will cover the wound.

**Stay calm.** Check the area to make sure it is safe for you to reach the injured person. Check if the injured person is conscious. Gently shake his shoulder and yell "Are you okay?"

Position the injured person exercising extreme care. Roll the casualty on his back but take care of neck or spinal injury. Keep the head, neck and spine/back in line. Ensure the head is not above the level of the body. The tongue is the most common cause of airway obstruction. In most cases, the airway can be cleared by simply extending the neck, which pulls the tongue away from the air passage in the throat.



If the victim is unconscious, tilt the head back to let the tongue fall back from blocking the throat. Check for breathing and if the heart is beating. This is called checking the ABCs. Airway - opening the airway by tilting the head. Breathing - see if he is breathing. Circulation - check if his heart is beating.

## First Aid

**Get help!** Call 911 or the Poison Control Center if you suspect the victim has taken poison. If there is someone with you send them for help. Make sure the person knows what you found when you checked the ABCs so they can tell the 911 operator.

While you are waiting, try to keep the injured person calm. Talk to him. If his legs are not injured, put something under them, such as a pillow or rock, putting them higher than the victim's heart. Keep the victim warm and comfortable. Covering them if you have something available and if it is not too hot. This helps prevent shock, which can be serious, even life-threatening.

Do not move the injured person unless absolutely necessary. If there are any broken arms or legs you must splint them so they will not move, causing more injury.

Rapid bleeding needs to be stopped quickly. Loss of blood may make a person faint or even go into shock. Place a dressing over the wound. Use a piece of your clothing if necessary. If the wound is not directly over a broken bone, place your hand over the dressing and press firmly. Do not take your hand away until you are sure the bleeding has stopped. If possible, raise the wound above the level of the victim's heart.

A person often goes into shock when an accident happens. The skin will feel cold. Breathing will be fast. The victim may sweat and feel weak and nauseous. Keep the victim lying down flat with the head lower than the chest. Loosen tight fitting clothing. Keep the person warm and comfortable. Talk to the victim, let them know help is on the way.

## THE WHY AND HOW OF FIRST AID

### DEFINITION OF FIRST AID

First aid is defined as immediate care given to a victim until **Emergency Medical Services (EMS)** can be obtained. Legally, you must be given permission by the victim before you begin to help. Inform the victim if you have been Red Cross trained. If the victim is unconscious, consent is implied. If the victim is a child or disturbed try to get consent from the parent or guardian. "Good Samaritan" laws give legal protection to individuals who act in good faith and are not guilty of willful misconduct or gross negligence. This varies from state to state so know your state laws.

Emergency Medical Services should be notified for life-threatening situations, such as victims requiring treatment by trained medical personnel. For minor, non serious injuries, such as minor cuts or a broken arm, the victim can arrange for medical treatment. EMS does not need to be activated.

First aid commences with a steadying effect upon the stricken person when the victim realizes competent hands will help. Ill or injured patients require emotional support as well as physical care. Your statements can help or harm the patient. It is important to reassure the patient. Let the victim know proper care they will be provided. That will reduce anxiety.

It is important to understand that although someone may be unconscious or even in respiratory or cardiac arrest that person may hear and be aware of what is going on. For this reason it is important to be positive in your statements and to talk as though the patient can hear you.

A victim of a severe illness or accident suddenly has new problems and needs. Often on a temporary basis he cannot think well. Events may seem unreal and remote. His mind may be dull. An emotional reaction associated with a serious accident subsides gradually. Therefore, first aid is more than a dressing or a splint. It relates to the victim's mind and spirit as well as to his physical injuries. First aid contributions include the well selected words of encouragement, the expression of willingness to help, and the uplifting effect of the first aider's evident capability. Further, first aid includes thoughtful suggestions to solve immediate problems, information on nearby physicians and hospitals, a telephone call to summon medical help, an ambulance or to notify a relative.

Good first aid deals with the whole situation, the person, and the injury. That person knows what not to do as well as what to do. This will avoid errors so commonly made through well meant but misguided efforts. Confine your procedures to what is necessary. Remember any handling of injured parts should be kept to a minimum.

### THE VALUE OF FIRST AID TRAINING

Although many people study first aid with the intent to help others, the training primarily helps the student. It will enable you to give immediate and proper care to your own injuries. If you are too seriously injured to help yourself, you may be able to direct others toward proper care. That way you need not entrust care of your injuries to the first aid knowledge of random passers-by. First aid training also helps the student developing safety consciousness. Most people recognize the gravity of our accident problem. Their efforts toward safety may be occasional or hit-or-miss rather than a carefully organized plan for safe living. A first aid course sharpens the desire for safety, shows how accidents occur, and focuses attention on ways to avoid accidents. A good way to guide someone toward safety is to encourage the individual to take a first aid course.

With proper first aid training, one is more likely to assist family members wisely, give them instruction in first aid, and to promote a reasonable safety attitude. While the principal benefits are to the student, his family, they extend even farther, to co-workers, acquaintances, and strangers. On a humanitarian basis, there is an obligation to assist the stricken and helpless.

First aid training is recognized as an important aspect of civil defense. In the event of a major catastrophe, medical and hospital services may be curtailed. Citizens must rely on themselves caring for their own injuries as well as those of others. Possession of first aid knowledge is a civic responsibility.

### EMERGENCY ACTION PRINCIPLES

The American Red Cross lists four (4) Emergency Action Principles:

- (1) **Survey the scene;**
- (2) **Do a primary survey of the victim;**
- (3) **Notify/Phone the emergency medical services (EMS) system for help;**
- (4) **Do a secondary survey of the victim.**

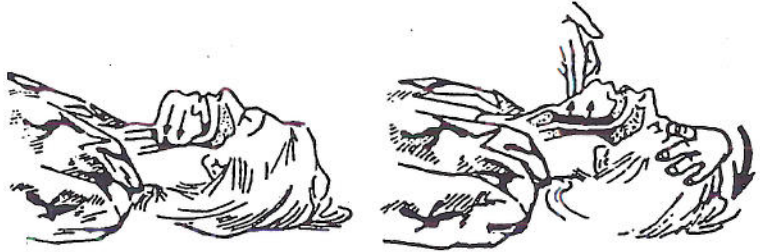
**Survey the scene:** Make sure it is safe for you to attempt first aid. Check for downed power lines or other life threatening factors. Determine what happened and to whom. Do not be misled by the sight of blood or the sound of loud screaming. The person screaming or with the most blood on their cloth-

## First Aid

ing may not be the most seriously injured victim. See if there are others in the area who can help you. If you have American Red Cross training, tell the victim.

**Primary survey:** Check the ABCs. These are:

**(A) Airway** - Does the victim have an open airway? First shout to the patient and, if necessary, shake lightly on the shoulder to determine consciousness. Call for help. Do the 'head tilt/chin lift' to open the airway. Tilt the head back and lift up on the chin. You will learn this in Red Cross and American Heart Association CPR training. If the victim is unconscious this will ensure the tongue will fall away from the back of the throat and open the airway.



**(B) Breathing** - Look, listen and feel for air coming out. Look for the chest to rise and fall. Put your ear by the nose and mouth and listen for air. See if you feel air exhaled on your cheek. Put your hand lightly on the chest to feel the chest move. If the person is not breathing, give them two full breaths of your air before continuing with step C.

**(C) Circulation** - Is there a heart beat? Check the carotid pulse on the side of the neck closest to you. If there is bleeding that spurts with each heart beat, it is arterial bleeding and must be controlled immediately. If there is no pulse begin to administer CPR as your American Red Cross or American Heart Association training taught you. Victims who have CPR before getting to a hospital have much greater odds for surviving.

**Phone EMS (911):** Always check the ABCs before beginning first aid. Have a bystander phone EMS with the results of your ABC test. If no one is available, give one minute of urgent first aid (breathing or CPR as required) before phoning EMS. As quickly as possible return and continue first aid.

**Secondary survey:** Check the victim in an orderly manner for injuries. Interview bystanders and if possible the victim to gain additional information. Check the vital signs, i.e., rate of breathing, pulse, and skin appearance. Carefully check the victim from head to toe.

## SOME FIRST AID PROCEDURES

**Rescue Breathing (Artificial respiration):** American Red Cross training to aid a victim in breathing is called Rescue Breathing. Your brain requires oxygen. If oxygen is deprived, the brain begins to die in four to six minutes. Because you do not use all of the oxygen you breathe in, there is enough exhaled to keep another person alive.

There are several causes of breathing problems. Some are caused by drugs, respiratory system blockage, drowning, shock, electrocution, injury, and insect bites.

Check the ABCs to determine if a victim requires artificial respiration (rescue breathing). If the victim has a pulse but is not breathing, begin rescue breathing. Open the airway with the head-tilt/chin-lift.



Pinch the nose and give one breath every 5 seconds. Each breath should last one to one and one-half seconds. Check to ensure the chest is rising and falling. If it is not, there may be a blockage or you may not be getting a tight seal over the victim's mouth. After one minute, 12 breaths, check the pulse to ensure the victim has not gone into cardiac arrest. In the event of cardiac arrest, CPR will be required. Continue giving rescue breathing until help arrives or you are too exhausted to continue.

Avoid getting air into the victim's stomach. This is called gastric distention and can cause the victim to vomit. It is caused by giving breaths too quickly, or continuing to give air after the chest has risen. Another cause is not tilting the victim's head back far enough. The vomit may enter the lungs which could lead to death. If a victim vomits, turn their head and body to one side, wipe out their mouth and continue with rescue breathing.

**Choking:** The universal distress signal for choking is the victim clutching at his throat with one or both hands.

Choking is caused by an airway obstruction. The victim may stop breathing and lose consciousness. If there is a partial obstruction, you can hear air coming out, leave the victim alone. They may be able to cough it out. If they are unsuccessful, call EMS. Do not try to help them dislodge it.

If there is total blockage, and the victim is conscious, immediately try to clear the airway by performing abdominal thrusts. If the victim is unconscious, when performing the ABCs, repeat the opening of the airway by head-tilt/chin-lift. After activating EMS, perform 6 to 10 abdominal thrusts, do a finger sweep, and give two full breaths. Repeat the thrusts, sweeps and breaths until the obstruction is cleared or help arrives.

**Abdominal thrusts:** For someone conscious this is done by standing behind the victim. Wrap your arms around the waist. Make a fist with one hand and place thumb side of the fist against the middle of the victim's abdomen just above the navel and well below the lower tip of the breastbone. Grasp the fist with your other hand. Keeping elbows out, press your fist into the victim's abdomen with quick upward thrusts. Keep the thrusts separate and distinct to dislodge the blockage.



Abdominal thrusts for an unconscious victim are done by straddling the thighs, putting the heel of one of your hands against the middle of the victim's abdomen, just above the navel and well below the lower tip of the breastbone. Place your other hand on the first hand with fingers pointing to the head and press into the abdomen 6 to 10 times with quick upward thrusts. Again, the thrusts should be separate and distinct to dislodge the blockage.



If a victim loses consciousness, call for help and lower the victim carefully to the floor. Do a finger sweep, open the airway and give two full breaths. Repeat the thrusts, sweeps and breath cycles as described above until the blockage is cleared or EMS has arrived.

If you are alone and choking, you can do abdominal thrusts on yourself. Make a fist with one hand, placing the thumb side on the middle of the abdomen, slightly above the navel and well below the tip of

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your breastbone. Grasp your fist with the other hand and give yourself a quick upward thrust. You could also lean over a chair, pressing your abdomen over its back. A sink or railing can also be used. You need to dislodge the blockage.

**Bleeding:** In First Aid you want to stop bleeding, prevent infection, and prevent shock. It is essential to stop bleeding. Loss of too much blood can cause death. To control bleeding:

- 1) **Apply pressure.**
- 2) **Elevate the injury, if possible.**
- 3) **Apply pressure at the pressure points.**
- 4) **Pressure bandage.**

You may need only step one to control bleeding. Proceed to the next step only if you fail to stop the bleeding on the step you are on. NEVER use a tourniquet. Remember, if someone placed one on before you arrived it can only be taken off by a doctor. Tourniquets are no longer used. People have lost their arms and legs due to the improper use of tourniquets.

Open wounds are classified as "abrasions" – damage by a scrape with little bleeding, "incisions" – sharp, even cuts, "lacerations" – jagged, torn wounds from sharp, irregular edges, "punctures" – small holes with little bleeding caused by bullets, pins, nails, opening the possibility of internal bleeding and infection, "avulsion" – tissues torn or hanging from the body with heavy bleeding, usually caused by accidents, often the tissue can be reattached, "amputations" – complete removal of an extremity, "crushing injuries" – parts of the body caught between heavy equipment, etc., with possible external and internal bleeding. In the event of amputations, the amputated body part should be wrapped in a moist dressing and placed in a plastic bag. The bag should be placed in ice water and transported with the victim.

**There are three types of bleeding: arterial, venial and capillary.**

**Arterial bleeding is severe and must be controlled immediately.** Do not misjudge the severity of the bleeding by the sight of blood. Small amounts of blood sometimes look dramatic. Do not be misled and miss other injuries. Remember, bleeding also frightens the victim, so remember to be reassuring.

**Infection:** Infection(s) can develop within hours or days of an injury. Watch for pain or tenderness of the wound, redness, heat or swelling, pus below the skin or in the wound, red streaks leading from the wound, and swollen lymph glands closest to the wound. Lymph glands are found in the groin for a leg infection, in the armpit for an arm infection, and in the neck for a head or neck infection. The victim can also feel ill. If infection is suspected get medical help.

To reduce your threat of infection always wear latex gloves. If you do not have latex gloves, wash your hands before caring for the injury. Use clean dressings and bandages. Wash minor wounds, those not bleeding severely, with soap and water before applying the dressing. Do not attempt to clean major wounds, it may cause more bleeding.

**To control bleeding:** Place a dressing over the wound. If the wound is large, multiple dressings may be needed. Apply direct pressure over the wound area to stop bleeding. Do not remove the dressing once you have put it on. If required, add additional dressings. The less you disturb the wound the better the chances are to control the bleeding.

If an arm or leg is cut, raise the limb above the level of the heart so blood flow into it will slow. If the limb is broken, **DO NOT** move or raise the limb. A broken bone is very dangerous. Moving it will make it worse and may cause shock or severe pain.

If the cut still bleeds under pressure and with elevation, apply pressure to the pressure point. Continue applying pressure to the wound and elevating it, if possible.

The final step to control bleeding is a pressure bandage. This bandage holds the dressing in place, restrains movement and helps stop bleeding. Apply pressure while wrapping the bandage over the dressing to keep pressure on the wound and slow bleeding. Take the pulse and examine the fingertips or toes to ensure the bandage is not too tight and cutting off circulation. If it is too tight, the pulse rate may be slowed or absent and the fingertips or toes may look bluish.

Internal bleeding can range from bruises to serious bleeding, causing shock, heart or lung failure. If a victim is not properly checked, internal bleeding may go unnoticed.

The signs and symptoms of internal bleeding are:

- 1) Bruised, swollen, tender, or rigid abdomen
- 2) Bruises on chest or signs of fractured ribs
- 3) Blood in vomit
- 4) Wounds that have penetrated the chest or abdomen
- 5) Bleeding from the rectum or vagina
- 6) Fractures of the pelvis
- 7) Abnormal pulse and difficult breathing
- 8) Cool, moist skin

If it is a simple bruise, apply a cold pack to prevent tissue from swelling and to slow internal bleeding. If the case is more severe, get medical help. Don't forget to monitor the ABCs. Keep the victim still. Control external bleeding and treat for shock. Loosen any tight-fitting clothing. If the victim is vomiting, place him on his side so that fluids can drain out of the mouth.

**Bites:** All bite victims, human or animal bites, should get medical care. The mouth, animal or human, is full of bacteria which can result in infection. Tetanus immunization should also be kept current. Infection from a bite can set in within hours or days. The symptoms for bite infections are the same as for cuts. They are pain, tenderness, redness, heat, swollen lymph glands and illness. If any sign of infection occurs seek medical care.

Even minor bites can get infected. Always try to wear latex gloves or wash your hands before caring for open bites. If there is heavy bleeding, control the bleeding. Once the bleeding is under control do not try to clean the bite. The bleeding itself has done some cleansing and manual cleansing may cause the bleeding to reoccur. Leave the dressing used to control the bleeding in place. Disruption of the wound could cause more bleeding.

If the bite is not bleeding, wash it with soap and water. Cover it with a clean dressing and get medical help.

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**Rabies:** Rabies is an extremely dangerous disease transmitted to people through saliva of infected animals, such as skunks, bats, raccoons, cattle, cats, dogs and foxes. Contamination occurs when the infected animal bites a victim or licks an open wound. There is no cure for rabies. You must get medical care immediately. A series of vaccine shots are required to build up the body's immunity to prevent the disease.

Animals with rabies act in unusual ways. A wild animal with rabies may not run from people. A rabid animal may act irritably or be strangely quiet. It may drool or be partially paralyzed.

If you think an animal that bit the victim is rabid, immediately call EMS, then call the police and animal control. Describe the animal and give its location. DO NOT attempt to capture the animal yourself. It may bite you!

**Insect bites and stings:** The greatest danger from insect bites or stings is an allergic reaction. Watch for any of the following symptoms: a person having difficult or noisy breathing, hives, itching, decreased consciousness, pain, swelling of the throat, redness or discoloration. Severe allergic reaction may cause shock. On any sign of allergic reaction, immediately contact EMS, begin treatment for shock and monitor the ABCs.

If an insect, bee, etc. stinger remains in the victim, try to remove it with tweezers or scrape it away with something like a credit card. Do not try to squeeze it out. This may release more venom into the blood.

Wash the bite with soap and water. Put a cold pack on the bite to reduce pain and swelling. Do not put ice directly on it. Use a cloth between the bite and the ice. A paste made of meat tenderizer and water can be used if a cold pack is not available. Place the injured area below the level of the heart to slow circulation of venom.

If the sting is by a jelly fish, the meat tenderizer paste can be used.

**Snake bite:** Bites of a poisonous snake must be given prompt attention, even though very few people die from snakebites. The person bitten should remain still, not walking or running. This slows the absorption rate. Place the bite below the level of the heart. If the arm or leg has been bit, splint it. If possible, kill the snake so it can be easily identified. If not, make note of its description. Get medical assistance to the bite victim as soon as possible. If EMS is more than 30 minutes away, transport the victim if possible. As last resource, have the victim walk slowly to the nearest transportation or medical care.

Do not place an ice pack on the bite. Venom is not affected by cold. Improperly applied ice packs could freeze the tissue.

Do not give the victim aspirin since it dilates the blood vessels, thus increasing the spread of the venom. Do not use a tourniquet. Different snake venom reacts differently in the blood stream. Blocking it in the vicinity of the bite, may be detrimental to the victim of certain snake bites. To be safe, it is no longer recommended to use any type of tourniquet for snake bites.

Non-poisonous snake bites should be treated for possible infection. Regardless of the snake bite, when in doubt always seek medical attention.

**Care of feet:** Your feet are very important. You are on them most of the time you are awake. Prevention is the best form of first aid for feet. Keep your feet clean. Always dry the feet after washing. Take extra care to dry between the toes. If you get itchy feet, apply foot powder. Do not try to open a corn or callus. Have it done by medical personnel. Keep toenails clean and cut square. Put on clean socks daily. Do not wear socks that have holes or are poorly darned. When going on hikes, wear two pair of socks to help insulate your feet. If you get a blister, have trained medical personnel treat it.

**Diabetic emergencies:** Diabetics suffer from insufficient insulin needed to nourish body cells. Insulin helps the body use sugar. There are two very different emergencies that can arise. One is an insulin reaction or insulin shock and the second is a diabetic coma.

Insulin reaction occurs when there is too much insulin in the body causing a rapid reduction of the sugar level in the blood. It can occur as a result of taking too much medication, by failing to eat, by heavy exercise and by emotional factors. The symptoms are fast breathing, fast pulse, dizziness, weakness, change in the level of consciousness, vision difficulties, sweating, headache, numb hands or feet, and hunger.

Insulin reaction is a true emergency and needs quick response. Give a fully conscious person in a diabetic emergency sugar-juice or a soft drink containing sugar. Do not give them diet drinks, they do not contain sugar. If this is not available, give the victim candy or fruit, but be careful they may choke. The drinks, candy and fruit will get sugar into the blood to help the victim of insulin reaction.

A diabetic coma occurs when there is too much sugar in the blood and too little insulin. The body cells do not get enough nourishment. Diabetic coma can be caused by eating too much sugar, by not taking prescribed medication, by stress and by infection.

Diabetic coma develops more slowly than insulin reaction (shock). The victim can be drowsy and confused. There can also be deep and fast breathing, thirst, dehydration, fever, a change in the level of consciousness, and peculiar sweet or fruity-smelling breath.

In a diabetic emergency, ask the victim if they have eaten or have taken their medication that day. Someone who has eaten but not taken the medication may be in a diabetic coma. Someone who has not eaten but took the medication may be having an insulin reaction. If confused about the symptoms, give the victim sugar, either in the form of juice or soda with sugar, or candy and fruit. Watch for choking. If the person is suffering from insulin reaction, this will get the much needed sugar into the blood. For the diabetic coma, the additional sugar will not cause any further harm. Victims of either diabetic emergency needs medical attention. While awaiting arrival of EMS, monitor the ABCs. If the victim is unconscious, do not attempt to give liquids or solids. Check the ABCs and call EMS, stating a diabetic emergency may exist.

**Foreign body in eye:** The eye is very delicate and injury can cause blindness. For all eye injuries, the bandage is wrapped loosely around both eyes, injured and uninjured. This minimizes movement of the injured eye. If the uninjured eye is exposed, it will move while looking around, causing the injured eye to move. Part of your function is to reassure the victim. Not being able to see can be very scary. Stay with the victim and continue reassurance that help is on its way. If the victim is unconscious close the eyes to keep them from drying.

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If something gets in an eye, do not rub it. Rubbing may cause damage or blindness. Close the eye for a few minutes and often tears will wash out the object.

If not, wash your hands before administering first aid. Lift the upper eyelid and have the victim look down. Flush the eye with water, from the nose out. If this fails, do not try to remove it yourself. Immobilize the eye as much as possible by bandaging and contact EMS.

If the object is cutting the eye or the eye has been cut, have the victim lie down. Place a cup or other similar item over the injured eye and then bandage. This will add additional protection to the eye.

**Fractures, dislocations, sprains, strains:** These are the four major types of injuries that occur to bones, tendons, ligaments and muscles. Since they are hard to tell apart, care for all as fractures. As with all injuries, treat for shock and monitor the ABCs.

**Fractures are breaks or cracks of a bone.** The usual signs of a fracture are tenderness over the injury with pain or movement, unnatural shape, inability to move injured part, swelling or discoloration. There may be a grating sensation or snapping noise may accompany movement. A fracture may or may not have all of these signs. If unsure, treat as a fracture.

A **dislocation** is an injury to a joint and the ligament surrounding it. It may cause swelling, deformity, pain in the joint, loss of movement and tenderness.

**Sprains** are stretched or torn tendons, ligaments, and blood vessels around the joints, often at the ankle. It may be painful, tender, discolored or swollen.

**Strains** are stretched or torn muscles, frequently in the back. Strains are often caused by improperly lifting items that are too heavy. Severe strains require medical assistance. Symptoms of strains are sharp pain, stiffness and possible swelling.

There are **two types of fractures:** closed (**simple**) and open (**compound**). A simple fracture is not visible on the surface. A compound fracture has the broken bone breaking the surface of the skin, causing an open wound and high risk of infection. Fractures can be accompanied by internal injuries.

If EMS is on the way, do not move the victim. Control the bleeding, treat for shock and monitor the ABCs. If you plan to provide transportation, remember, when in doubt splint!

For fractures, control bleeding, but do not elevate open fractures. Check the circulation; splint the injured area; apply a cold pack to closed fractures, recheck circulation; treat for shock and monitor the ABCs.

**Splinting:** Splinting is the process of immobilizing a suspected fracture. If you have commercially available splints, use them. If not, adapt. Use newspapers, wood, pillows, magazines, or any other available items. You want to immobilize the fracture. You may have to use the victim's body as a splint. For example, use one leg as a splint for the other broken leg; or use the chest for an arm.

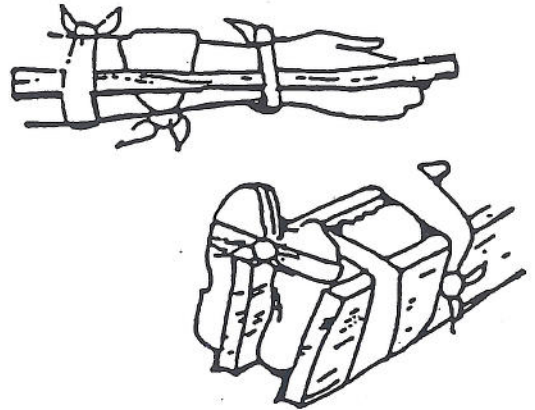
The purpose of splinting is to immobilize a possible fracture, to lessen pain, to prevent further damage to soft tissue, to reduce the risk of serious bleeding, to reduce the possibility of loss of circulation in the

injured part, and to prevent closed fractures from becoming open fractures.

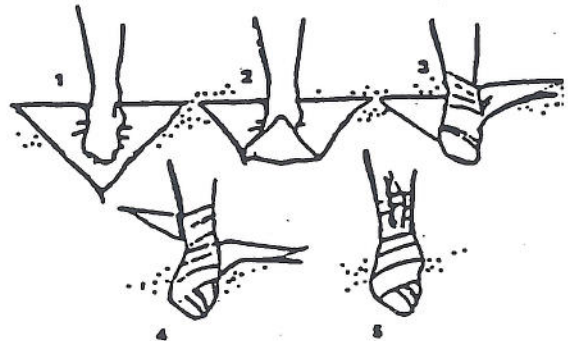
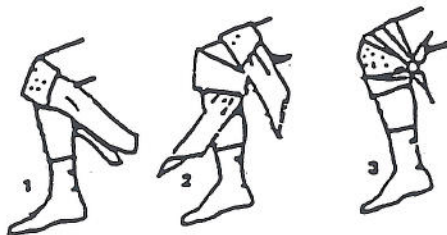
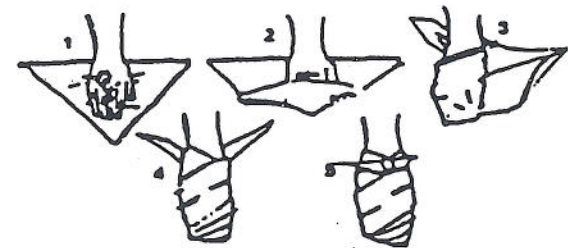
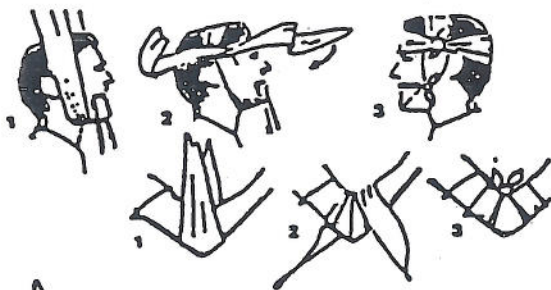
The basic principles of splinting are splint only if you can do it without causing more pain and discomfort to the victim; splint an injury in the position you find it, apply the splint so it immobilizes the fractured bone as well as the joints above and below the fracture; and check circulation before and after splinting.

For closed (simple) fractures apply a cold pack. Do not apply one to an open (compound) fracture.

For a fractured forearm, if possible, have the victim support the fractured arm in front of him. Check the radial pulse on the injured arm. Place the splint under the forearm, if possible have the victim or bystander hold the splint in place. Place a soft object in the palm of the victim's hand to keep the hand in a natural position. To secure it use the cravat method. This method secures the splint above and below the injury with a soft bandage.



**Cravat method:** Make a cravat out of a triangle bandage. Start at the point and fold toward the wider end. What you want is a bandage that looks like a tie or folded up scarf. This is what the medical field refers to as a cravat.



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Thread 2 cravats under the splint, one above the other below the fracture. Tie the ends of each cravat together on the underside of the splint, leaving the fractured area uncovered. The splint should be snug but not cut off circulation. Check the radial pulse and look at the fingertips to be sure the cravats are not too tight.

**Sling:** To secure the splint, use a sling. Open a triangular bandage and thread one end under the injured arm so that it goes across the victim's chest and over the uninjured shoulder. Bring the other end of the bandage over the fractured arm, across the chest, and over the opposite shoulder. The point of the sling should not rest behind the elbow. The victim's hand should be exposed. The ends of the triangular bandage are the side of the neck, opposite the injury. Place a pad under the knot for the victim's comfort. If possible tie or pin the point of the sling at the elbow. As a binder place the center of the cravat over the fractured arm, the ends together on the opposite side under the uninjured arm. Place a pad under the knot for the victim's comfort.

**Splint a fractured leg:** Thread 5 cravats under the legs, at the ankle, the lower leg, below the knee, above the knee and at the thigh. Leave the fracture exposed. Do not cover it with a cravat. Place padding between the legs, such as blankets or pillows. Tie the ends of each cravat together with the knots on the uninjured leg. Check to see the cravats are snug but not too tight. You should be able to fit one finger under the cravats.

**Splint an ankle:** Leave the footwear in place. Thread two cravats under the ankle and lower leg. Fold or wrap a blanket or pillow gently around the ankle. Firmly tie the blanket or pillow in place around the ankle and lower leg with two cravats. Tie a third cravat around the foot. Check to see the cravats are snug but not too tight.

**Frostbite:** This is the most common injury caused by the cold. Ice crystals form in the body tissues restricting blood flow. Areas often effected are exposed body parts, the nose, ears, chin, cheeks, fingers, or toes. A fever may exist. If the effected part is thawed and refrozen the problem becomes much worse. Initially, frostbitten skin is slightly grayish yellow. The skin feels hard on the surface and finally becomes grayish blue. As the frostbite worsens the skin blisters, becomes hard, cold and insensitive into the inner layers. Initially there may be pain, but it gives way to feelings of very cold and numbness. Gangrene, dying of the tissue, may result from the loss of blood. Get the victim to a warmer area. If the skin is not broken, put it in warm, NOT HOT water. Never rub frostbite. The skin is frozen and rubbing may damage the skin. If the toes or fingers are frostbitten, put clean cloth between them after warming them slowly. Loosely bandage frostbite areas.

If they have a fever, DO NOT give them aspirin. It will not lower the fever and if the victim is dehydrated, the concentration of aspirin would be higher and could act as a poison. Salt should not be given since it causes nausea and vomiting. Small sips of cool water are best.

**Head, neck, and back injuries:** These are traumatic injuries and are very serious. Great care must be taken in first aid activities. Common causes of this type of traumatic injury are falls, motor vehicle accidents, diving, skiing, and other sports-related injuries. Signs and symptoms of head, neck or back injury are any or all of the following. They are pain and swelling, unequal pupil size, blood or clear fluid draining from the nose or ears, bruising under the eyes or behind the ears, loss of feeling or inability to move the hands or feet. If you suspect a head, neck or back injury, do not move the victim or try to stop the flow of blood or clear fluids. Stopping the flow could cause pressure to build up in the



injured area causing even more damage.

If the victim has a head injury or the victim is unconscious and the scene suggests traumatic injury to the head, care for the victim as if there is a spinal cord injury.

If you suspect a spinal cord injury, stabilize the victim's head and neck by placing your hands along both sides of the head. This keeps the head in line with the spine and prevents movement. If you must move the victim, do it very carefully, using the clothes drag rescue method.

Stay with the victim until EMS arrives, stabilizing the head and neck. Monitor the ABCs.

**Heart Attack:** A heart attack happens when blood to the heart becomes blocked. Restricting the blood flow, blood cannot get through to feed the effected part of the heart and cells begin to die. If a large enough portion of the heart is not getting blood, the heart may not be able to pump at all, causing cardiac arrest. For cardiac arrest, CPR is required immediately.

It is important for you to be able to recognize a heart attack victim. Prompt action is critical. A victim whose heart remains beating after the attack has a much greater chance of living. Most people who die of a heart attack, do so within the first two hours. Many of these could have been saved if on-lookers knew the symptoms and what action to take.

The most significant sign of a heart attack is chest discomfort or pain. It is often described as a vice around the chest, squeezing pain, a fullness or tightness, aching, crushing, constricting, oppressive or heavy feeling. The pain is in the center of the chest. It may spread to either shoulder, arms, the neck, jaw or back. Other symptoms are nausea, sweating, weakness, and shortness of breath. The pain may not be severe. The victim may not have all the symptoms. Sharp, stabbing short twinges of pain (less than 10 seconds) are usually not signals of a heart attack. The discomfort may come and go. A frequent problem with heart attack victims is their denial! They refuse to admit they are having one and refuse medical treatment. If the symptoms are detected or suspected notify EMS. It is better to be safe than sorry. Remember - heart attacks can occur at any age!

First aid for the heart attack victim: Recognize the symptoms and take prompt action. Have the victim stop all activity and sit or lie down in a comfortable position. Loosen restrictive clothing. Have someone or yourself notify EMS. Often the heart attack victim is a close friend or family member. If the person is not, find out their name, age, known medical problems, and more information concerning their symptoms. Ask questions like, how long it has been occurring, where the pain is, what it feels like, and so on. If you suspect cardiac arrest and are trained be prepared to give CPR. If needed CPR will provide the body with oxygen and keep the blood circulating.

The American Heart Association stresses Prudent Heart Living. This is a life style that seeks to minimize the risk of heart disease. Heart disease remains the number one killer in the United States. There are five specific ways to reduce the risk of heart disease:

1. Control high blood pressure (hypertension). Uncontrolled hypertension is associated with a greater risk of heart attack. The cause of hypertension is unknown. However, it can be controlled under a doctor's care.

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2. **DO NOT SMOKE.** Smokers have more than twice the risk of suffering a heart attack and up to four times the risk of suffering from cardiac arrest. People who give up smoking have a rapidly reduced risk of heart disease. After a period of years they have nearly as low a death rate as those people who never smoked.

3. Reduce saturated fat and cholesterol in your diet. Cholesterol is found in all animal products, especially high amounts in egg yolks and organ meats. It is also manufactured by our bodies. Excess amounts are deposited on the inner walls of arteries, causing narrowing of blood vessels, known as arteriosclerosis. Saturated fats, in red meats, butter, cheeses, cream, and whole milk, cause a raising of the cholesterol level. Partially substituting with polyunsaturated fats, such as liquid vegetable oils, with the exception of coconut, palm, and palm kernel oil (which are saturated fats) lowers the cholesterol level in most people. For a healthy diet the American Medical Association suggests fish and poultry for most meals. Cook with limited amounts of liquid vegetable oils, polyunsaturated margarine and use skimmed milk products. Eat no more than three egg yolks per week and use low-fat cooking methods, such as baking, broiling, and roasting. Do not change your diet drastically. Fad diets that totally leave out one type of food or restrict you to one type of food often lead to other health problems. With moderate changes in diet and carefully watching your intake of cholesterol and saturated fats, blood cholesterol can usually be kept down.

4. **Weight control:** Watch your calorie intake. You reach your normal adult weight between ages of 21 and 25. After that you require fewer calories to maintain this weight. As a child, learn good eating habits. Watch your weight. Life expectancy may be shorter for people who are overweight. There is no safe, quick or easy way to lose weight. Avoid extreme weight loss diets. Ask your doctor for advice in losing weight.

5. **Exercise regularly.** Those who lead sedentary lives often have a higher risk of heart attack than those who get regular, vigorous exercise. Exercise tones the muscles, stimulates the circulation, helps to avoid excess weight, and promotes a general feeling of well-being. The survival rate of heart attack victims is higher for those who exercised regularly. Consult your physician before starting any exercise program. Walk when you can. Take up sports approved by your doctor.

**Heat cramps:** The victim will be thirsty. Cramps usually come in leg muscles or stomach. The muscles are very sore and exhibit spasms. The victim may also have signs of heat exhaustion. First aid is the same as for heat exhaustion. Move the patient to cool or shady areas or improvise shade. Give the patient water. Hand pressure applied to the cramps will often relieve the pain.

**Heat exhaustion:** The cause is usually working or playing in a warm, humid environment. Due to the heavy sweating, the loss in body fluids causes blood flow to decrease in vital organs, resulting in a form of shock. Due to humidity or clothing, sweat does not evaporate as it normally would to cool the body. Symptoms to look for are pale face, skin moist and cool, heavy sweating, weakness, headache, dizziness, heat cramps, nausea, urge to defecate, chills, rapid breathing, tingling of the hands/feet, confusion. Patients often faint but recover in a few minutes.

Move the victim out of the heat. Treat for shock, elevate the legs. Remove or loosen the clothing.

Cool the victim off by fanning or cold applications. If the victim is conscious, give the victim water, one-half glass every 15 minutes. The victim should show improvement within 30 minutes.

**Heat stroke:** The cause is exposure to heat, usually the sun's rays. The symptoms are headache, red face, skin hot and dry, no sweating, pulse and breathing weak and rapid, very high temperature, nausea (stomach cramps), confusion, weakness, seizures, and the victim may be unconscious. If the victim has been working or playing hard, there may be some moisture on the skin from sweat. This condition is life-threatening. Call EMS immediately. For treatment quickly apply cold applications, pour water on casualty or a cold bath. Get the victim out of the heat as fast as possible. If conscious, have victim slowly drink at least two pints of water. The victim's temperature-control system has stopped functioning and sweat, which cools the body down, is not being produced. You must take over that function. If no water is available for bathing, fan the victim. You must cool the body down quickly or brain damage and/or death may result.

**Hypothermia:** The signs and symptoms of hypothermia are shivering, dizziness, numbness, confusion, weakness, impaired judgment, impaired vision, and drowsiness. There are five stages of hypothermia. The victim will first start to shiver. The shivering may stop at later stages. The next stage is apathy. This is followed by a loss of consciousness, decreased pulse and breathing, and finally death. The victim may be clumsy and unable to hold things. Get the victim out of the cold. Replace their clothing. Warm the body slowly. Warming them too quickly could cause heart or other problems. Only give them food or drink if the victim is fully conscious. Do not give them any alcohol or caffeine. Monitor ABCs.

**Nose Bleeds:** Nose bleeds can be caused by injury to the head, neck or back; high blood pressure, heavy exercise, colds and change in altitude. If the blood loss is great enough, shock can occur.

If there is any possibility of head, neck or back injury, do not administer first aid for the nose bleed. Stabilize the head and neck only. Stopping the bleeding could increase pressure on the injury, causing more complications for the victim. Signs and symptoms of head, neck or back injury are any or all of the following: victim experiences pain and swelling, unequal pupil size, blood or clear fluid draining from the nose or ears, bruising under the eyes or behind the ears, loss of feeling in the hands or feet and an inability to move hands or feet. If you suspect a head, neck or back injury, do NOT move the victim or stop the flow of blood and clear liquids.

If there is NO possibility of head, neck or back injury, control the bleeding. Have the victim sit down, lean forward and pinch the nose shut. Once it clots, have the victim remain still since activity can disturb the clot, causing more bleeding. Do not tilt the head back since blood can drain into the stomach, causing nausea and possible vomiting.

**Poisons:** According to the American Red Cross there are approximately 1 million poisonings each year in the United States. The majority of these are children under the age of 6. Providing emergency care for victims of poisoning presents several problems. Some poisons are quick-acting and others are slow acting, with no immediate signs. Identifying the poison is sometimes difficult. To help with these problems Poison Control Centers (PCCs) have been established to serve the public 24 hours a day. These centers are staffed by medical professionals. They provide accurate information on how to care for victims of poisoning. Become familiar with the PCC number in your neighborhood.

A poison is any substance that causes injury or death when introduced into the body. There are four main ways a person can be poisoned. They are swallowing, inhaling, absorbing through the skin, and injecting the poison. For emergencies you should have syrup of ipecac and activated charcoal in your

## **First Aid**

first aid kits. Syrup of ipecac induces vomiting and activated charcoal can bind or neutralize certain poisons. Do not use these without the advice of a poison control center. People trying to lose weight have used syrup of ipecac to induce vomiting after eating. It can act as a poison itself. Too much usage can cause death due to an overdose of syrup of ipecac in your system.

**Swallowed poisons:** This can be caused by overdoses of medication, taking drugs with alcohol, cleaning products swallowed by children, and swallowing chemicals in unlabeled food containers. There are tests clearly stating that alcohol itself is a poison if consumed by a human 18 years of age and under.

Signs and symptoms of swallowed poison are evidence of opened containers or parts of plants nearby; nausea, vomiting, and diarrhea; abnormal breathing and slow pulse; unusual breath or body odors; burns around the mouth; drowsiness or unconsciousness; and convulsions. If you think that a poisoning has occurred, do not wait for the symptoms, call the PCC and EMS immediately.

For first aid, take any containers to the phone, call EMS and the PCC and follow their instructions. Care for shock and monitor the ABCs. Do not give anything by mouth unless instructed by the medical personnel. Some untrained people believe that you should dilute the swallowed poison with milk or water before calling PCC. **DO NOT** do this. It may dissolve the poison and cause it to be absorbed into the system faster. Be sure to save any containers and vomit for EMS. This helps them identify the poison and give the appropriate treatment.

**Inhaled poisons:** This can include carbon monoxide (from car exhaust), defective cooking equipment, fire and charcoal grills, carbon dioxide (from wells and sewers), smoke, refrigeration gases, fumes from chemical sprays, and industrial and home chemicals. Never operate a charcoal grill in your house or an enclosed area. The charcoal emits dangerous carbon monoxide. There are several cases of people who died because they used a charcoal grill in their house to cook or heat the house. Charcoal grills should only be operated out doors or in an area with plenty of ventilation. An additional danger is the flame, which could cause a fire in your home.

The signs and symptoms of inhaled poisons are dizziness, weakness, headache, difficult breathing, unconsciousness, and discoloration of the lips and mucous membranes. Carbon monoxide poison victims have lips and skin of a cyanotic (bluish) color. The "cherry red" color commonly associated with carbon monoxide poisoning occurs only at death, and therefore is a poor indicator of carbon monoxide poisoning in a victim who is still alive!

Do not put yourself in danger. Since you have not been trained in emergency procedures for poisonous gases and do not have the proper equipment, you should not try to rescue the victim. Call EMS and stay clear of the scene.

If it is safe for you to reach the victim get them to fresh air. Check the ABCs, call EMS and PCC, and follow their instructions. Continue to monitor the ABCs.

**Absorbed poison:** Many absorbed poisons are corrosives or irritants that injure the skin and are then taken into the body tissues. Some sources of absorbed poison are insecticides; agricultural, lawn and garden chemicals; plants, such as poison ivy, poison oak, or poison sumac, and venom from certain marine life.

The signs and symptoms are skin reactions, itching, eye irritation, headache, abnormal breathing and pulse. Remove the victim of absorbed poisoning from the source of the poison, flushing all affected areas with lots of water. Remove clothes that have the poison in them. Treat for shock and monitor the ABCs. Ensure that you protect yourself from exposure to the poison — wear rubber gloves, pieces of clothing, plastic bags, anything to keep you from becoming a victim.

**Injected poisons** are stings from insects, venomous marine life, spider bites, snake bites, and drugs injected by needles. About 5% of the people stung or bitten have an allergic reaction. Notify EMS and PCC immediately – monitor ABCs.

**Seizures:** Although not understood, seizures are very common occurrences. They may be a temporary problem, brought on by high fever, viral infections, insulin shock, or drug reactions. When seizures recur with no underlying causes that can be treated directly, they are labelled epilepsy. Epilepsy can be controlled with medication, but occasional seizures do occur.

Seizures can range from mild to severe. A mild seizure may be a brief blackout, involuntary movements, sudden falls, periods of confused behavior, or convulsions. Severe seizures may involve uncontrollable muscle movements, jerking or spasms, rigidity, loss of consciousness, loss of bladder and bowel control, and in some cases, breathing temporarily stops.

If you know the person has epilepsy, do not call EMS unless the seizure lasts longer than a few minutes, another seizure begins soon after the first, or the person does not regain consciousness after the jerking movements stopped.

You should call EMS when the victim is pregnant; carries identification as a diabetic, appears to be injured; or is in the water and has swallowed large amounts of water.

During the seizure, the only thing you can do is try to prevent injury by not interfering, moving items out of harms way, and if possible, loosening the clothing. If the victim vomits, roll on one side, make sure that the airway is clear.

After the seizure, check the ABCs. The victim may be drowsy and disoriented. Let the victim rest. Reassure the victim and remain until the victim is fully aware of surroundings and is fully conscious.

**Stroke:** This is a condition that occurs when blood to the brain is interrupted, causing damage. A stroke can occur at any age. However they are more common over the age of 50.

The three causes of stroke are a clot that forms in an artery in the brain or is carried to the brain in the bloodstream; a ruptured artery in the brain; or compression of an artery in the brain, decreasing the blood flow.

The symptoms of stroke are weakness and numbness of the face, arm or leg, often on one side only. Other signs are dizziness, confusion, headache, ringing in the ears, a change of mood, difficulty in speaking, unconsciousness, pupils of unequal size, difficulty in breathing and swallowing, loss of bowel and bladder control.

First aid for a stroke victim is to have them stop what they are doing and rest. Call EMS immediately.

## First Aid

Try to make the victim comfortable. Do not give them anything to eat or drink. If the victim vomits, place them on the side so the fluids will drain from the mouth. Monitor the ABCs.

**Shock:** The first hour after a severe injury is the most important because shock can set in. If serious enough, shock will cause death. Shock is failure of the cardiovascular system to keep adequate blood circulating to the vital organs. It develops as a result of the body's attempt to correct damage from severe injury. It may accompany any type of injury. The more severe the injury, the more likely there will be shock. A person in shock may tremble with sweat, and may lose consciousness. Shock may not appear for some time after the injury. Severe bleeding may cause shock. Treat every person for shock before they have a chance to get it! Make the victim comfortable, loosen belt, clothing and handle gently. Do not move more than necessary. Some common causes of shock are traumatic injury, insect bites or stings, snakebite, electrical shock, bleeding, poisoning, burns, severe injuries, psychological trauma, and heart attack.

There are multiple signs and symptoms of shock such as confused behavior, very fast pulse, gasping for breath or shallow, rapid breathing; enlarged pupils, cool and moist skin, trembling and weakness in arms and legs, pale or bluish skin, lips and fingernails, restlessness or staring blindly into space.

The key to first aid for shock is to improve circulation. Lower the head and shoulders to increase the flow of blood to the brain. If the ground slants, lay the victim with the head downhill. If unconscious, place the victim's head to one side in case of vomiting. Keep the person warm with a blanket or clothing. Place something under their body to protect from chills. If there is no head or neck injury, place the victim carefully on the back and elevate the feet and legs approximately 8 to 12 inches. If you suspect head or neck injury, keep the victim lying flat and call EMS. Only move the victim if they are in immediate danger. If the victim is having trouble breathing, use the semi-reclining position. Maintain the victim's body temperature. If the victim gets cold, it will reduce the flow of blood. To warm the victim, if possible put blankets underneath as well as around the body. Do not overheat since this will draw blood away from the vital organs. If outside on a hot day provide some type of shade and loosen the clothing.

**Transportation of a sick or injured person:** Careless or rough handling of injured persons can cause a great deal of harm. Unless absolutely necessary, do not move an injured person until an ambulance or litter can be used. Always give the person first aid before trying to move him. Use of a litter makes it easier to move the patient, is safer and more comfortable. NEVER move a person with a head or neck injury. A blanket, shelter half, canvas or other material attached to two poles may be used to make a litter. A door or an extra wide board can also be used.

**Carries:** If you are alone there are several ways to move an injured person when no litter is available. You may use the method that is best for the victim and available to you. Among these are the *poncho drag*. The patient is placed in a poncho and pulled over the ground head first. To place the victim on the poncho, roll half the poncho up length ways. Gently roll the victim on their side and place the roll up to the patient's back. Roll the victim gently onto the poncho and over to their other side so you can unroll the poncho. The poncho drag is very hard on the patient and may cause severe damage in case of a fracture. Use it as a last resort. You can do a *clothes drag* by holding onto the shoulder material and pulling the victim as gently as possible.

If the patient is not too heavy you may be able to use the poncho as a litter. The *fireman's lift* is where you pick up the patient and carry him over one shoulder. The *saddleback carry* is where the patient

rides on your back. The *arm carry* is picking up the small victim and carrying in your arms. These can be physically exhausting for you.

If there is someone to assist you, use the *chair carry*. Form a chair out of your hands and arms. Both of you place your right hand on your left wrist. You then grasp the other's right wrist with your left hand. The patient then sits on this "chair" and steadies himself by putting his arms around your necks.

Remember, the above carries are to be used only when a litter is not available.



# CHAPTER NOTES



## CHAPTER 10

### Sanitation and Hygiene

Proper sanitation and hygiene is essential in maintaining a healthy body. Remember an unclean body can both cause and spread disease. Whenever possible follow these rules for proper hygiene and sanitation.

1. Bathe or shower daily. Pay close attention to your armpits, groin area, and between your feet. If bathing facilities are not available, scrub yourself with a damp washcloth.
2. ALWAYS wash your hands after using the toilet and before you eat. Many germs are transferred to your hands after you use the head. These germs can and will make you sick.
3. Change your underwear daily.
4. If your clothes get wet, change to dry clothing as soon as possible. If you do not, you can catch cold or a more serious illness.
5. Brush your teeth at least twice a day. One brushing should be before you go to bed. Using dental floss is advisable and highly recommended. If a toothbrush is not available, use dental floss or a tooth pick to remove food from your teeth. Then rinse your mouth thoroughly with water. This is not intended as a substitute for brushing your teeth. Brush your teeth at the end of the day and do not eat anything unless you plan to brush again before going to bed.
6. Use only a head or area assigned for that purpose. This prevents waste from contaminating water sources such as streams or wells. It also helps to prevent flies or other insects from spreading the germs to your food.
7. To prevent the spread of germs do not share cups, canteens, or personal hygiene items such as toothbrushes, handkerchiefs, washcloths, towels, or shaving gear. If you share these articles with someone who is sick there is a good chance you will get sick.
8. Flies, cockroaches and other insects carry disease causing germs. If you see these insects inside buildings, kill them. To prevent flies from getting into buildings make sure screens are secure and have no holes in them.
9. Never leave food or garbage laying around camp. It is an unhealthy practice. It will also attract wild animals looking for a free "hand-out." These animals may also be carrying diseases or insects such as ticks which could be carrying Lyme disease, etc. Put food in sealed containers and put trash in a sealed trash can.
10. Keep your hair short and your fingernails clean. Wash your hair often and get the dirt out from under your fingernails. Furthermore, do not bite your fingernails.

These tips for sanitation and hygiene are all common sense. The best advice is to keep yourself and the area you live in clean. It prevents the spread of germs and disease.

## SANITATION IN THE FIELD

When you are in the field, the rules for sanitation and hygiene you just read apply. Be aware there are also some special ones you must observe as well.

1. Never drink water from a stream unless you are absolutely sure it is safe to drink. Be cautious when using tap water at camp sites. This is a must in foreign countries. Often their water is unfit for drinking. If you are told to boil water for drinking, do so for **AT LEAST 20 MINUTES**. Sometimes get purified water from a treated Lyster bag. It will taste a little peculiar, but that is caused by the chemicals used to purify the water. After drinking water from a Lyster bag urination may sting a little. This is not harmful. It is caused by the chemicals. When using a Lyster bag, do not dip your cup into the bag or drink directly from the nozzle. Just fill your cup from the bag.

Water purification tablets may be used to purify water. Follow the directions when using them. Use one tablet for clear water and two for muddy water. Put the tablets in your canteen, screw the cap on loosely and shake until the tablet(s) dissolve. Leaving the cap loosely screwed on allows the upper part of the canteen that you drink from to be purified as well.

2. Only use the field head or designated areas.

3. Be sure you properly wash your mess gear. It should be washed in hot, soapy water before and after use, then boil it. There should be three boiling pots of water. The first contains the soapy water. The other two contain clear water. Rinse your mess gear in all three cans of boiling water. Scrub your gear in the first pot, then let it soak in the other two pots for 30 seconds each. If your mess gear is not properly cleaned, you can get dysentery. It is an extremely unpleasant illness.

4. Watch carefully for lice, ticks and other vermin while in the field. If a tick attaches itself to you, do not try to pull it out as you may leave the tick's head imbedded in your skin. If you have tweezers use them to get hold of the tick directly at the skin and pull it out. Put rubbing alcohol on the surrounding skin. Another removal technique is to put a burning match near the tick's hindquarters. The tick will pull its head out. You should then kill it. If you suspect Lyme disease save the tick for medical authorities.

5. If you are hot or overheated, don't sleep or sit on damp ground. Don't sit in drafty places. You could catch a cold or worse pneumonia. Prolonged exposure to dampness may cause rheumatism.

6. Hang your blankets up in the sun and keep your tents open during the day. This provides better ventilation.

7. Set up your sleeping arrangement before darkness. Never sleep on damp ground. If possible, sleep on top of your poncho. Take the time to dig a drainage ditch around your tent to prevent water from running into your tent.

8. Bury or dispose of your empty ration cans. They draw flies and other insects if left exposed.

9. In temporary camps, dig a "1x2x3" ditch for a "head." These are ditches 1 foot wide, 2 feet deep, and 3 feet long they are called straddle trenches. Dig one ditch for every 10 Young Marines. Dig them at

least 100 yards downwind from camp. When they are dug, leave the dirt piled near the side of the ditch. After use, the dirt can be used to cover up the waste. These should be filled in after camp is closed and marked with the date it was closed. The proper use of heads is extremely important. Improper use may make a camp site unfit for future use. Individual human waste sites are dug 1-foot wide and 1-foot deep and are called "catholes."

10. When choosing a campsite, look for as many of the following characteristics as possible:

- (a) A site with a stream nearby.
- (b) A site on high ground to permit drainage and some freedom from bugs.
- (c) A large enough area for living quarters, permitting the straddle trenches to be at least 100 yards away.
- (d) A site upwind from your straddle trenches.
- (e) A site away from swamps and stagnant water where mosquitoes breed.

11. Oral Hygiene. Clean your mouth and teeth thoroughly and correctly after each meal with a toothbrush and toothpaste. If no toothbrush is available, cut a twig from a tree and fray it on one end to serve as a toothbrush. Use mouthwash, if available, to help kill germs in your mouth. Use dental floss or toothpicks to help remove food between your teeth. Use twigs for toothpicks, if necessary.

# CHAPTER NOTES

# CHAPTER 11

## Field/Camping/Survival

### INTRODUCTION

Once you decide where you are going to camp, you can begin the planning process. Tell at least three people where you are going and when you plan to return. No one can ever be fully prepared for a survival situation. But, proper planning can often go a long way toward preventing disaster. Understand, if you plan properly you will be in a good psychological state of mind if a survival situation presents itself.



### PREPARATION

#### WEATHER

The first thing to do is check the weather forecast. Even if good weather is predicted, be aware of sudden changes. Many campers have been caught unprepared. Keep in mind the weather possibilities in the area of the country you plan to camp.

The following are two examples to help convince you to be prepared. On May 31, 1985 tornadoes killed a number of people in Western Pennsylvania. These were the first tornadoes in the area in 38 years. Casualties occurred on May 29, 1990 when a group of campers were caught in a rare rain and snow storm in the San Bernardino Mountains of Southern California.

Never leave anything to chance. Make sure all your troops know what to do in the event of an emergency.

### PREDICTING THE WEATHER

There is an old saying that is pretty accurate when predicting the weather: "Orange sky in the morn', sailors be warned, orange sky at night sailors delight." Other ways to predict good weather are: fresh spider webs, heavy morning dew, clear bright moon, birds flying late in the evening and white billowy cumulus clouds. Some ways to predict bad weather are: red sky in the morning, a ring around the moon, flower blossoms closing, no morning dew, and increasing wind.

### CLOUDS

**Cumulus** clouds look like puffy cotton balls. When their underside begins to darken, thunderstorms are on the way.

**Cirrus** clouds look like wisps, are hairlike or fibrous. When they are widely scattered they usually predict fair weather. When thick they predict rain.

**Stratus** clouds look like a low lying gray layer and usually block the sun. They produce rain, drizzle, ice or snow.

## SCHEDULE

Once you are aware of the weather forecast, plan your schedule, keeping the weather in mind. Let people know what and when you are going to do certain things. This is especially true if you are going on a hike. That way if you are late or your headquarters becomes aware of an adverse weather forecast (ie., tornado warnings, etc.) they can summon help if necessary. It is always better to be over-prepared than under-prepared. Remember to schedule some free time for your troops.

## GEAR / CLOTHES

After you know the weather forecast and written your schedule, then you can determine what gear you need. When planning your trip take only the gear necessary to accomplish your mission and keep you safe from the elements (weather, wildlife, terrain).

The following is a suggested check list you can use to decide what gear is necessary for your trip.

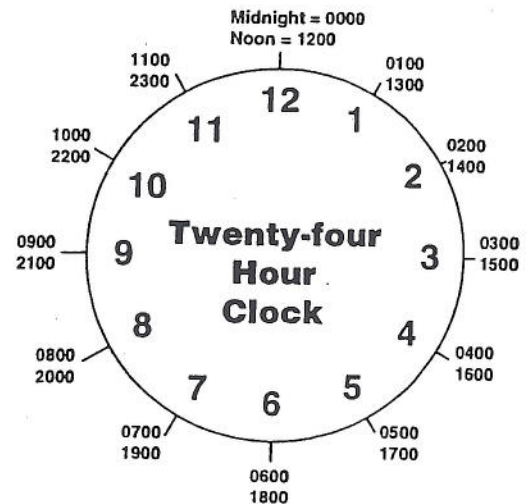
- 1) Cover
- 2) Unit T-Shirt
- 3) Camouflage Uniform
- 4) Clean Underwear for each day
- 5) Socks
- 6) Boots
- 7) Sneakers
- 8) Swim suit
- 9) Soap, wash cloth & towel
- 10) Toothpaste & toothbrush
- 11) Gear bag
- 12) Tent
- 13) Poncho
- 14) Sleeping bag
- 15) Mess kit
- 16) Bug repellent (Avon Skin So-Soft is recommended as it contains no harmful chemicals)
- 17) Map
- 18) Compass
- 19) CB radio or ham radio
- 20) Lantern
- 21) Jacket
- 22) Sweat shirt
- 23) First Aid Kit
- 24) Utility Knife
- 25) Whistle or signal device
- 26) Canteen

## MAP & COMPASS

Always take along a compass and a map of the area where you plan to camp. For instructions on the use of a compass and map reading, how to locate north without a compass, etc. see Chapter 14.

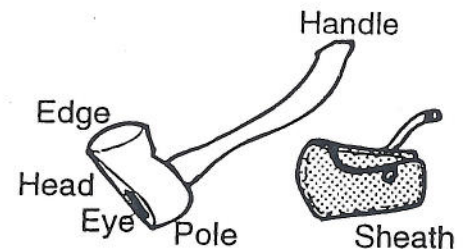
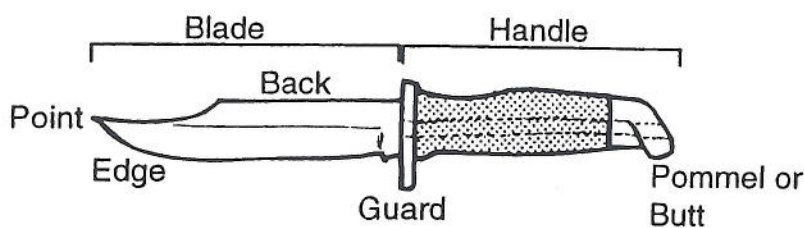
## RADIOS

You should always be able to communicate with all your troops and the outside world. Take a CB or ham radio with you. Think how much better you will feel if lost, but can talk to someone on the radio. Remember, always use proper ra-dio terminology and the 24-hour clock when communicating on the radio.



## KNIVES & AXES

Young Marines should know how to handle knives and axes. They should know the proper names for the different kinds as well as parts of knives and axes. The following are some of the more common knives, axes and their uses.



The Hand Ax is usually 10 to 13 inches and weighs from 8 ounces to a little over 1 pound. It is generally used for light camp work. It is considered sturdy, inexpensive, light and easy to use. It is also known as a scout ax, belt ax, or hatchet. It is called the hand ax because it is usually held in one hand. The 3/4 ax, sometimes called the camp ax is smaller, lighter than a full ax and is strong enough to do large amounts of work. It usually has an 18 to 22 inch handle and a slightly larger, heavier head than the hand ax.

Your knife can be used for meal preparation, cutting rope, or first aid purposes. It is a tool, not a toy! Do not let your troops play with a knife. Do not stick it in trees. Do not stick it in the fire. Always exercise responsibility. Keep your knife clean and dry. Do not lay it around. Know how to sharpen it properly.

## ARRIVAL

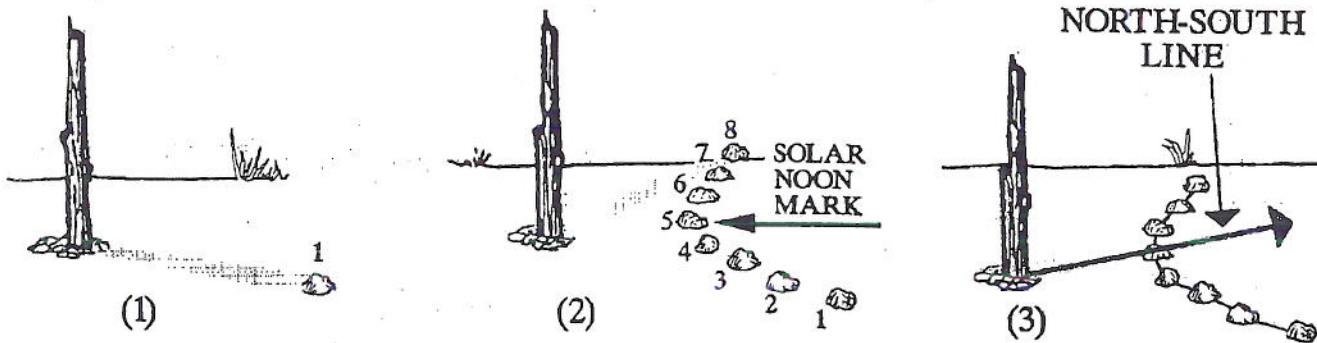
### ORIENT YOURSELF

The first thing to do is to orient yourself. Know where you are. Make part of your plan to know the lay of the land for 3 miles in all directions of your camp. Look at your map and use your compass. Know which way is north. See if there are any prominent landmarks such as rivers, streams, mountains, ridges, etc.

### IF YOU GET LOST

If you get lost AND someone knows you are lost, STAY PUT! Many people will be looking for you. Yell for help! Use a whistle if you have one. Use a shiny object to signal aircraft. Make three piles or signals of anything. Three is the international distress signal. Start a fire, or three of them, being careful not to burn the forest down. Mess up the natural terrain, make it stand out. Make the letters SOS in the ground, with rocks or snow. Flying the American flag upside down is an accepted distress signal. If you have material like a blanket you can lay on or tie to a tall tree without getting hurt, DO IT!

Before starting off, you must know in which direction you are moving. To find out which way is North without a compass, see the method demonstrated below.



If the area is unsafe and you must leave write a note, or make an arrow out of rocks or in the snow indicating the direction you are heading.

If you get lost AND no one knows you are lost then you must rely on your survival skills, map and compass skills, etc. to get yourself unlost. Walk toward low ground, follow water down stream, find the moon or the sun and follow it. If you properly orient yourself when you begin your trip you will have a general idea the direction you must travel. Keep in mind you will need water to survive!

### SURVIVAL CONSIDERATION

In addition to what we have already discussed, remember the acronym SURVIVAL. It may help you in a survival situation: lost, earthquake, tornado, hurricane, etc. It is also helpful with accidents or injury.