

Medical

1. **Rapid, effective medical treatment is a combat multiplier:** Improves morale, shortens healing time. Unit leaders at all levels are responsible for the medical state of their unit.
2. **Platoon corpsmen execute the following standard tasks:**
 - Treat casualties. Recommend casualty evacuation to unit leaders.
 - Treat minor illnesses.
 - Assist Marines in following good medical, hygiene and preventative health practices.
 - In bivouac, inspect mess, head, trash and water points. *See Bivouac SOP.*
2. **The senior Co corpsman executes the following standard tasks:**
 - Establish casualty collection point at Co Log Train. Triage, treat and recommend the evacuation of Co casualties. Assign *priority, urgent* or *routine* classification to each casualty, and evacuate in that order as far as possible. Evacuate WIA, KIA, civilians, allies, prisoners in that order. Direct ambulatory patients to BAS.
 - Act as liaison for BAS and external medical units. Prepare paperwork for sick and wounded. Prepare paperwork for deceased.
 - Supervise Co medical, sanitation, and hygiene evolutions.
 - Recommend preventative health measures.
 - Keep medical supplies up to date.
 - In bivouac, inspect mess, head, trash and water points. *See Bivouac SOP.*
 - Keep CO informed of all medical issues.
3. **All Marines need to know basic first aid.** Corpsmen should be familiar with basic Marine Corps training tasks. A Combat Lifesaver program trains one man per squad to a high level of Medical knowledge.
 - Prevention and Treatment of Hypothermia
 - Prevention and Treatment of Heat Illness
 - Purifying Water
 - Obtaining Water in an emergency
 - Prevention and Treatment of Snake Bites
 - *Emergency, Priority* and *Routine* casualty classifications
 - Transporting injured Marines
 - Sprains, breaks and tourniquets
4. **Evacuation procedures are defined by supporting units.**
 - Typical Air Evac: Enter TAR (Tactical Air Request) Net. Contact DASC or Air Officer, and pass a MedEvac Request (Coordinates, Terrain, injury, number of personnel). This is basically an LZ report with medical information added.

- Typical Ground Evac: Enter Tac2 net. Request Bn Log Train / BAS to transport casualty (Coordinates, injury, number of personnel).
- Note that evacuation requests and casualty reports are separate and different. *See Reports SOP.*

5. Preventative Medicine is a combat multiplier. This is the responsibility of unit commanders - Corpsmen *advise* commanders. In Somalia, one Marine battalion had 15 percent of its Marines in the hospital for 4 or 5 days with dengue fever, a preventable illness. Field Marshal Sir William Slim in Burma in 1944 relieved commanders for high non-battle casualty rates.

- Take antimalarial and other medications. Corpsmen and unit leaders should supervise. Malaria can occur even after leaving the country. Follow prescribed dosage schedules.
- Use insect repellent. Keep sleeves down. Use mosquito netting in bivouac.
- Purify all water or use only approved water sources.
- Insure proper trash disposal.
- Follow good personal hygiene procedures:
 - Wash daily if possible, or every four days at minimum. If no water if available, rub body with a dry towel.
 - Wash and dry feet. Foot inspections should be done by Corpsmen and unit leaders.
 - Wash hairy parts of body: head, crotch and armpits.
 - Brush teeth.
 - Wash face and shave.
 - Wash at least 30 meters from your water source. Do NOT rinse in lakes or streams. Learn how to execute a 2-canteen cup bath and shave
 - Urinate and defecate at least 30 meters from your water source. Catholes should be at least 8” deep. Wash hands with canteen. Do NOT rinse hands in lakes or streams.
 - Carry skin cream in first aid kit to treat chafes and rashes.
 - Air dry clothing and sleeping gear.
 - Wash hands before cooking and eating.

Tobacco Decreases Readiness

Ref: (a) "Tobacco Use and its Effects on Readiness", Command SgtMaj Sam B. Spears, III, U.S. Army, *Infantry*, Nov-Dec 1996, pp 10-11.

1. **Tobacco use is the number one preventable detriment to combat readiness.**
 - Leaders need to educate their Marines.
 - Tobacco use is a *unit readiness* concern.
2. **Tobacco decreases your stamina.**
 - Nicotine limits blood and oxygen to the brain and extremities.
 - Stamina and endurance improve with increased blood and oxygen capacity.
3. **Tobacco interferes with healing.**
 - Tobacco destroys platelets in your blood, interfering with clotting and healing.
 - Smoking inhibits the healing of fractures.
4. **Tobacco increases cold weather injuries.**
 - Nicotine limits blood and oxygen to the extremities, increasing frostbite.
 - Frostbite is a *unit readiness* concern.
5. **Tobacco reduces night vision.**
 - Tobacco causes immediate constriction of the blood vessels of the eye and leads to a reduction in night vision..
 - Ability of Marines to engage targets at night affects overall security of unit.
6. **Tobacco inhibits marksmanship.**
 - Nicotine causes fine muscle tremors, which reduces hand-held weapons accuracy.
7. **Smokers suffer more injuries.**
 - Numerous studies show three times more injuries occur in smokers than in non-smokers.
 - Smokers have more back injury, shin splints, and stress fractures.
 - Smokers use more sick leave and have higher rates of absenteeism.
 - Military studies concluded that risk of injury is highest for: **smokers**, high body fat, and low endurance.
8. **Smokeless tobacco is sometimes worse than cigarettes.**
 - Nicotine is absorbed more rapidly. See paragraphs 2-7 above.
 - Receded gumlines are open for infection, especially overseas.
 - Tooth decay and dental hygiene become unit readiness issues.
 - Study of baseball players showed lower batting averages and lower fielding percentages.