

PERSONAL HYGIENE AND FIRST AID

Purpose and Scope. To give such instruction in the essentials of personal hygiene, and first aid, as it pertains to the maintenance of health and physical efficiency of the individual enlisted man.

Actual Time Allotted. 5 hours.

Text References. Field Manual 21-10; FM 21-100; TM 8-220; Training Film 8-33, First Aid; Training Film 8-150, First Aid; Training Film 8-154, Sex Hygiene; Training Film 8-155, Personal Hygiene; FS 8-7, First Aid; FS 8-6, Venereal Disease Control.

Methods of Instruction. Conference, Demonstration and Application.

Minimum Standard. Each man should know:

- a. The importance of personal hygiene, to include the care of the skin, hair, nails, mouth and clothing.
- b. The importance of properly fitting shoes and the care of the feet.
- c. The importance of proper dietary habits.
- d. The dangers of venereal disease and their prevention (prophylaxis).
- e. The proper methods of mess kit sanitation.
- f. How to apply the standard rules of first aid.
- g. How to differentiate between arterial and venous hemorrhage, and their control.
- h. How to apply rapidly and correctly improvised and standard type tourniquets.
- i. The different kinds of fractures and their first aid treatment.
- j. How to apply the Schafer method of artificial respiration.
- k. The different types of wounds.
- l. The proper handling and application of the first aid packet.

PERSONAL HYGIENE AND FIRST AID

Instructor(s)

First Period: One Hour**Place.** Classroom.**Text References.** Par. 104 to 111 inclusive, Chapter 9, Field Manual 21-10; Par. 115c. Chapter 10, Field Manual 21-10.**Instructional Aids.****Personnel.** Soldier of fine physique to demonstrate an excellent example of proper personal hygiene and correct posture.**Equipment.** Blackboard, chalk and eraser; chart showing essentials of personal hygiene.**Transportation.** None.**Individual Equipment.** None.**Suggested Outline for Conference.** The instructor to cover the essentials of personal hygiene to include:

1. Definition, Military Hygiene.
2. Definition, Personal Hygiene.
3. Nutrition: adequate diet, dietary habits, constipation.
4. Dental hygiene; care of the mouth.
5. Care of the skin, hair, nails, clothing, feet. Importance of properly fitted shoes; care of blisters.
6. Hygiene of the Respiratory Apparatus. Ventilation. Prevention of colds.
7. Care of eyes, ears.
8. Sleep.
9. Physical exercise. Weight and health. Correct posture.
10. Bathing.
11. Mess kit sanitation.
12. Monthly physical inspection.
13. The use of the first aid packet.

PERSONAL HYGIENE AND FIRST AID

(Personal and Sex Hygiene)

Instructor(s)

Second Period: One Hour**Place.** Theater.**Text References.** Par. 78, 79, 80, Chapter 8, Field Manual 21-10; Par. 250, Chapter 14, Field Manual 21-100; Par. 263, 264, Chapter 5 Technical Manual 8-220.**Instructional Aids.****Personnel.** Movie operator.**Equipment.** Training Film 8-155 (4 reels—36 minutes); blackboard; chalk; eraser.**Transportation.** None.**Individual Equipment.** None.**Suggested Outline for Conference.**

1. The first 10 minutes will be taken up with a lecture on sex hygiene, stressing the needs for an early prophylaxis and the importance of reporting symptoms as soon as noted.
2. Show Training Film 8-155 (36 minutes). (Personal Hygiene.)
3. Questions, discussion.

PERSONAL HYGIENE AND FIRST AID
(First Aid)

Instructor(s)

Third Period: One Hour

Place. Theater.

Text Reference. Par. 112 to 119, inclusive, Chapter 10, Field Manual 21-10.

Instructional Aids.

Personnel. Movie operator.

Equipment. Chart showing the standard rules for first aid; Training Film 8-33 First Aid (4 reels, running time 33 minutes); Anatomical Chart Item No. 77490; blackboard; chalk; eraser.

Transportation. None.

Individual Equipment. None.

Suggested Outline for Conference.

1. The first 15 minutes should be an introduction covering broadly the following subjects.
 - a. Definition and standard rules for first aid.
 - b. Introductory remarks, reference to training film to follow.
2. The following essentials of first aid should be stressed.
 - a. Kinds of wounds and their treatment.
 - b. Different kinds of hemorrhage and their control.
 - c. Application of different kinds of tourniquets.
 - d. Types of fractures and their first aid treatment.
 - e. Transportation of the sick and wounded.
3. Show Training Film 8-33.
4. Summary and conclusions as desired. Suggest emphasis on the importance of first-aid treatment, and that a thorough knowledge of it is expected of the Medical Department soldier.

PERSONAL HYGIENE AND FIRST AID

(First Aid and Sex Hygiene)

Instructor(s)

Fourth Period: One Hour

Place. Theater.

Text References. Par. 78, 79, 80, Chapter 8, Field Manual 21-10.

Instructional Aids.

Personnel. Movie operator.

Equipment. Training Film 8-150 (3 reels—26 minutes), Training Film 8-154 (3 reels—26 minutes).

Transportation. None.

Individual Equipment. None.

Procedure. Demonstration.

Show films to men and bring out important points. Be sure to review films before showing them.

PERSONAL HYGIENE AND FIRST AID

(Artificial Respiration)

Instructor(s)

Fifth Period: One Hour**Place:** Drill field or gymnasium.**Text References.** Par. 120, 121, 122, Sec. V. Chapter 10, Field Manual 21-10.**Instructional Aids.****Personnel.** Officer instructor. One demonstration team, consisting of 2 men each, for each 12 enlisted men.**Equipment.** Six blankets for each demonstration team.**Transportation.** None.**Individual Equipment.** None.**Procedure.** Conference, Demonstration, and Application.

1. **Conference.** Indications for artificial respiration. Dangers of doing it roughly. Mechanism of the prone pressure method. Stress after treatment. (Par. 121-(10)).
2. **Demonstration.** Prone pressure (Schafer) method of artificial respiration. Include covering of the patient.
3. **Application.** Men will apply artificial respiration, the demonstrators acting as coaches.