

B A S I C

**BATTLE SKILLS**

**THIS DOCUMENT IS THE PROPERTY OF HER BRITANNIC MAJESTY'S GOVERNMENT, and is issued for the information of such persons only as need to know its contents in the course of their official duties. Any person finding this document should hand it into a British Forces Unit or to a Police Station for its safe return to the MINISTRY OF DEFENCE, D MOD 5Y, LONDON SW1 2HB with particulars of how and where found. THE UNAUTHORIZED RETENTION OR DESTRUCTION OF THE DOCUMENT IS AN OFFENCE UNDER THE OFFICIAL SECRETS ACTS OF 1911-1989 (when released to persons outside Government service, this document is issued on a personal basis and the recipient to whom it is entrusted in confidence, within the provisions of the Official Secrets Acts 1911-1989, is personally responsible for its safe custody and for seeing that its contents are disclosed only to authorized persons.)**

# Basic Battle Skills



Prepared under the direction of  
the Inspector General Doctrine and Training

Талабуда отқарғи.  
2016.

# Contents

- 1 Individual Fieldcraft and Minor Tactics 1**
  - *Fight.* • *Protection.* • *Be an asset to your Commander.*
  - *Live.* • *Remain Fit.*
- 2 Map Reading 31**
  - *Find your positions.* • *Select and follow routes.*
  - *Identify and report other positions.* • *Maintain Direction.*
- 3 Basic First Aid 37**
  - *Obstructed airway.* • *Bleeding from large wounds and Stoppage of breathing, head and chest injuries.*
- 4 Health and Hygiene 45**
  - *Cause and spread of disease.* • *Health in extremes of climate.*
  - *Personal health discipline.*
- 5 NBC Defence 51**
  - *Nuclear immediate action.* • *Chemical safety rule.*
  - *Chemical immediate action drill.*
- 6 Administration and Morale 57**
  - *Military discipline.* • *Civil Law.* • *Unit Security.*
  - *Military Law.* • *The Rules of War and the Geneva Convention.*
- 7 Physical Fitness 67**
  - *Stamina.* • *Strength.* • *Skill.*
- 8 Security 71**
  - *Sabotage.* • *Terrorism.* • *Subversion.* • *Protection.*

# Foreword

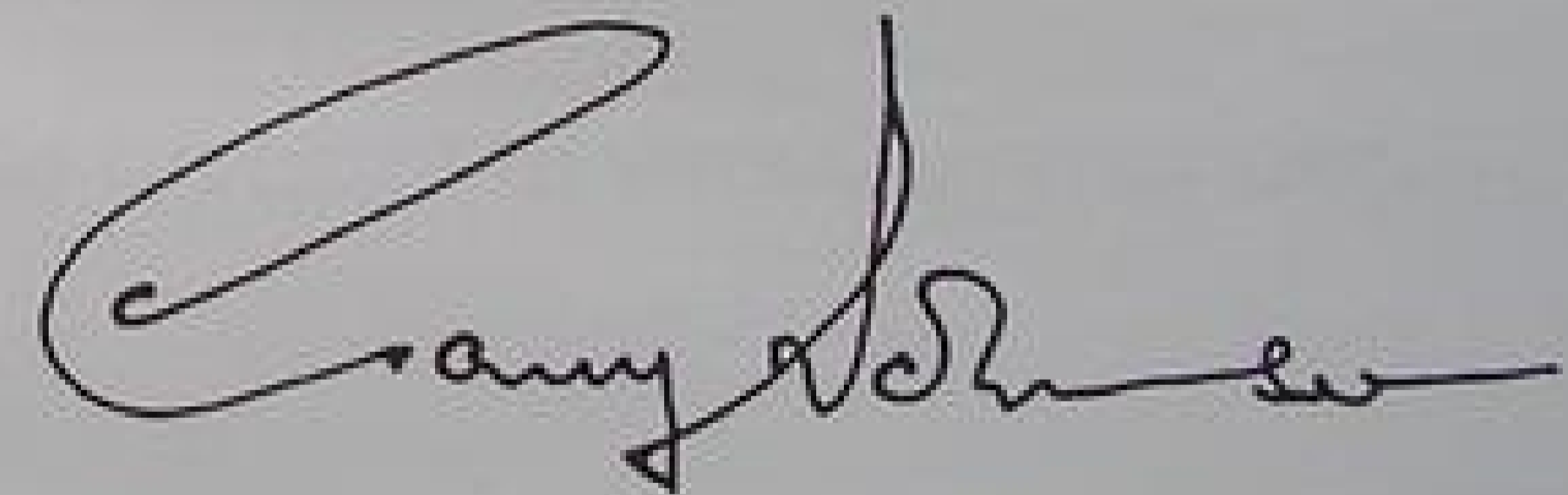
## *TO ALL RECRUITS AND TRAINED SOLDIERS*

This revised version of Basic Battle Skills is an excellent handbook which I recommend to you. It has been produced to help you in your recruit training and also to refresh your memory when you become a trained soldier.

Use it, and use it regularly. Your knowledge will not only help you in combat but also in peacetime when you will be tested in basic battle skills for pay upgrading.

Shooting, another basic skill, is not covered in this handbook as it is a large and detailed subject. It is dealt with separately in another reference manual 'Shoot to Live' which, although not on individual issue, should be readily available in your unit.

The basic skills of soldiering are the foundation on which everything else is built. Learn and remember them and they will stand you in good stead throughout your military career.



**G D JOHNSON**  
Lieutenant General  
Inspector General Doctrine and Training

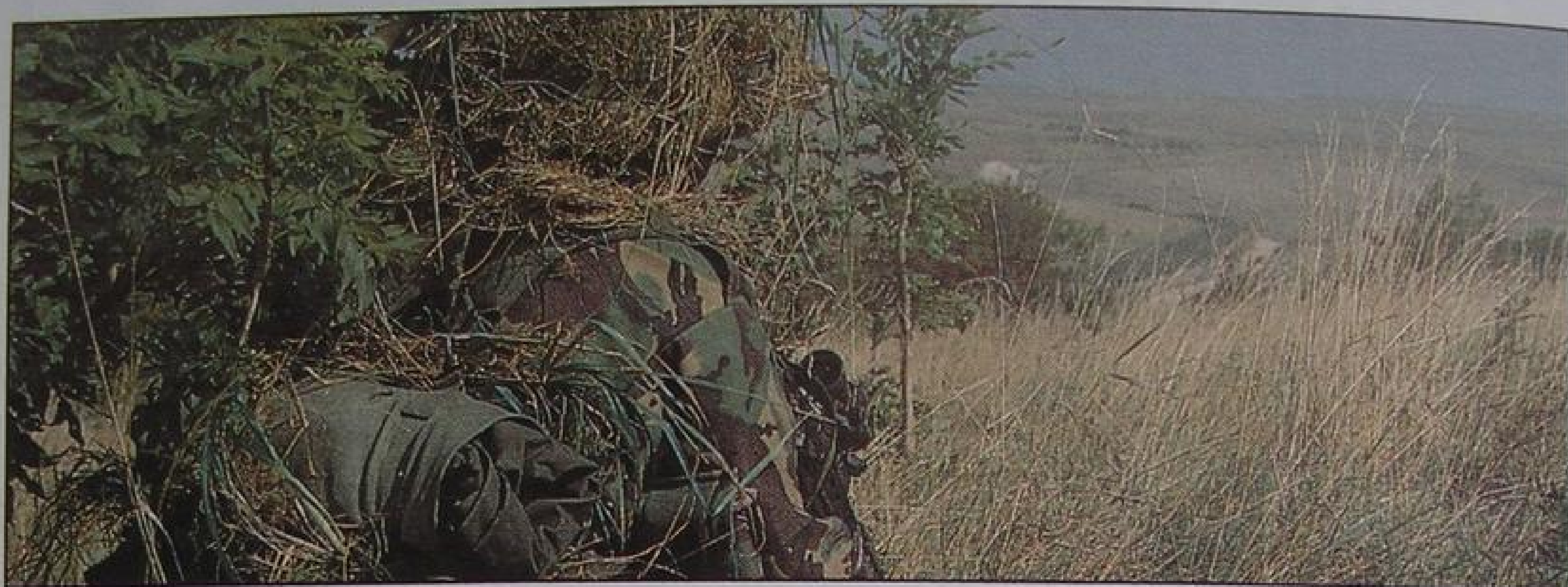
# Individual Fieldcraft and Minor Tactics

# 1

A sound knowledge of Fieldcraft and Minor Tactics will help you in combat to :-

- Fight
- Live
- Protect yourself and your equipment
- Remain fit
- Be an asset to your Commander

# Individual Fieldcraft



## JUDGING DISTANCE

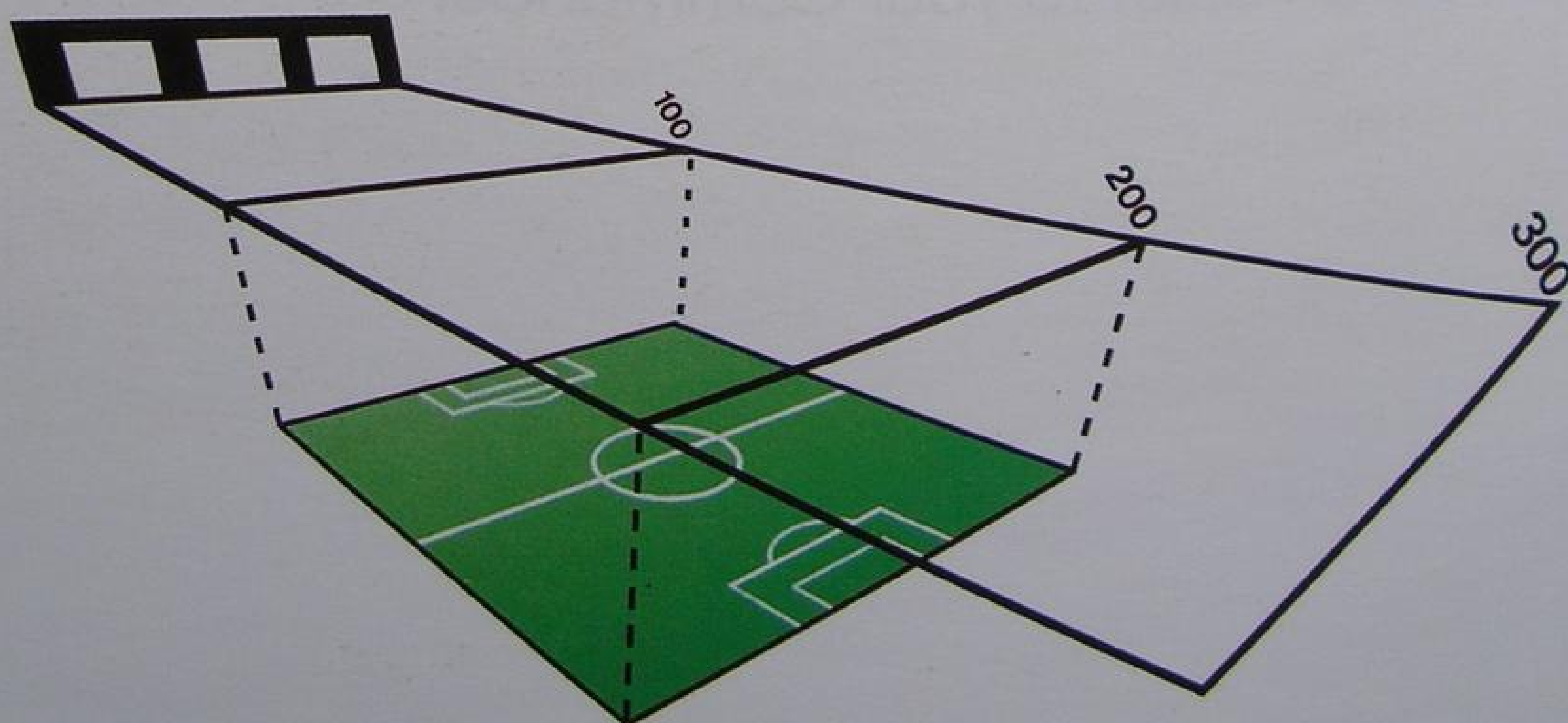
### Why Judge Distance?

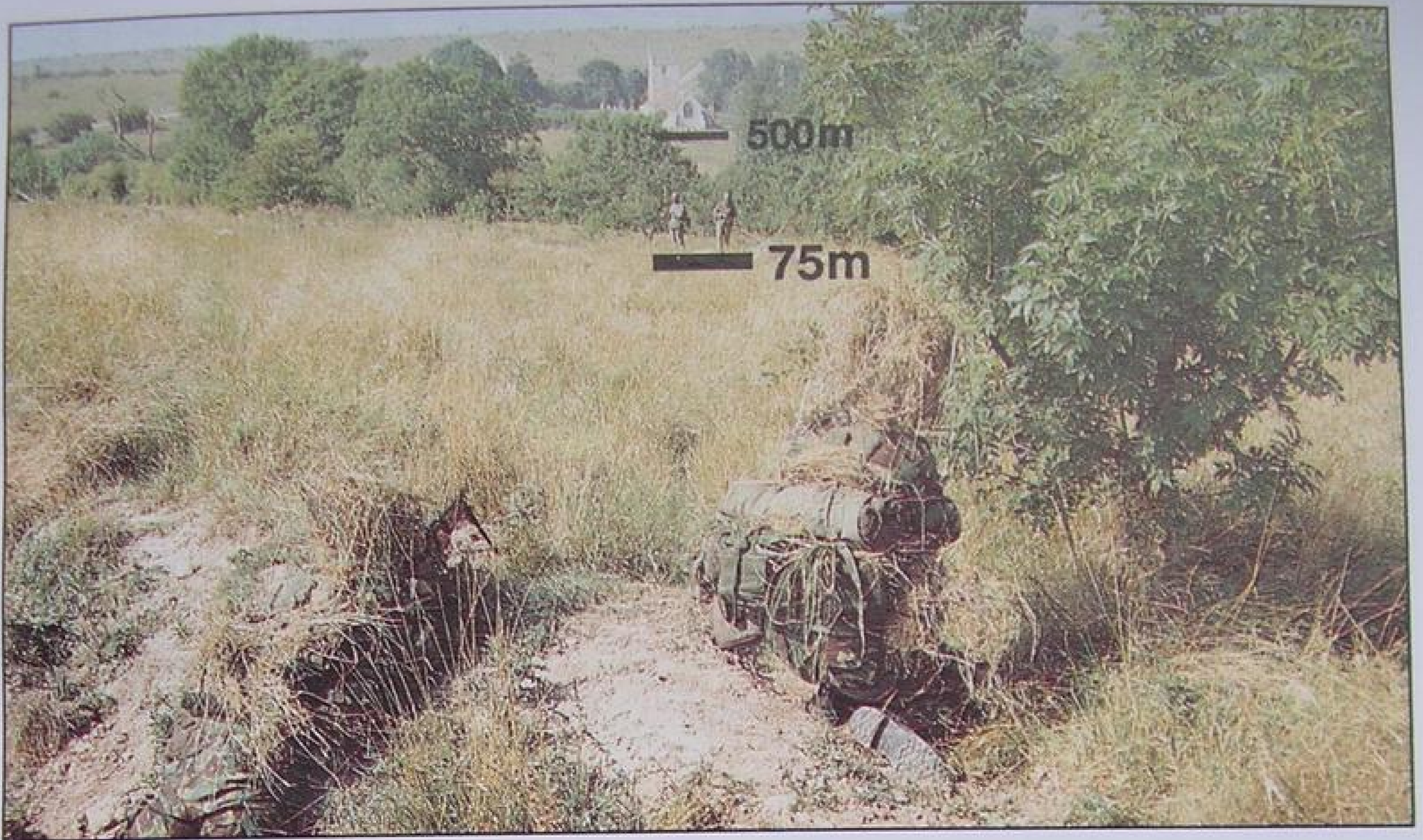
- If you can judge distance, you will know the area in which to look when given a fire order.
- If your weapon sights are not correctly adjusted, your shots will probably miss their target.

### How? - Use a Unit of Measure

- 100 metres is a good unit.
- The Range is marked out at 100 metre intervals.

*A Full Size Football Pitch is about 100 metres long.*



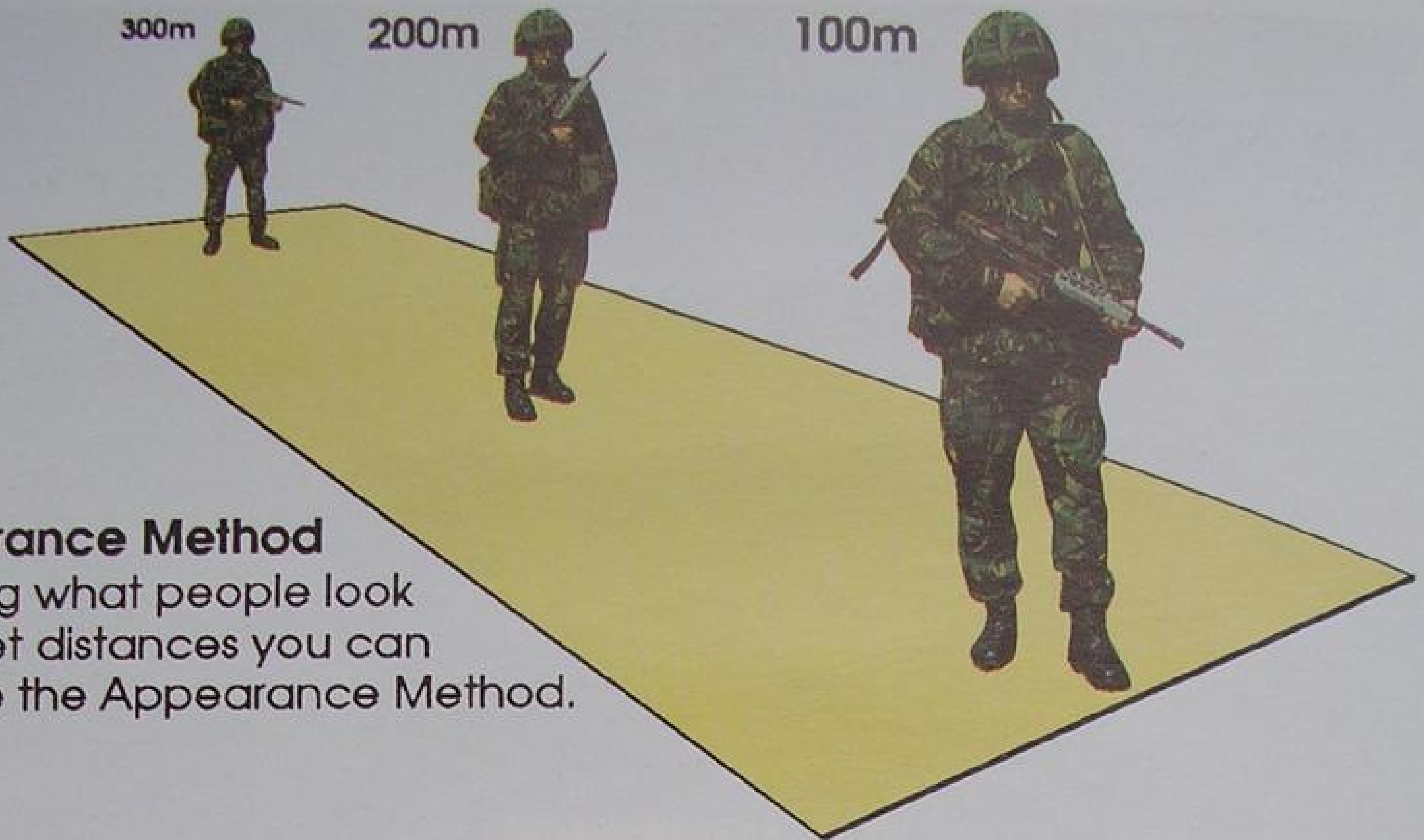


**Once you know what 100 metres looks like, practise fitting in your Unit of Measure between you and your target.**



**Don't use Unit of Measure Method:**

- Over 400 metres.
- If you can't see the ground between you and the target.



## Appearance Method

By noting what people look like at set distances you can then use the Appearance Method.

Common objects may also be used for this method.



**REMEMBER** Things seem...



### Closer

- In bright light.
- If they are bigger than their surroundings.
- If there is dead ground between you and them.
- If they are higher up than you.



### Further away

- With sun in your eyes.
- In bad light.
- When smaller than surroundings.
- Looking across a valley, down a street or along a path in a wood.
- If you are lying down.



## AIDS TO JUDGING DISTANCE

### Key Range

If you know the range to one object- estimate the distance from it to the target.



### Bracketing

Calculate mid-distance between nearest possible and furthest possible distance of target.

**Nearest - 100. Farthest - 300.**

**Mid-distance - 200.**

### Halving

Estimate the distance halfway to the target then double it.

**100 x 2 = 200.**

## PERSONAL CAMOUFLAGE

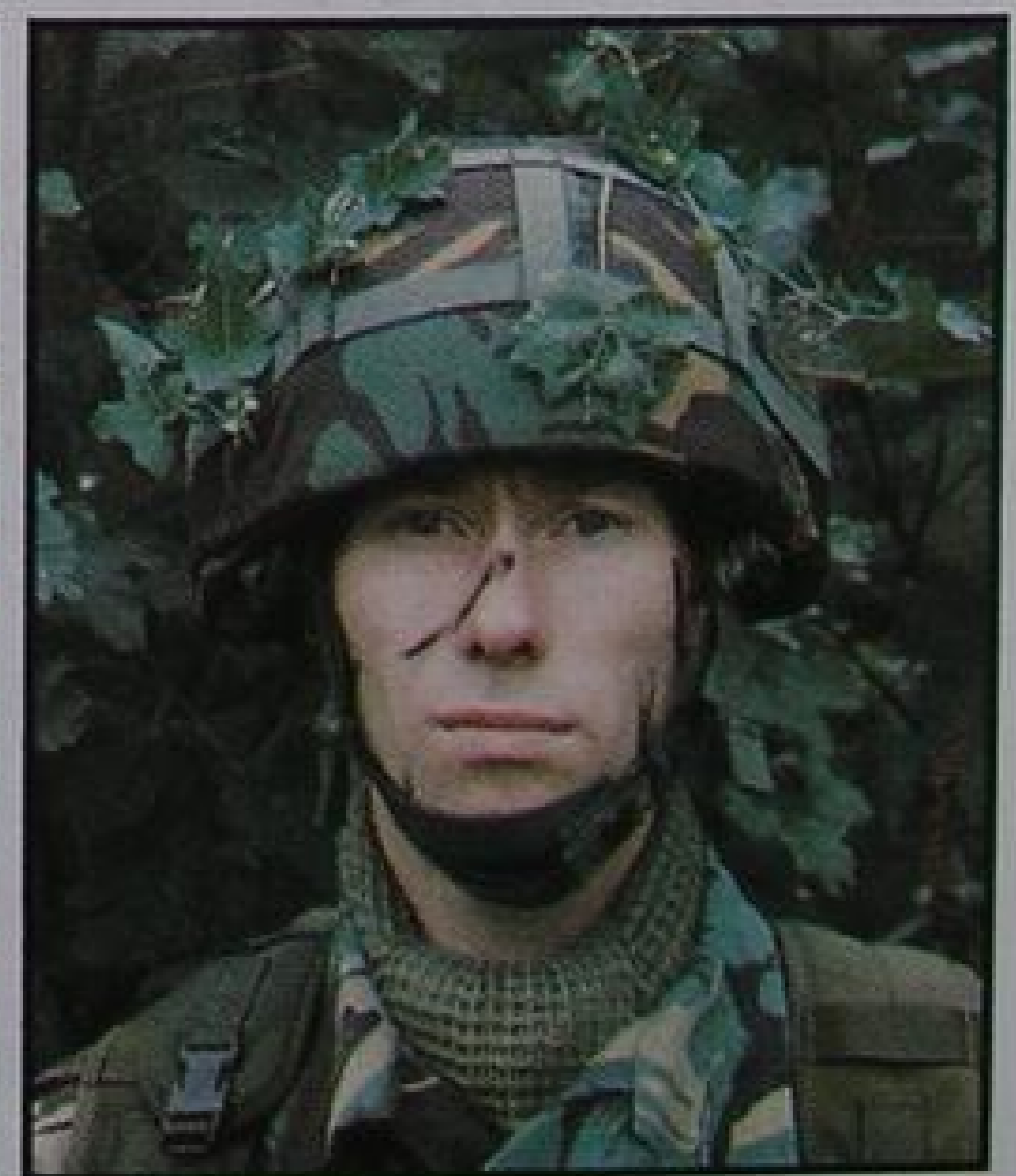
The enemy is looking for you. Don't make it easy. Merge with your surroundings -



**Too much**



**Just right**



**Too little**



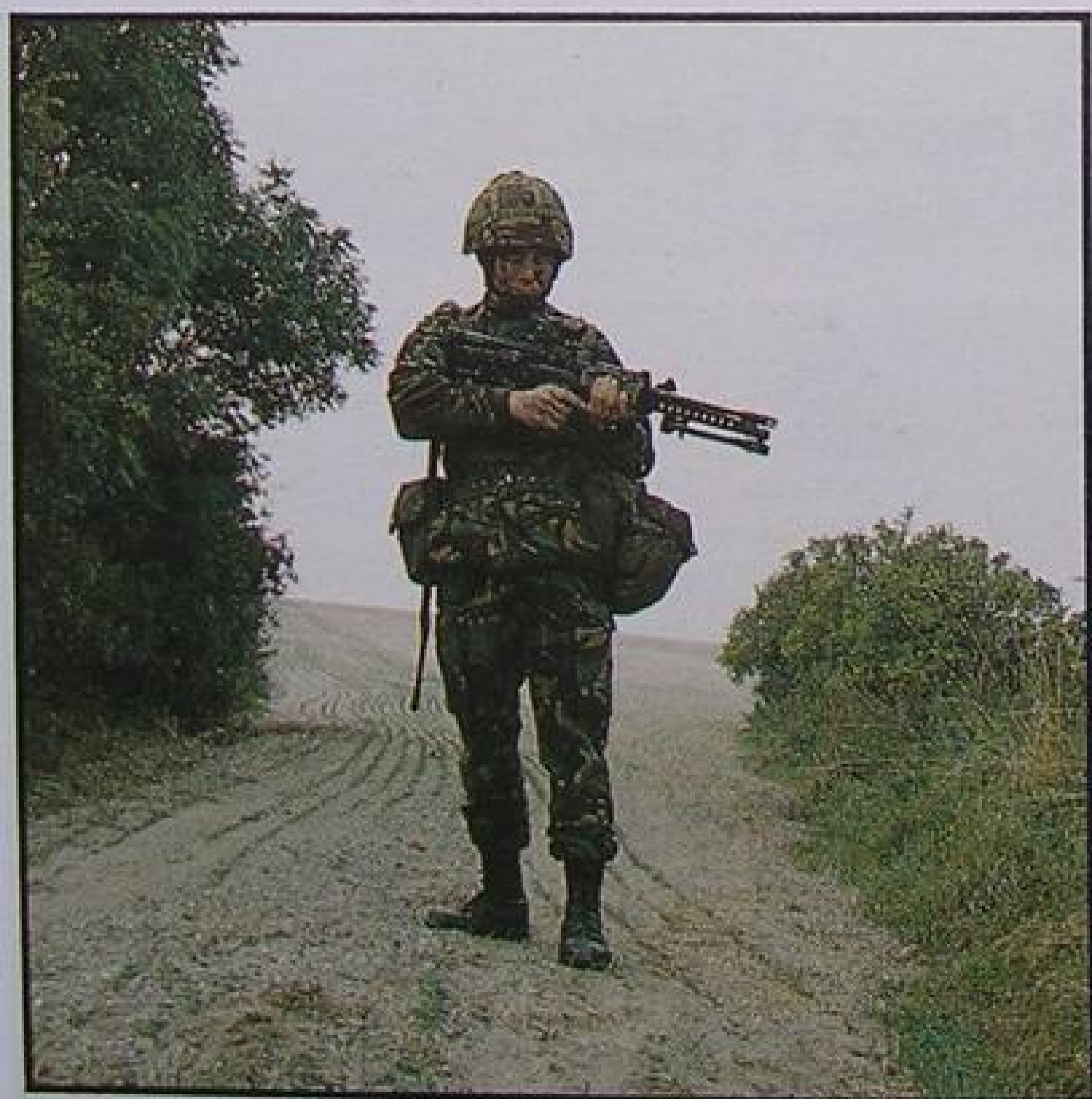
**Lose your shape.**

**Don't shine.**

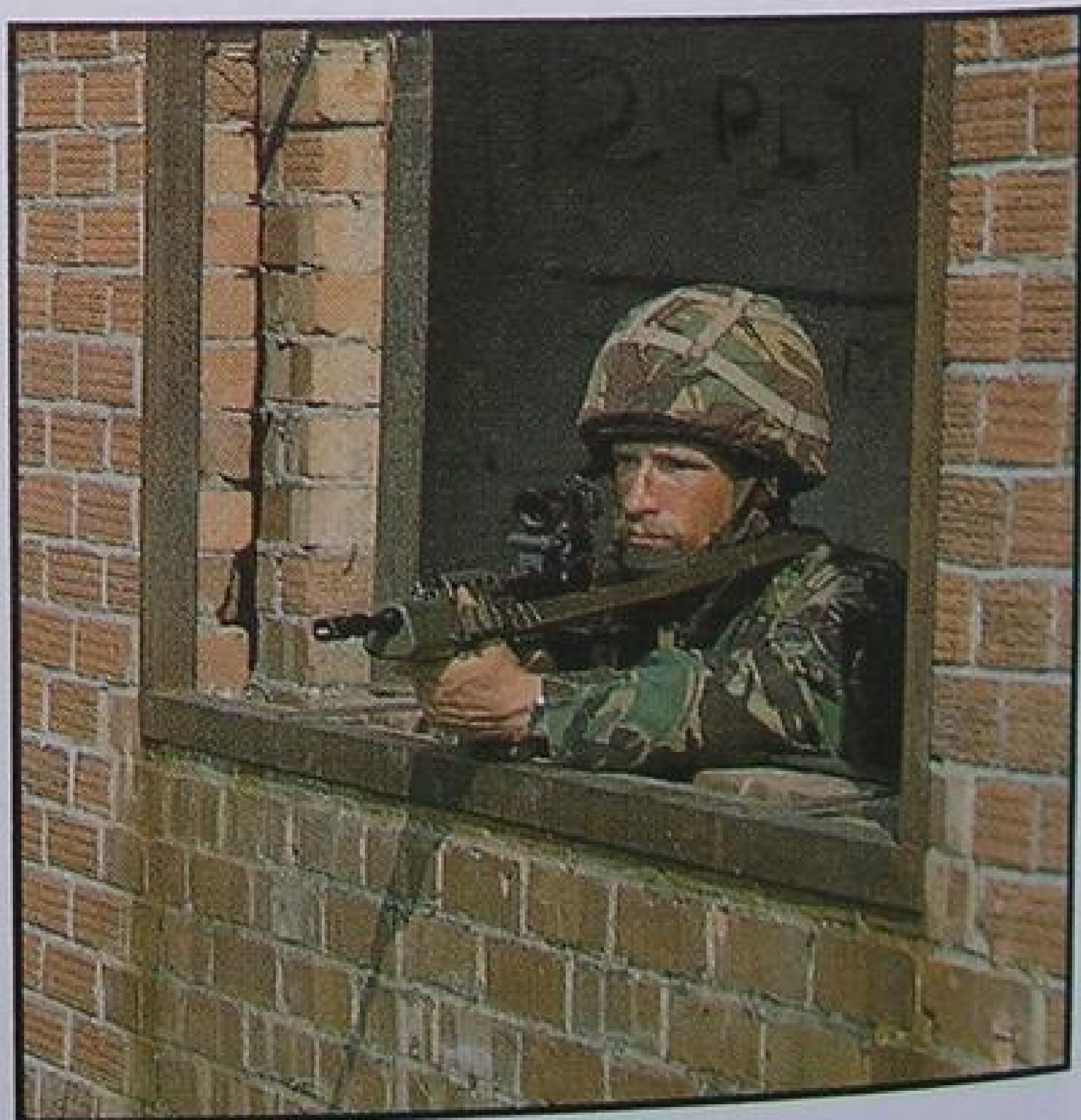
**Blend in with your surroundings** - if they vary, so must you.



**Don't use isolated cover** - it stands out.



**Avoid skylines.**



**Don't lean out of windows** - you will be seen.

You see something because its:

Shape  
Shadow  
Silhouette



*is familiar or stands out.*

Surface  
Spacing  
Movement



*is different from its surroundings.*

SEEING IS ...Noticing details.

## Remember

Now You See



Now You Don't



**SHAPE...Disguise your shape (including equipment).**



**SHADOW...Keep in the shadow of a bigger object.**



**SILHOUETTE...Don't stand against a skyline.**



**SURFACE...Don't look different from your surroundings.**



**MOVEMENT...Move carefully.**

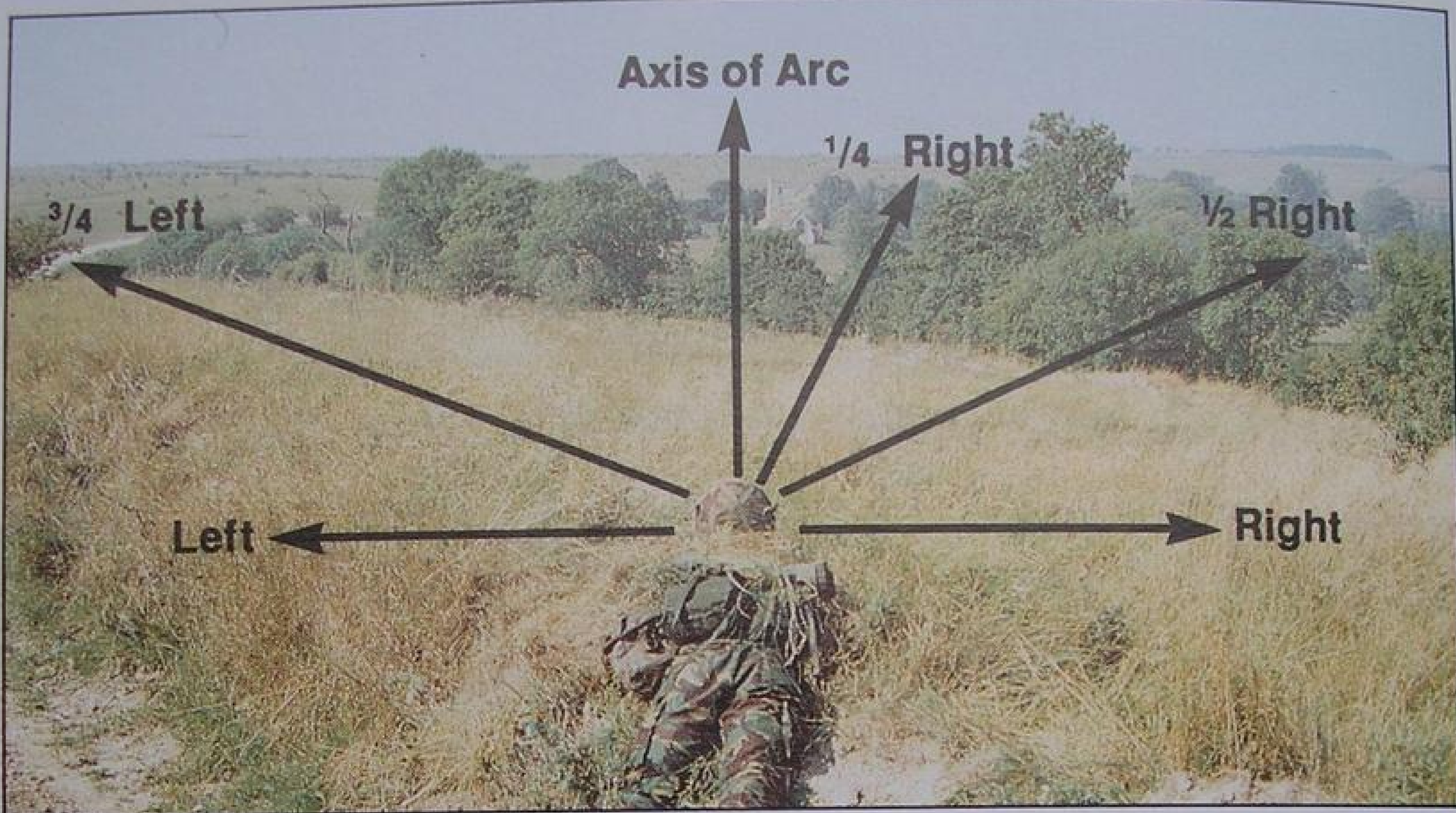


**SPACING...Keep spread out - but not too regularly.**

**You MUST see without being seen.**

# TARGET RECOGNITION

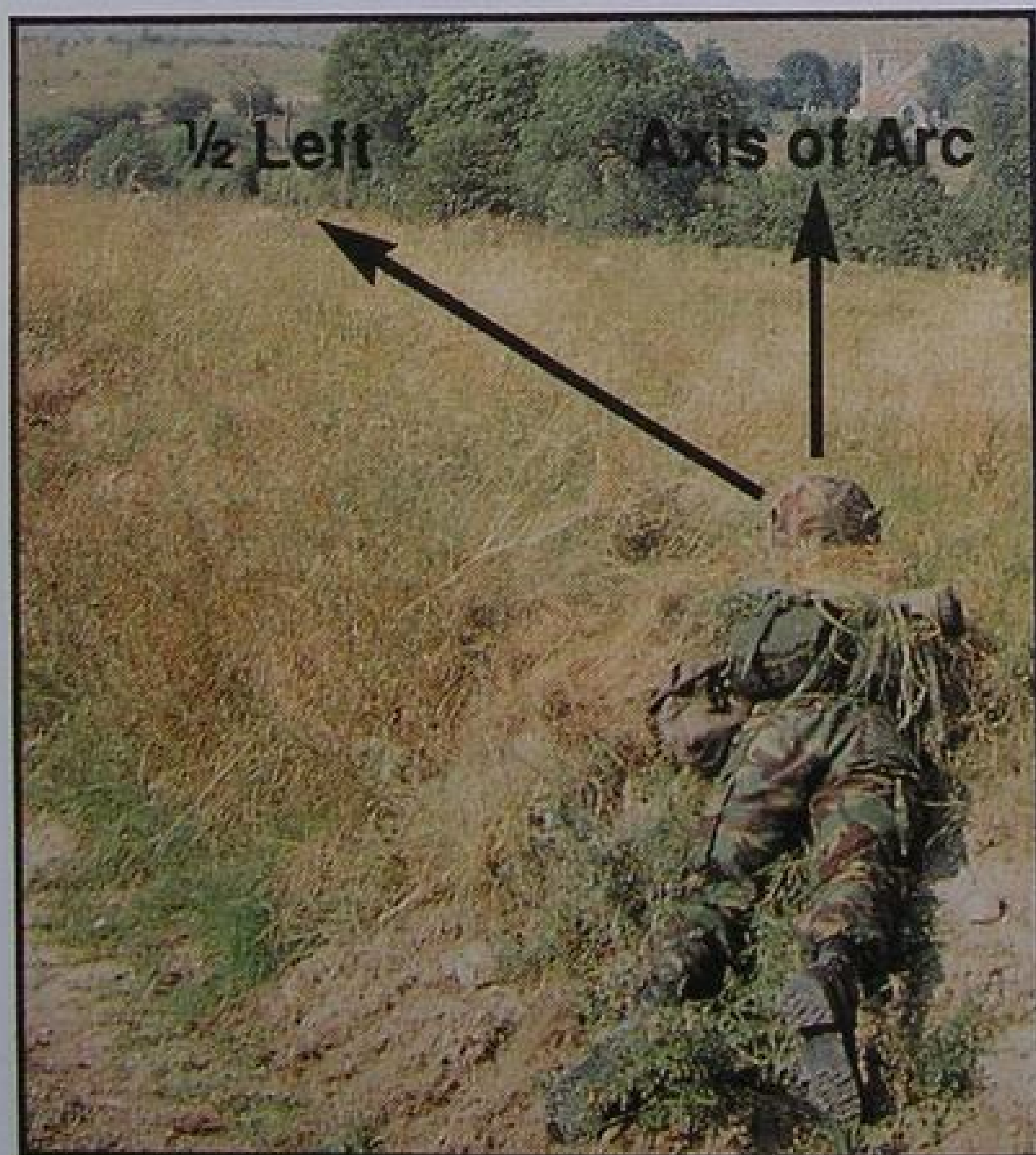
Shots must be aimed at the correct target.



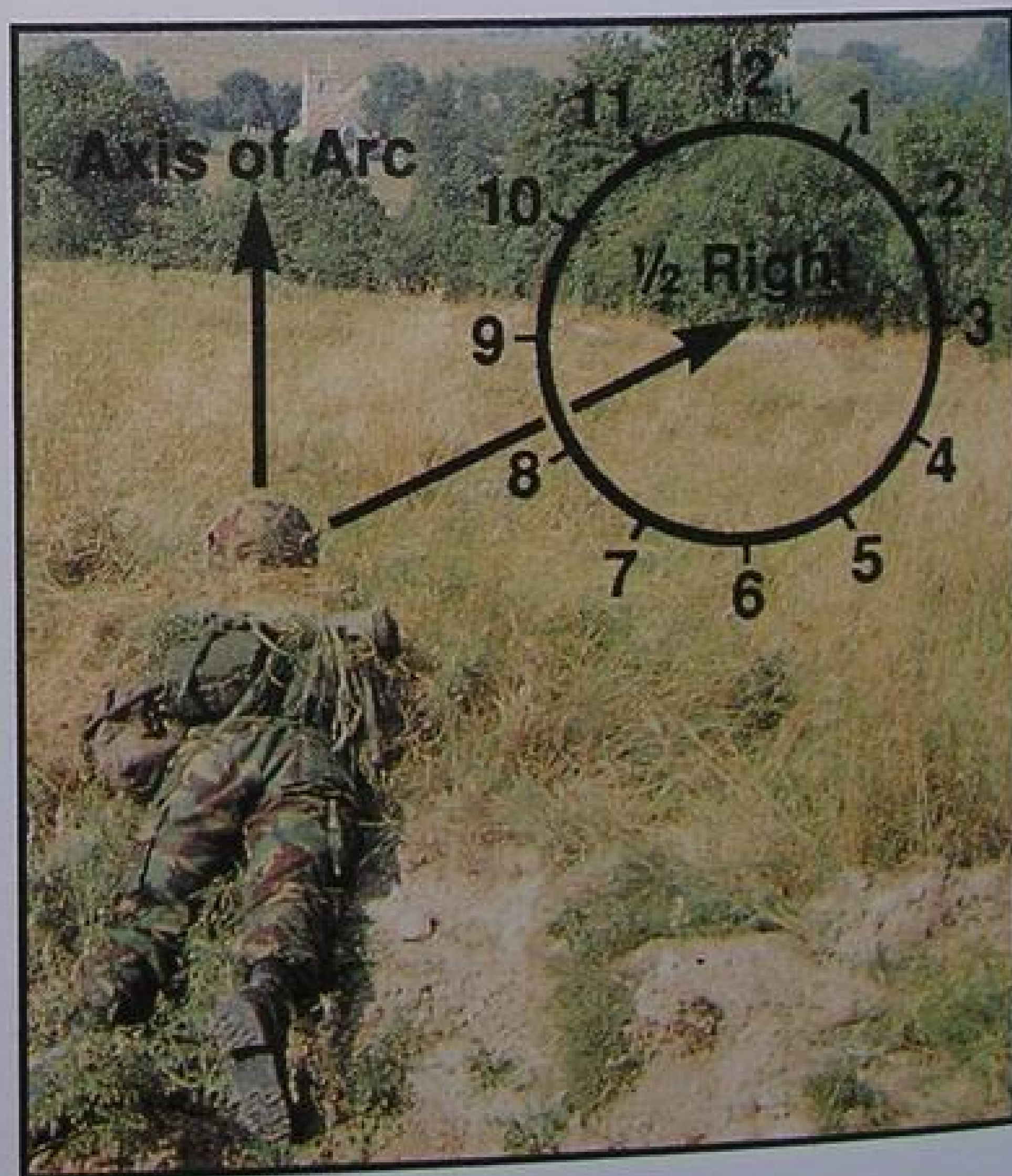
For obvious targets "300 - 3/4 left - road."

For less obvious targets "300 - 1/2 right - buildings through trees."

For difficult targets use the Clock Ray method.



"300 - half left - road - 3 o'clock - chimney".



"100 - half right - bush - right 3 o'clock - base of hedge".

# FIRE CONTROL ORDERS

You Need:



|          |                             |                |
|----------|-----------------------------|----------------|
| <b>G</b> | Group which is to fire      | No 1 Section   |
| <b>R</b> | Range to target (in metres) | 300            |
| <b>I</b> | Indication - where to look  | Half left-tree |
| <b>T</b> | Type of fire                | Rapid Fire     |

The detail of the fire order you get depends on the type of target.

## Brief Orders



'Section - quarter left - rapid fire.'

## Full Orders



'Charlie fire team - 300 - house - right 4 o'clock - bush fire.'

## Delayed Orders



'Delta fire team - 200 - quarter right - small wood. When enemy appears - rapid - await my order.' (when enemy appears 'Fire'.)

## Individual Orders



'No 1 and 2 rifleman - 200 - Slightly left - farm buildings. Enemy in that area - watch and shoot.'

## MOVEMENT IN THE FIELD

When close to the enemy you do not want your movements to be seen - therefore **use cover**.



Remember to

- Use the cover of hedges or walls.



- **Monkey Run** (crawl on hands and knees) behind low hedges.



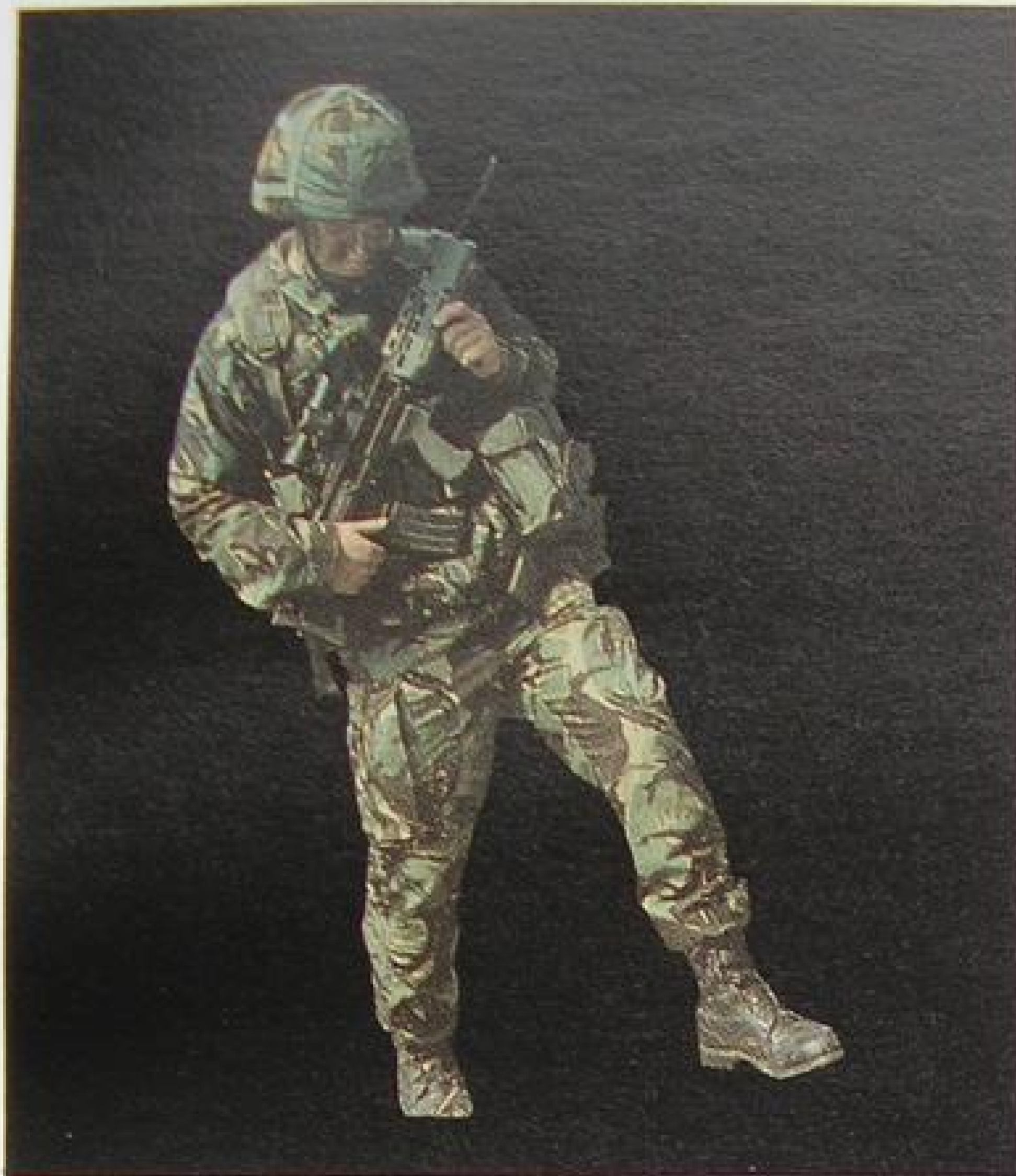
- **Leopard Crawl** across grass or very low cover.



- Roll away from a crest or skyline.

**MOVE QUIETLY AT ALL TIMES**  
Keep your weapons out of  
the mud





## *MOVEMENT AT NIGHT*

Daylight movements are not suitable at night - **they have to be adapted.**

- **The Ghost Walk**

Lift legs high, sweeping them outwards. Feel gently with toes for safe place for each foot. Keep knees bent.

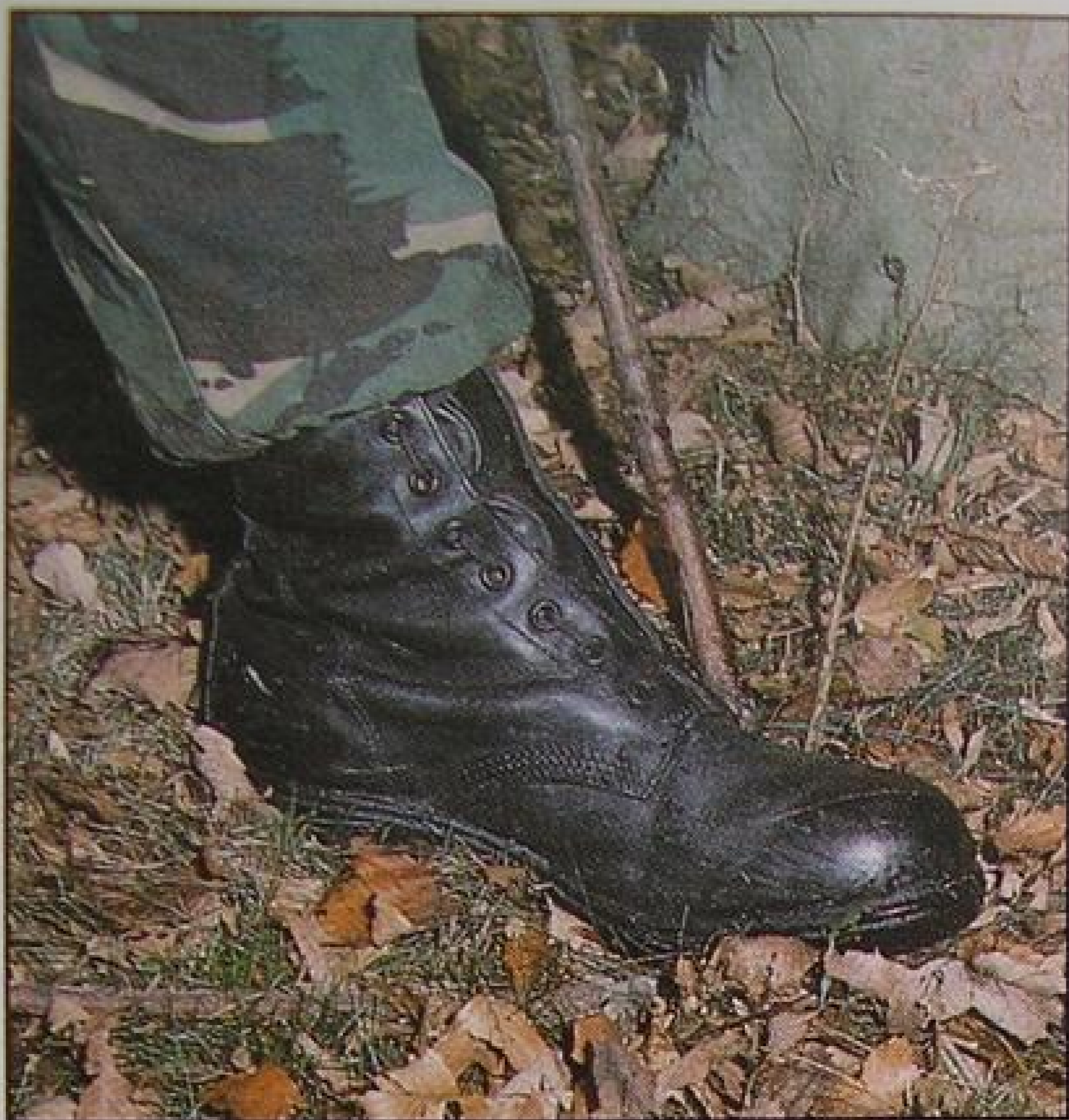
- **The Kitten Crawl**

It is quiet but slow. It is tiring. Lie on your front, search ahead for twigs. Lift your body on your forearms and toes, press forward and lower.



- **The Cat Walk**

Crawl on hands and knees. Search ground ahead for twigs. Move knee to where hand has searched.



## NIGHT NOISES

- At night you hear more than you see.
- **Stop and listen.** Keep close to the ground.
- **Freeze** if you hear a noise.

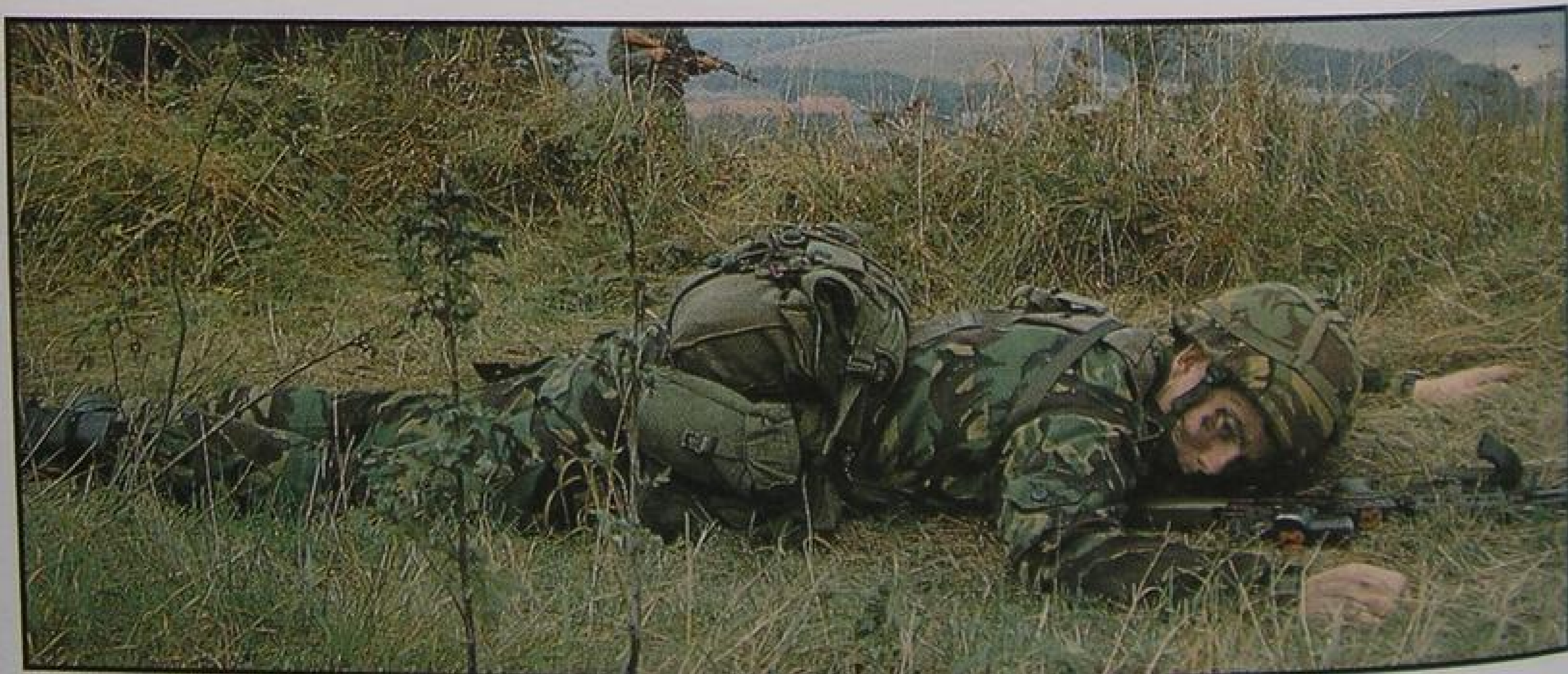
### Moving at Night - REMEMBER

**Keep quiet...**don't have *loose equipment*.

**Move carefully...**use the *ghost walk, cat walk or kitten crawl*.

**Clear your route...**don't step on *dry vegetation*.

**Use available cover...**flares turn night into day.



### Listening at Night

- **Use your ears** - turn them towards any sound.
- **If there are men about** - keep an ear close to the ground.

# NIGHT VISION

We can see in the dark - **but**



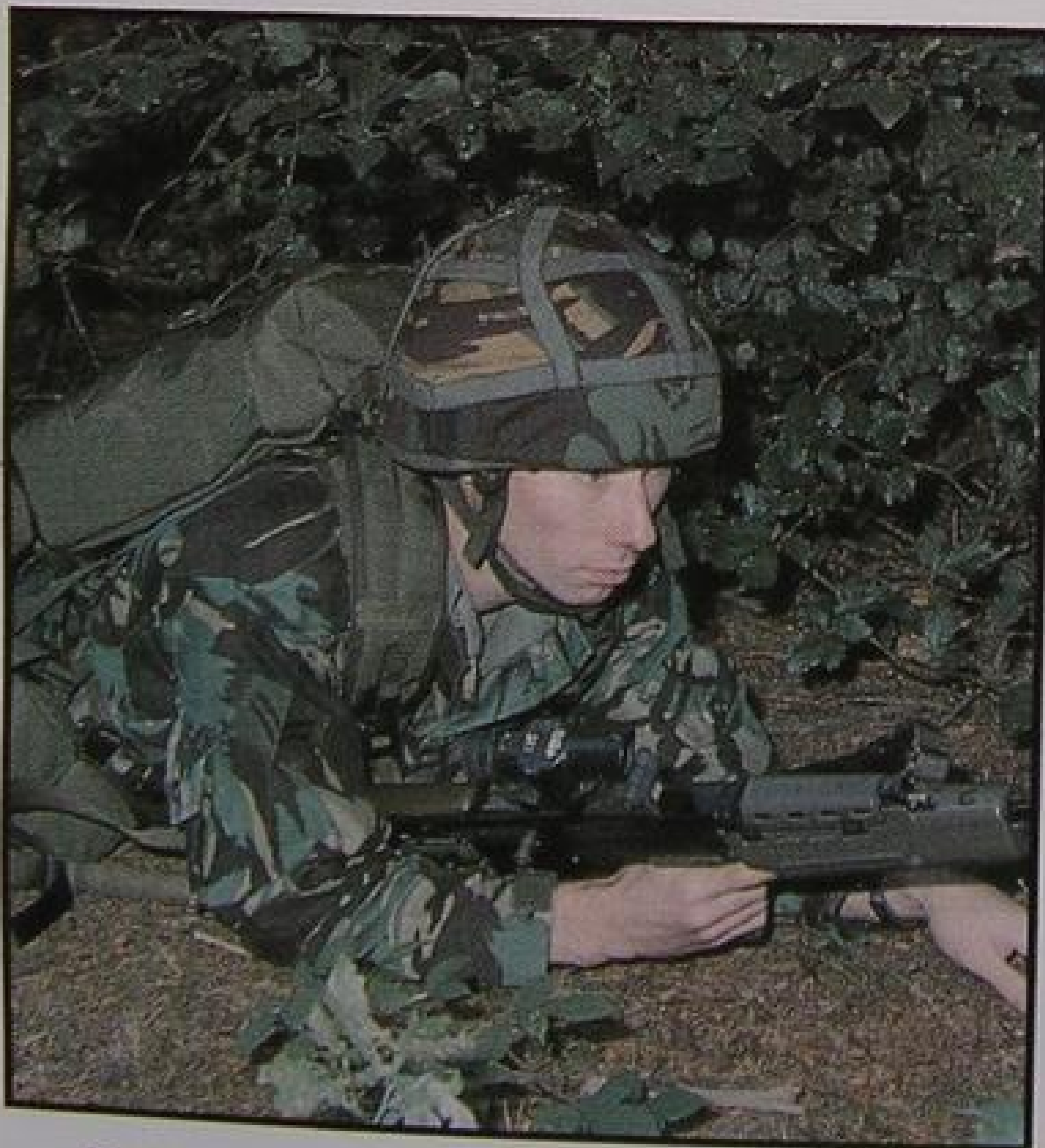
## REMEMBER

Our eyes take **30 minutes** to get used to the dark.

- **We see** less than in daylight.
- **We see** shapes - not detail.
- **We see** skylines and silhouettes.
- **We may** see movement.

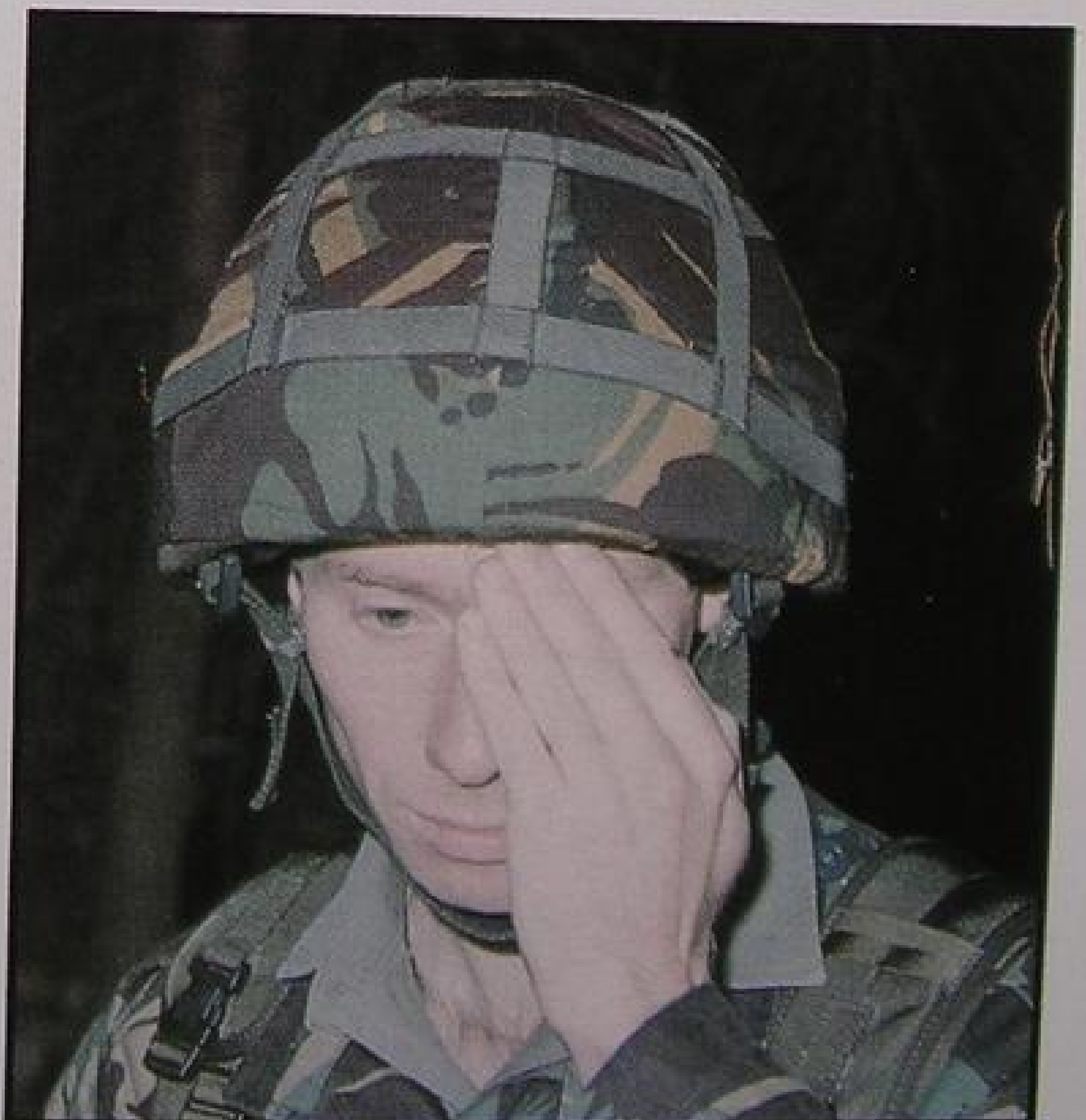
## Bright light ruins your night vision

If caught in the light of flares



- Take cover at once in open ground.
- Freeze in a wood.

If you see a flare



- Quickly close one eye and protect your night vision.

## SENTRY DUTIES



**A sentry is the eyes and ears of his unit.** If he does his job well, his unit will be safe and secure.

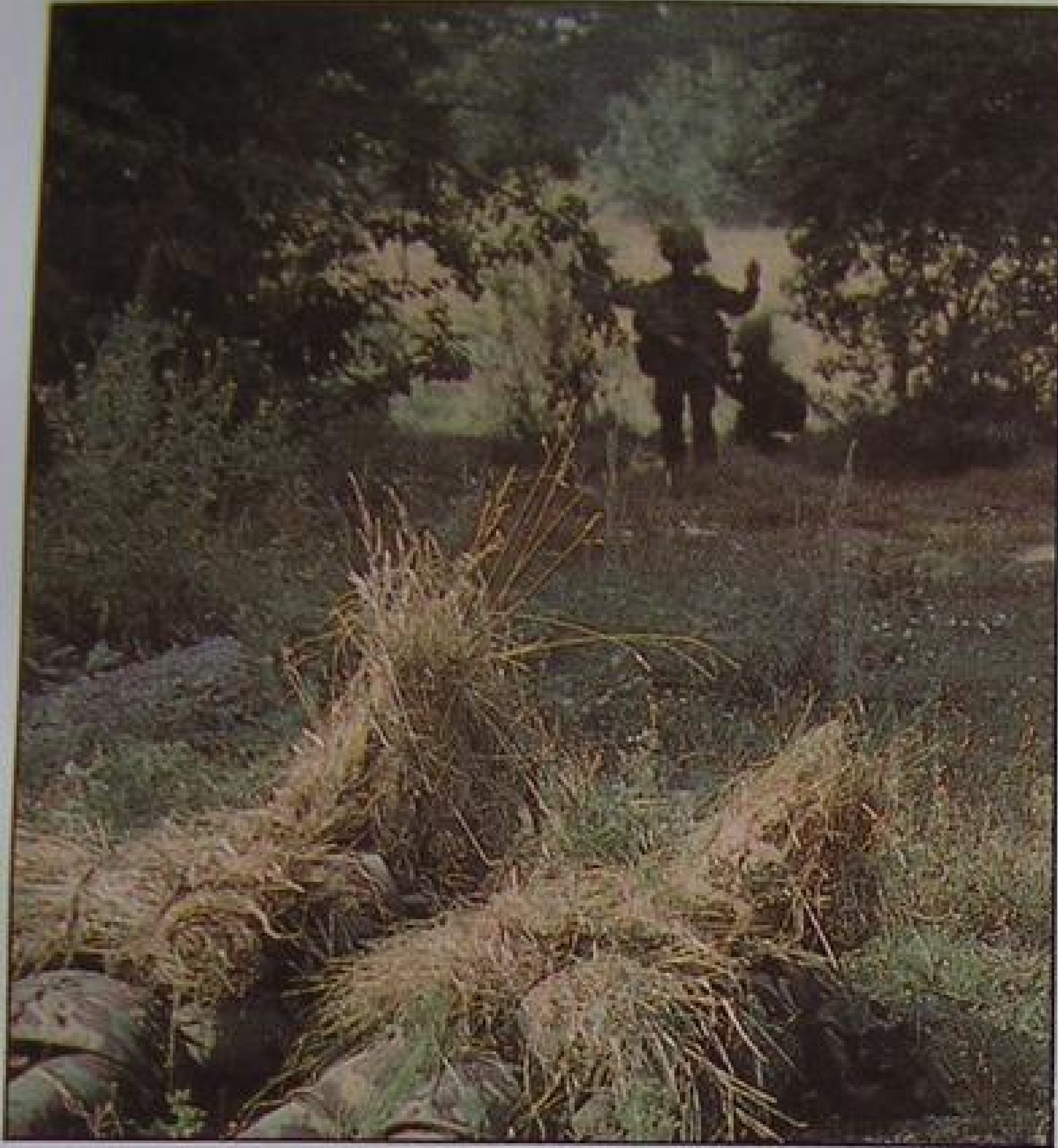
**When you are a sentry make sure:**

- *You understand your orders.*
- *You know what to do if your post is approached by a person or vehicle.*
- *You know how to raise the alarm.*
- *You ask questions if you do not understand anything.*

**a. Password.**

**b. Equipment to be carried.**

1. Torch.
2. Whistle.
3. Range Card.
4. Duties List.
5. Notebook and Pencil.



### Sentries at Night in the Field

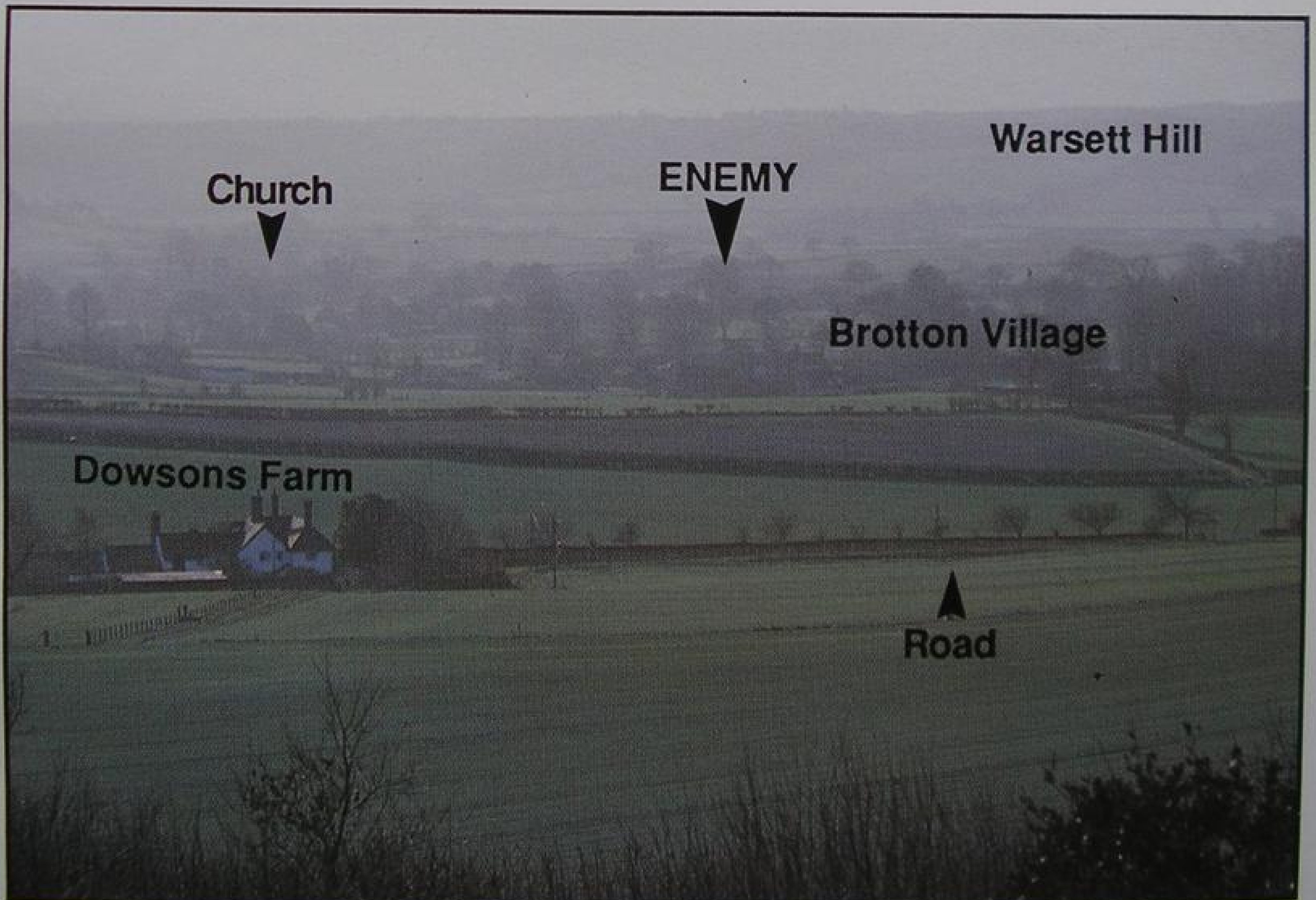
At night sentries work in pairs.

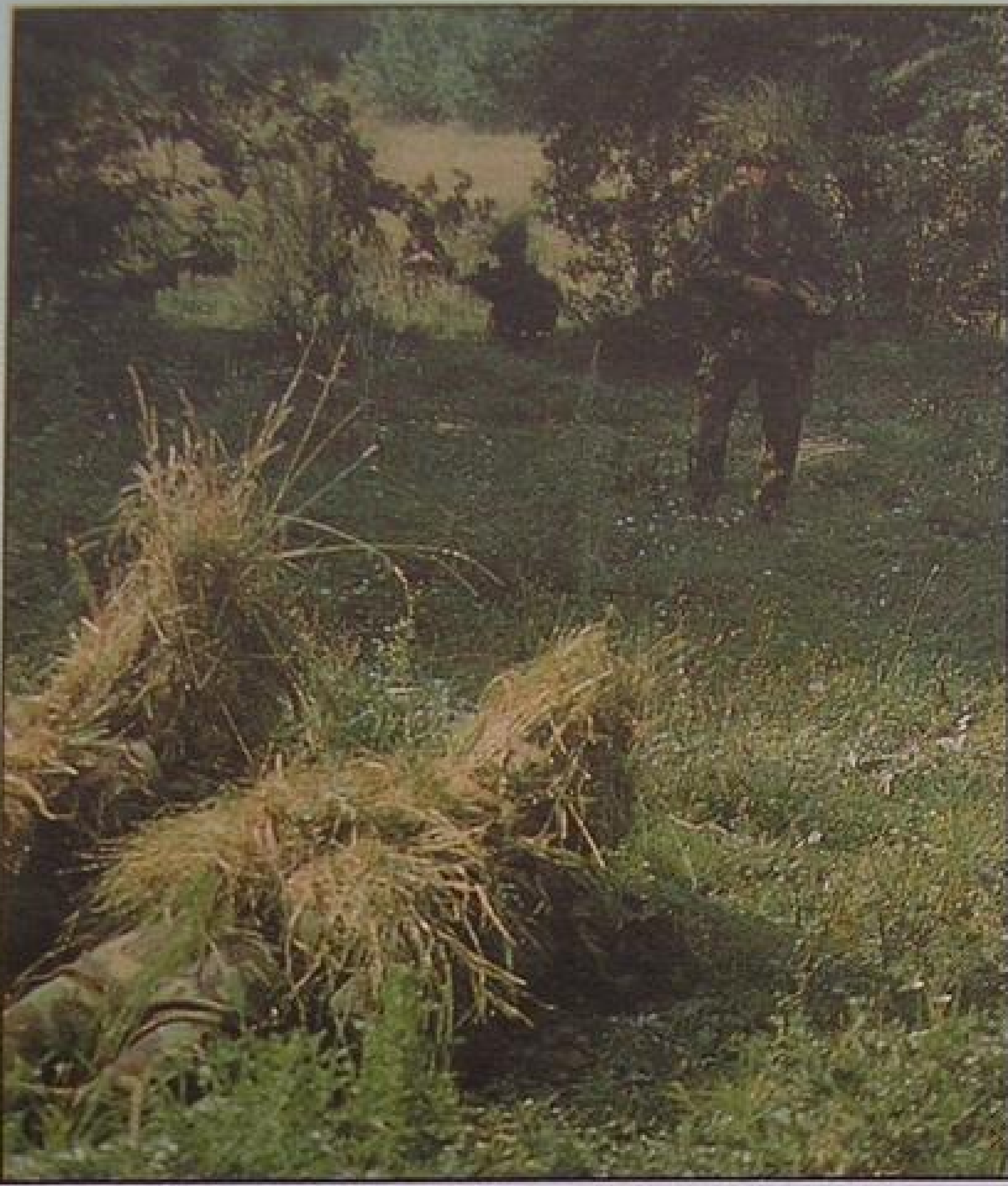
### Sentries must know

- What to do if anyone approaches their post.
- What ground to watch.
- The Password.

### Sentries close to enemy must know

- Direction of enemy.
- Where neighbouring posts are.
- Signal for them to fire defensive fire.
- Name of forward land marks.
- About patrols that may come through or near their posts.





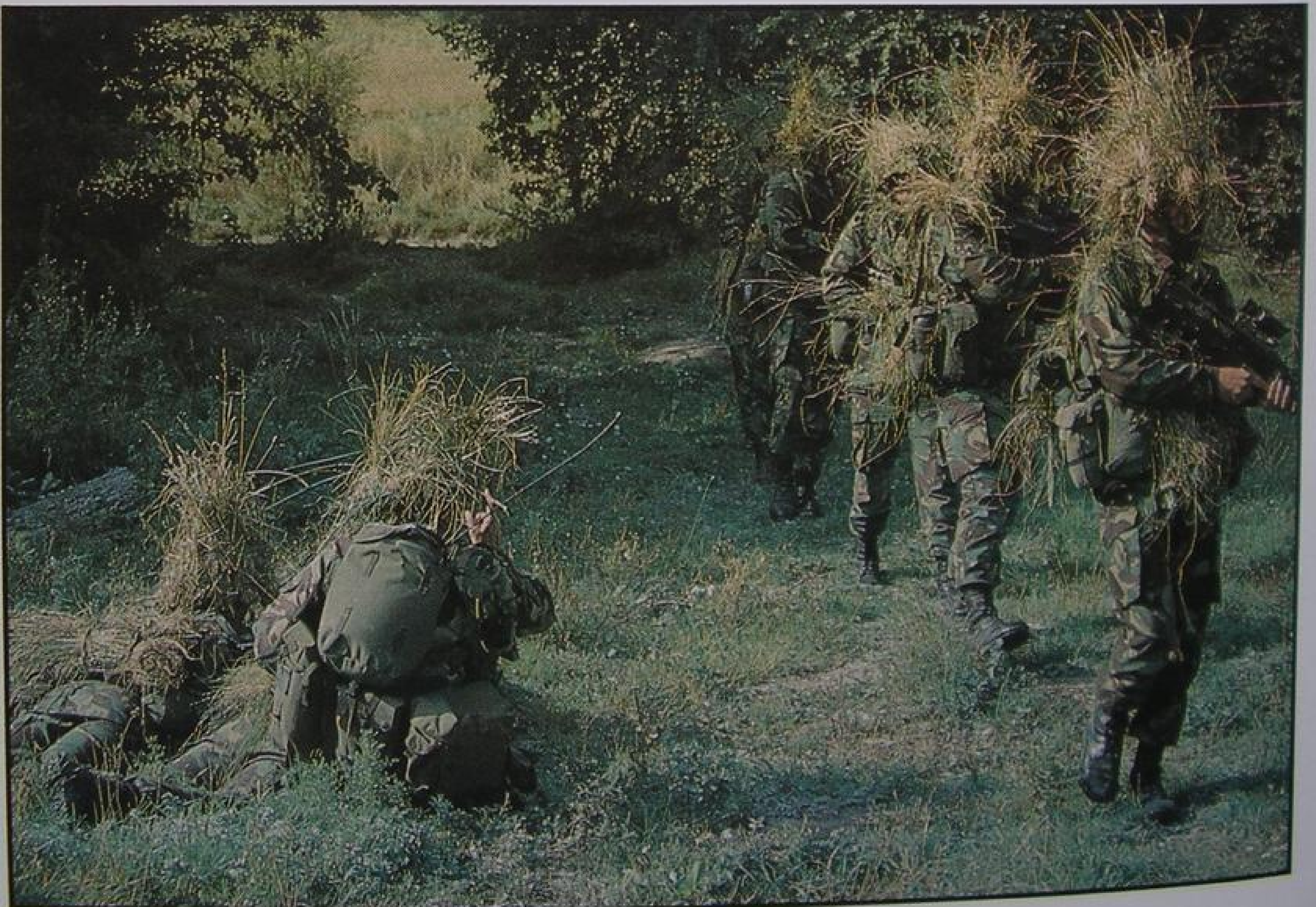
## How to Challenge

- When you see a person/group approaching, alert your immediate commander. **Cover him/them with your weapon.**
- Say **“Halt, Hands Up, Advance One”**.
- **Halt.**
- Give challenge **half of password.**

## Action

If password is correctly answered allow friendly troops through - **one at a time.**

If password is incorrectly answered **Section opens fire at enemy troops.**



# Minor Tactics



## RIFLE SECTION FORMATIONS

As a member of a rifle section you move as part of your Section. How you move depends on six factors.

- The country you are crossing.
- The likely direction of enemy fire.
- How far you can see.
- How the Section can best be controlled.
- Need to produce maximum fire effect.
- Who controls the air space.

## YOU MAY MOVE EITHER IN:

**Single file** This is good for :-

- Moving along hedges or at the edge of woods.
- Control - especially at night.
- Reduce the effect of enemy flanking fire.



**But :** • Firing to the front restricted.

**File** This is good for :-

- Control of movement.
- Movement at night.



**But :** • Makes a good target for enemy fire.

**Arrow Head** This is good for :-

- Moving across open country.
- Producing effective fire against enemy frontal attack.



**But :** • Difficult to control, particularly when engaged by flanking fire.



**Extended Line** This is good for :-

- **An assault on enemy positions.**



**But : • Difficult to control movement.**

### **REMEMBER**

When moving in Section Formation:

- **Watch your Section Commander for hand signals.**
- **Keep in contact with members of the section on each side of you - but not too close.**
- **Keep quiet and listen for commands.**
- **Keep in correct position for formation.**
- **Be observant.**
- **Be ready to change to new section formation.**



## FIELD SIGNALS (ON FOOT)

When moving in a Section, keep watching your Section Commander. He may want to tell you something.

**He can't always shout - you must understand his hand signals.**

Halt



Advance or Follow me



Close on me



Double



Slow down



Lie down



Go back or Turn around



As you were



Enemy seen or suspected



No enemy in sight or suspected



Attack



Move up



Left hand flanking



Extended Line



Single file



Arrowhead



Side View



Front View

Field Signals help to get you to the **RIGHT PLACE** at the **RIGHT TIME**

## ADVANCE TOWARDS THE ENEMY

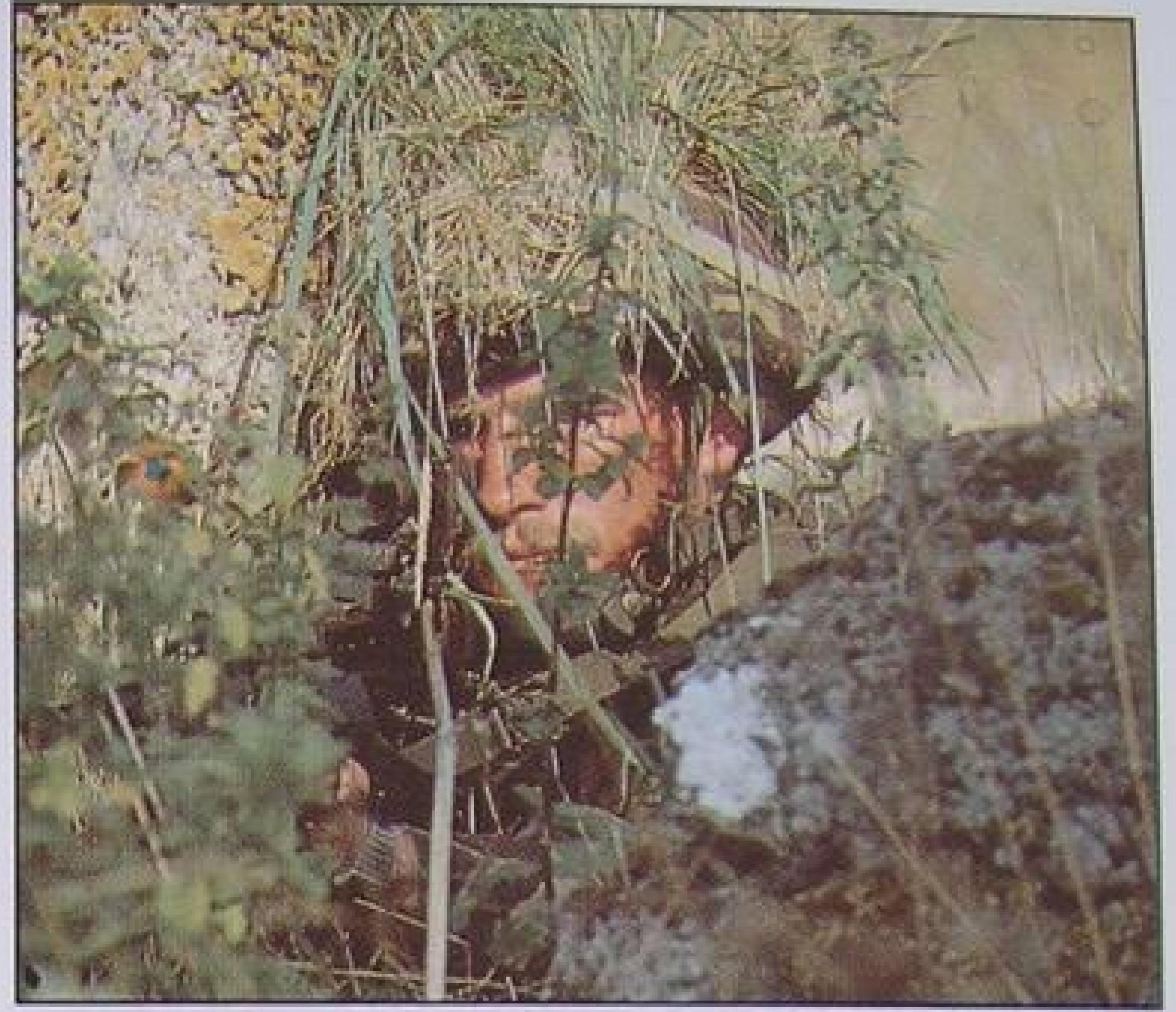
If told to advance across country: check that you know where to make for. Then decide on the best route.

### REMEMBER

- Routes must be planned ahead.
- You must move in bounds or stages from one observation point to another.
- You must check your direction, are you keeping on course?
- You must not be seen but should be able to see the enemy.



The best route will -



- **Have places to observe the enemy** - without being seen yourself. Don't go blindly towards the enemy.
- **Give good fire positions.** You must be able to fire if necessary.



- **Give cover from enemy fire.**

- **Let you move without being seen.**



- **Not have impassable obstacles,** such as marsh or open ground.

# WEAPON HANDLING

**Dangerous Soldiers are those who do not use their weapon drills. They can cause death and destruction to their friends:**



## **Always:**

- Point your rifle in a safe direction.

## **NEVER:**

- Fidget with the trigger or safety catch or point your rifle at anyone as a joke.



## **When unloading:**

- Always check safety catch is "S".
- Always check that the body, chamber and face of the bolt are clear.



## **When handing over rifle:**

- Carry out Normal Safety Precautions ( NSPs ).
- Show chamber clear.
- Hand over rifle.



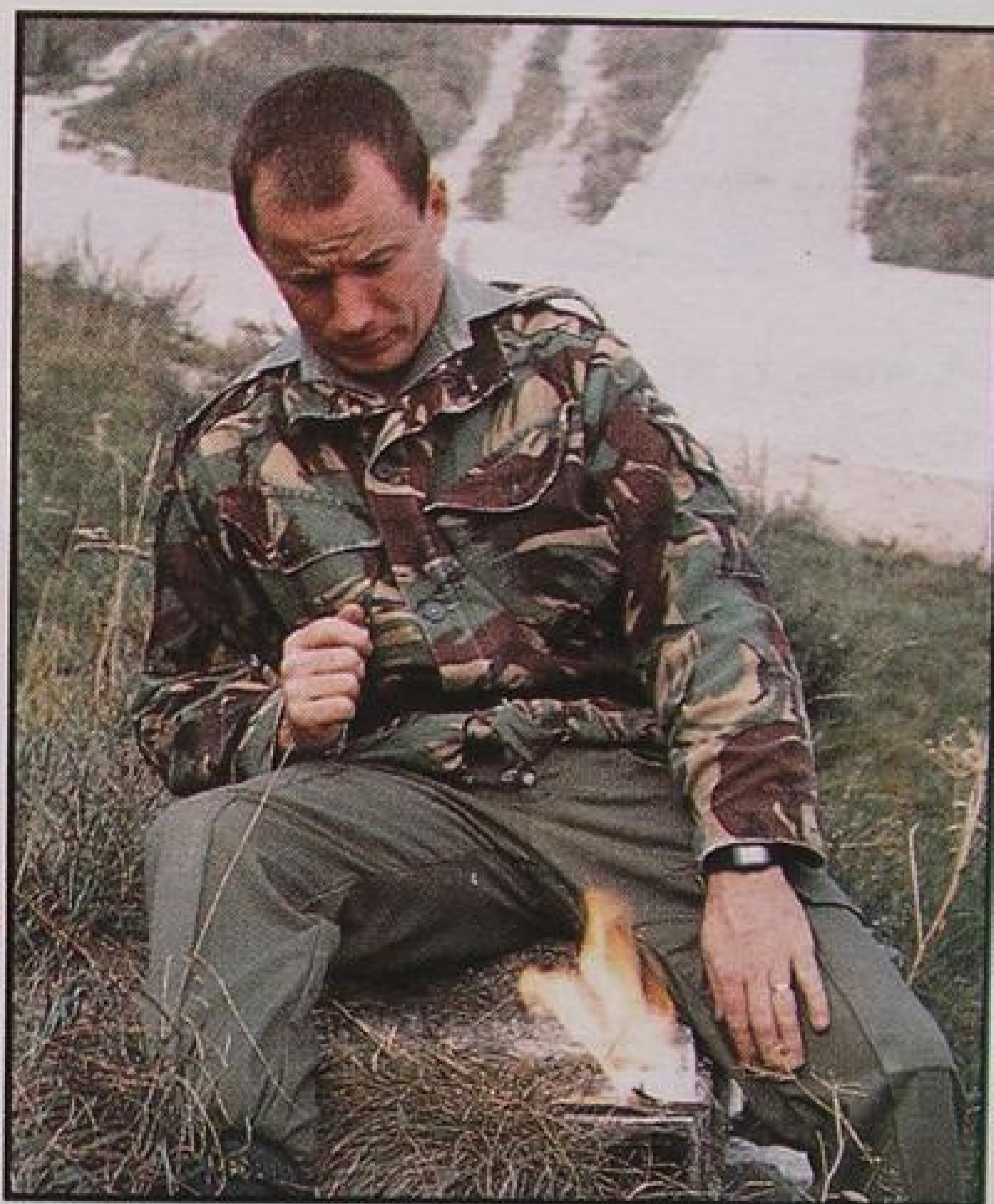
## Rifle

Don't lean it against walls or the sides of vehicles - **hold on to it.**

Rest weapon the correct way up.

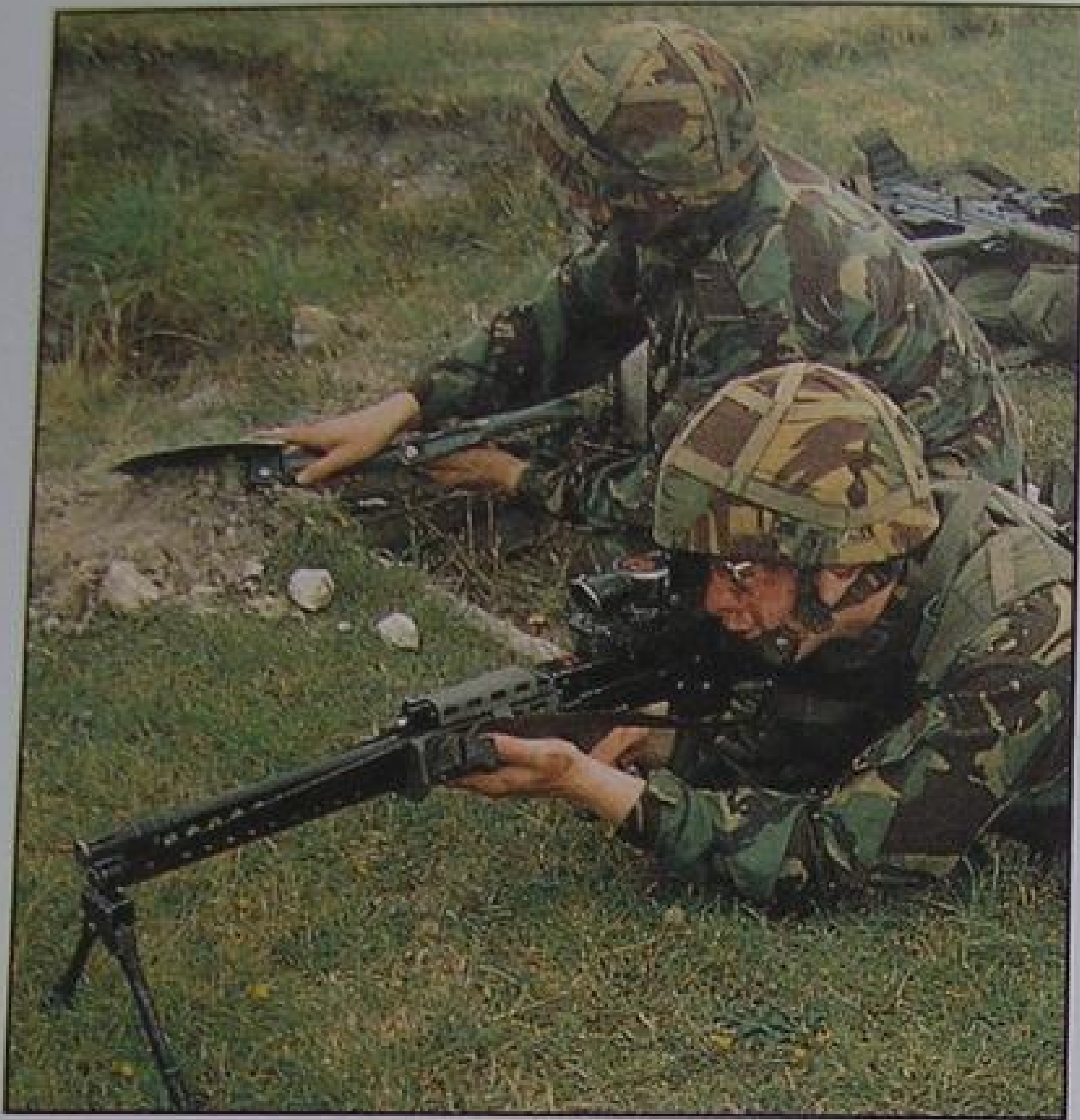
Unload and clear rifle as soon as operationally possible.

## Ammunition



- Never tamper with ammunition flares or thunderflashes.
- Never use damaged rounds.
- Never use blank and live ammunition together.
- Report defects.

**SAFETY WITH WEAPONS DEPENDS ON  
Good Drills + Confidence + Alertness**



## TRENCHES

A good fire trench will :-

- Give you room to fire your weapon.
- Give you protection against enemy fire.

A trench should be dug whenever you are close to the enemy and not moving in under 2 hours.

**However, if your trench is seen, it becomes a target.**

### Types of Trench:

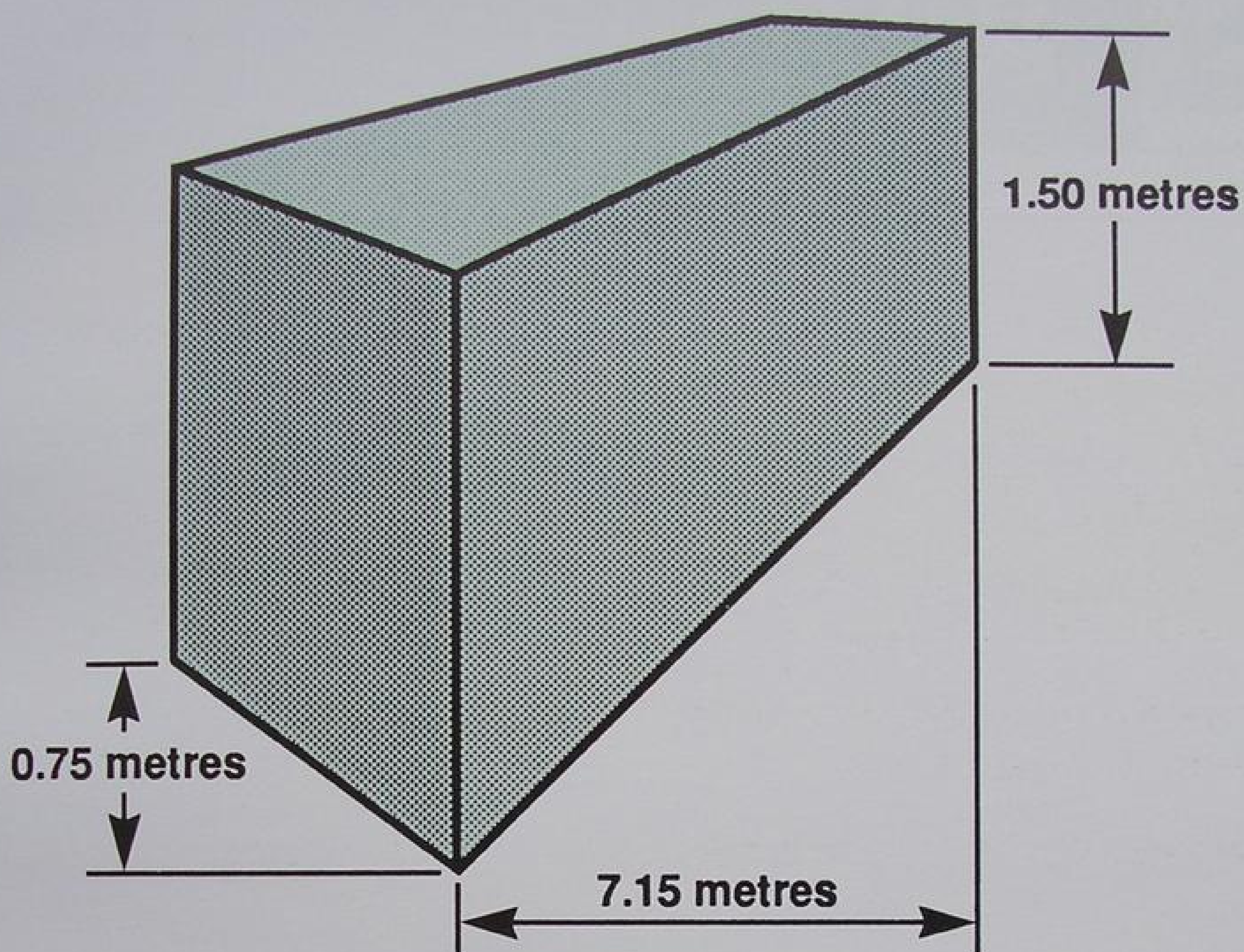
- 4 man split hairpin shelter (SHS) flush or with OHP.
- Variants for other Infantry weapons (GPMG(SF)) (94mm LAW).
- 4 man fire trench.



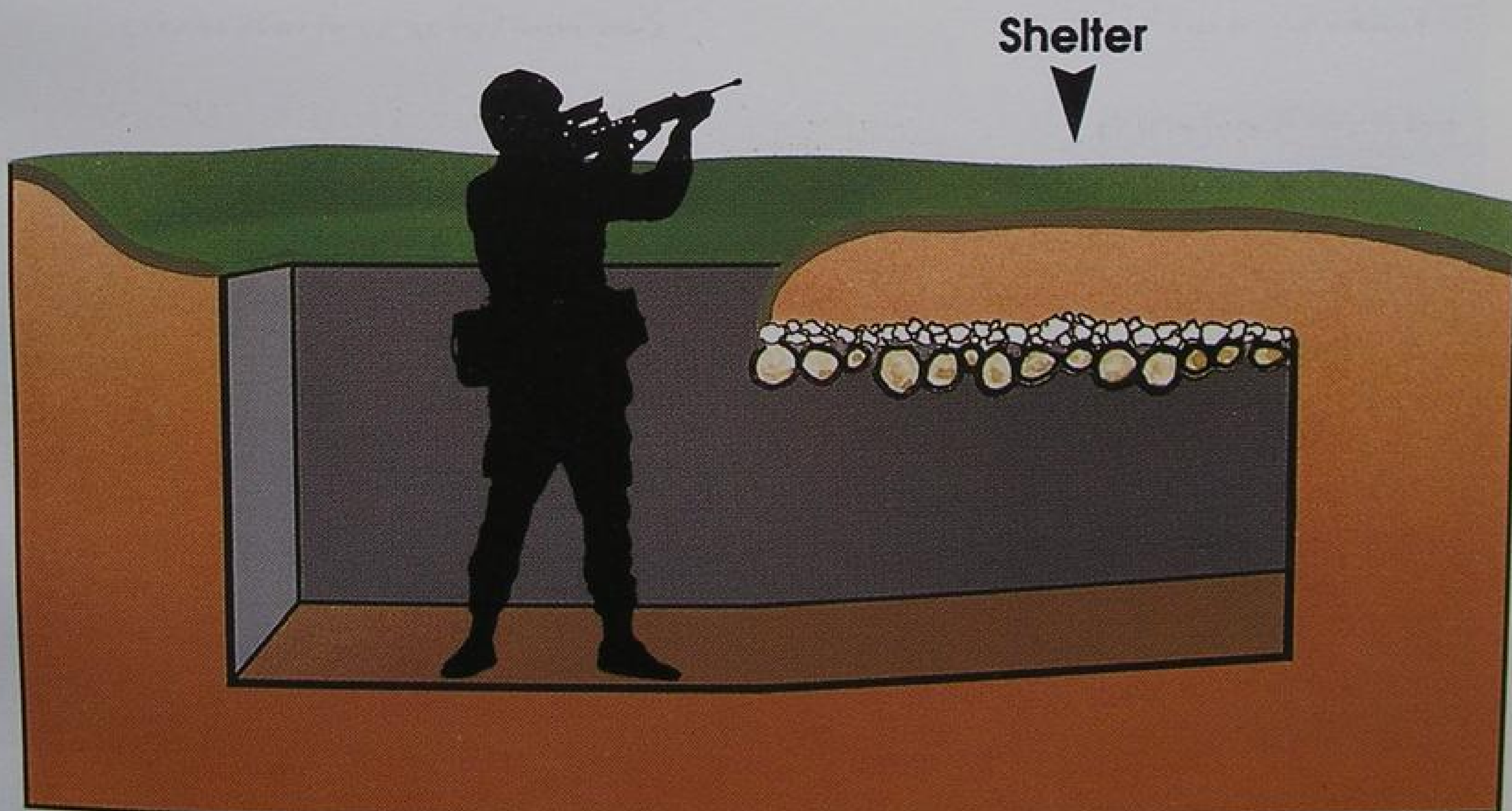


## Vital Statistics

(Four man battle trench (flush top OHP))



**Dig :-** 1.50 metres down, 0.75 metres wide, 7.15 metres long



The shelter must have a minimum of 0.45m of compact earth over it.

## The Four Man Fire Trench

The dimensions of other fire trenches are not given here but the principles are the same.

Trenches should be :-

- Dug quickly.
- Protected against wall cave-ins.
- Camouflaged to look like the surrounding ground.



**You must be able to fire your weapon from your trench.**

# Map Reading

# 2

*A basic knowledge of map reading will help you to know exactly where you are, the positions of other features and to find your way about unfamiliar country without getting lost.*

**In combat good map reading will ensure that you are able to :-**

- Find your position.
- Identify and report other positions.
- Select and follow routes.
- Measure distances accurately.

## SETTING A MAP

The first step in reading a map is to set it. This means turning your map until your position on the map is in line with your position on the ground. There are two methods of setting a map.

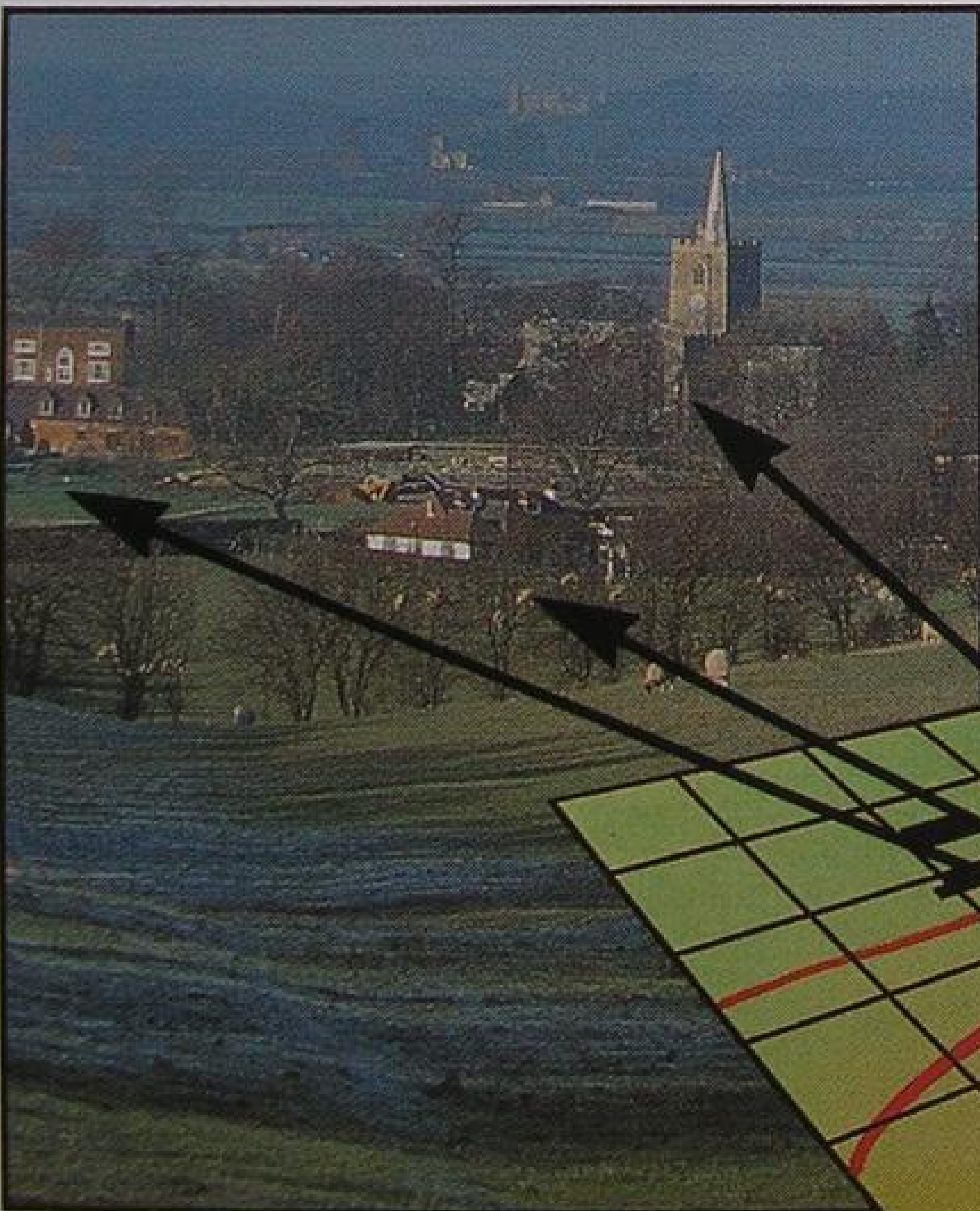
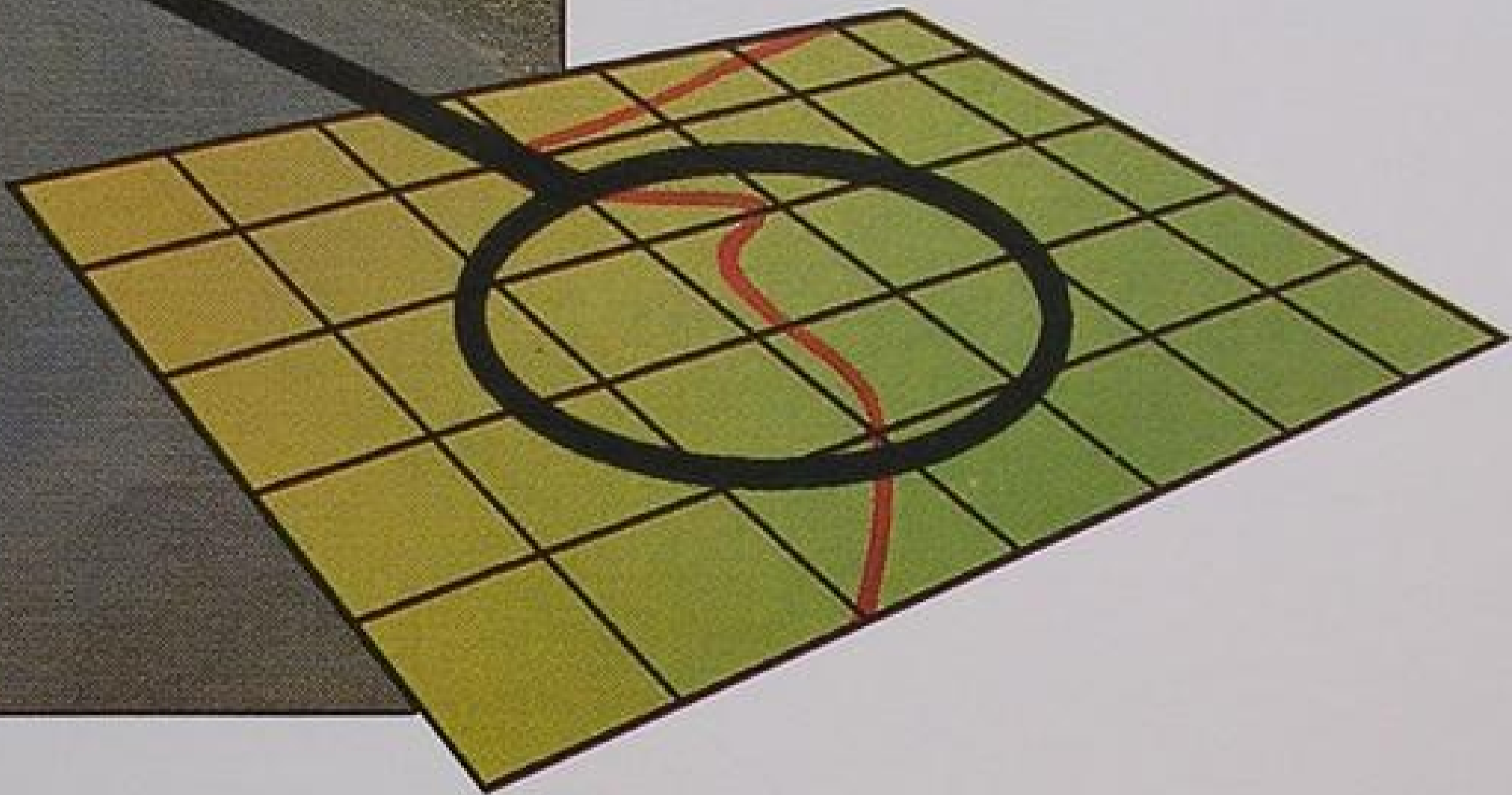


### By Inspection

This is the easiest way but you must have some idea of your position.

If you are standing on a straight road, line up the road on your map with the road you are standing on.

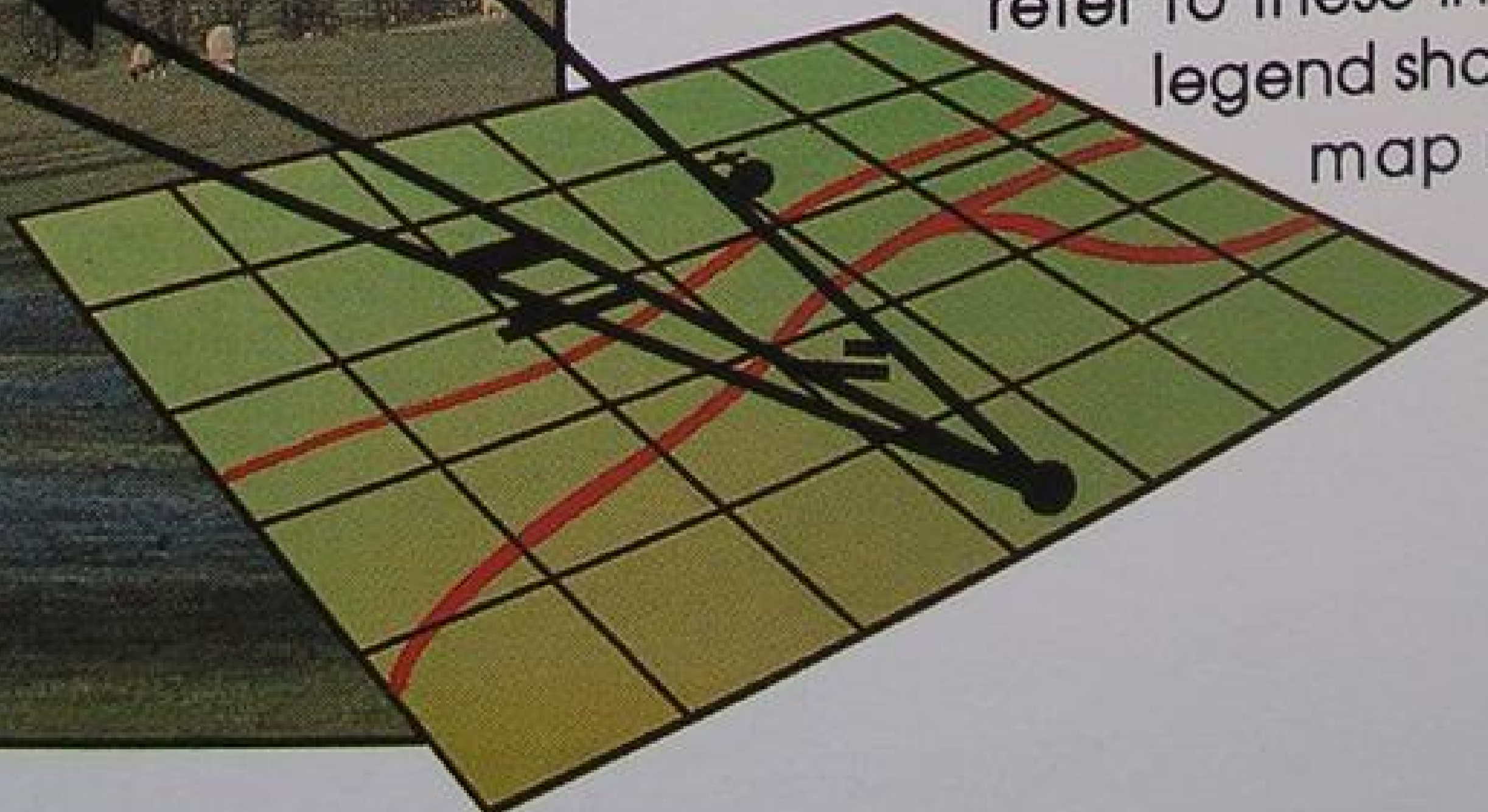
Make certain the map is pointing in the right direction.



### By Resection

If you are not on a road, you will need to find other objects on the ground such as a windmill, church or farm. You must also find the same objects on your map. You can use these to set your map. They are marked with conventional signs;

refer to these in the legend shown in the map margin.



**REMEMBER** - When using a map on the ground, begin by setting it and locating your position.

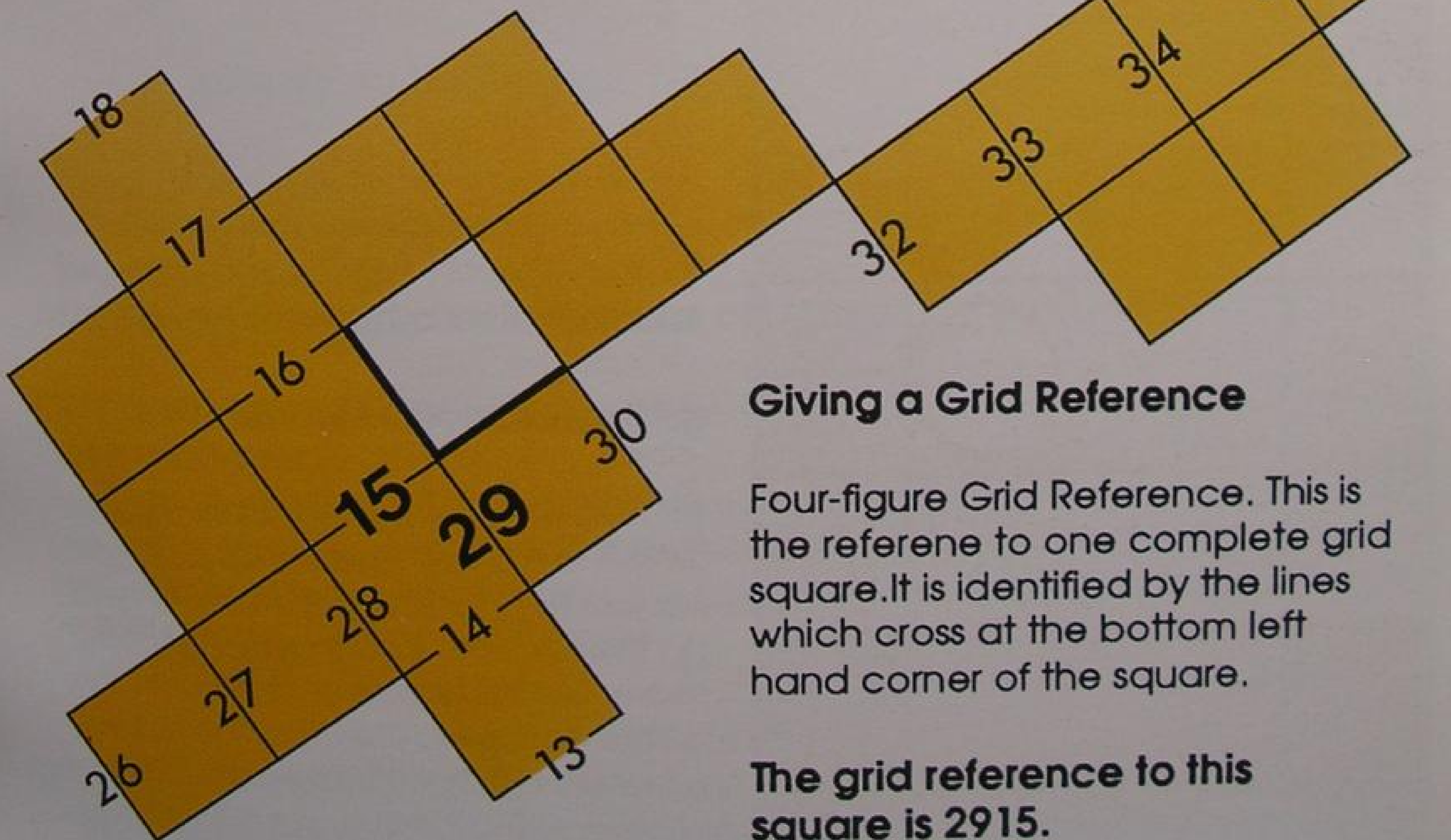
There are two basic methods of setting a map :-

- **By inspection**, using roads, buildings or other objects close to your position.
- **By resection**, using objects some distance away - this is the more reliable method.

## GRID REFERENCES

You must be able to pinpoint your own or other positions on a map quickly and accurately, so that you can report them or move to a new location if ordered.

To do this we use the **GRID Reference System**.



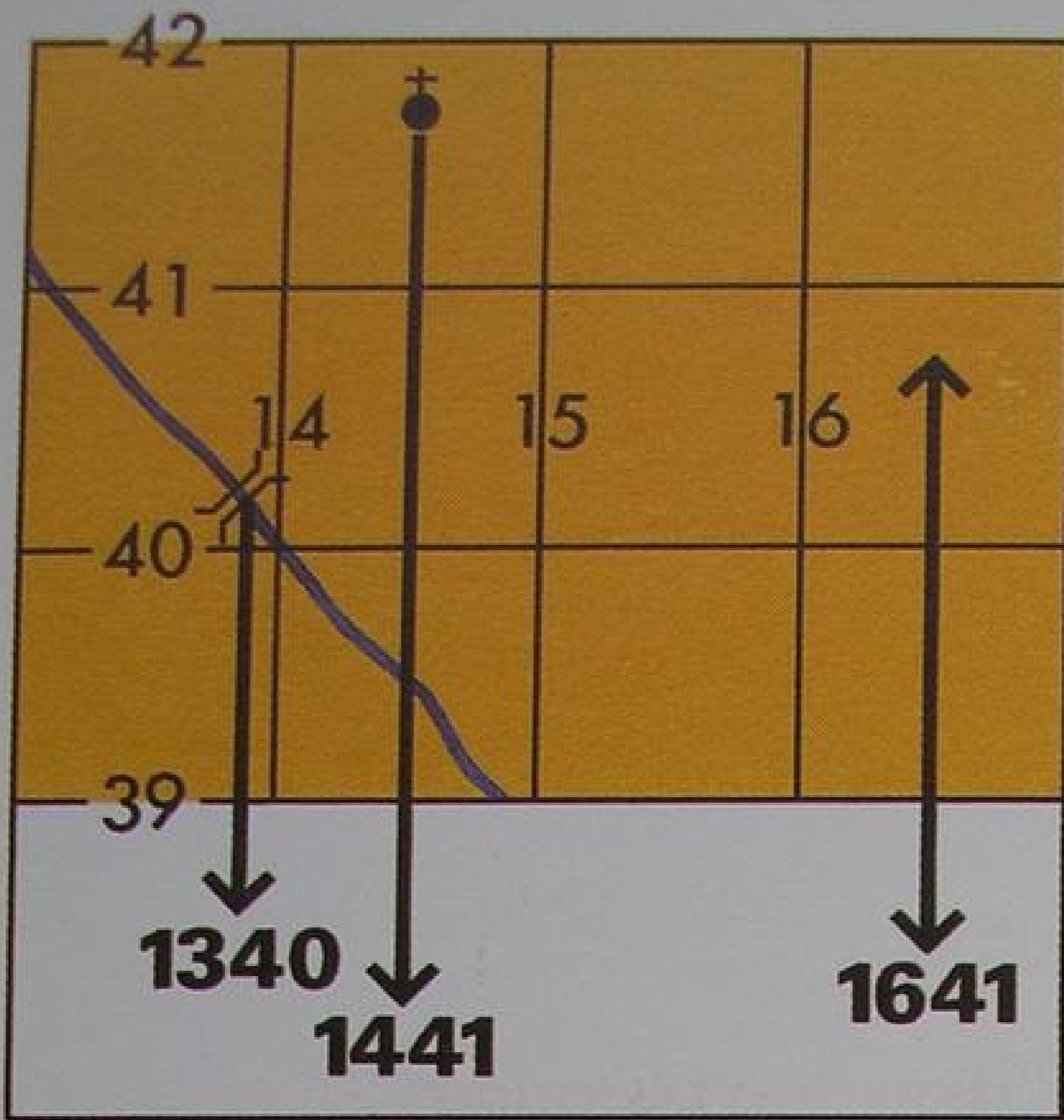
### Giving a Grid Reference

Four-figure Grid Reference. This is the reference to one complete grid square. It is identified by the lines which cross at the bottom left hand corner of the square.

The grid reference to this square is 2915.

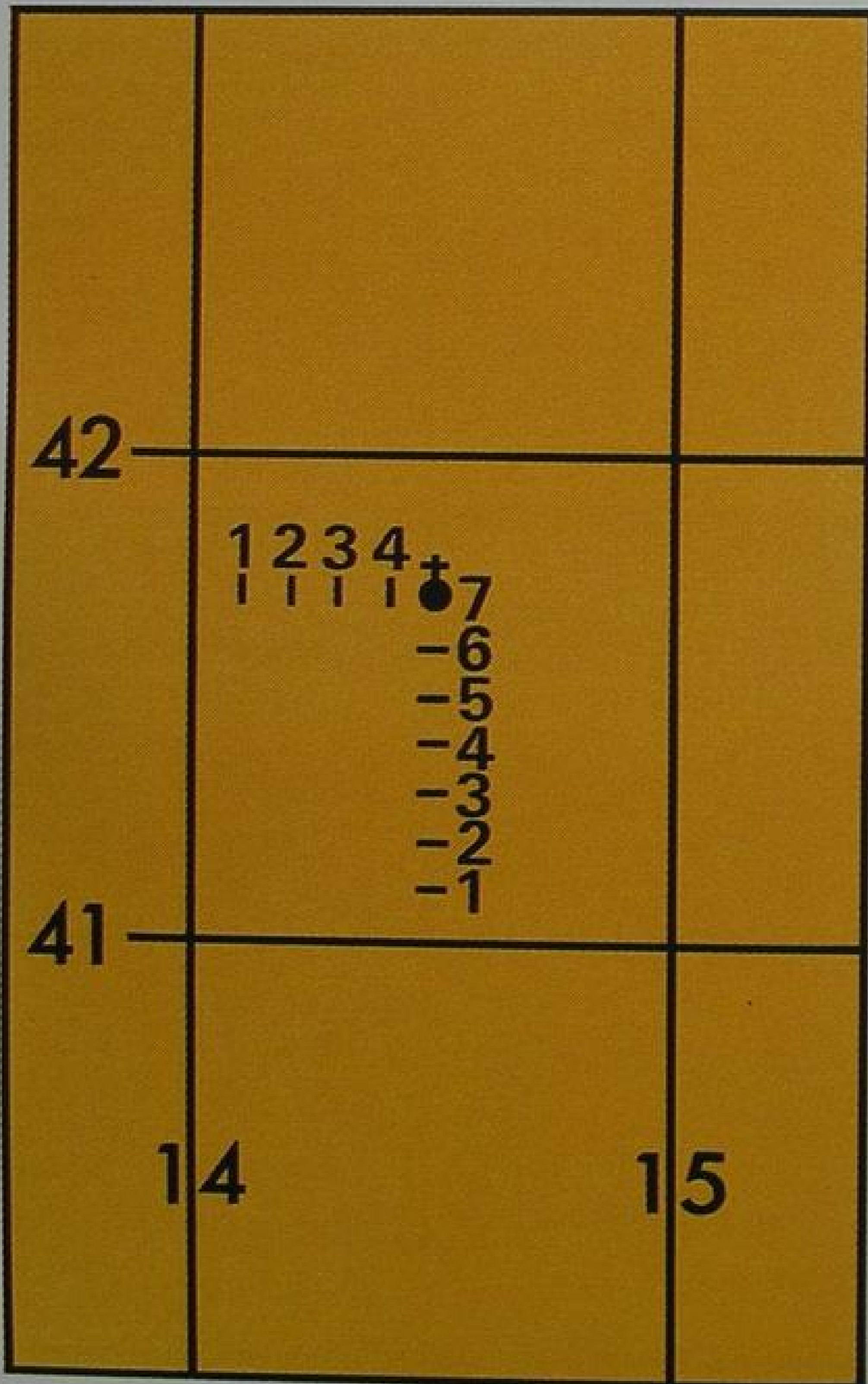
**REMEMBER** - For References you GO ACROSS the map then UP.

- You go in through the front door, then up the stairs.



### Four-figure Grid References

The four-figure grid reference only refers to one whole grid square. You will use this system when you want to refer to an area contained within one whole grid square on your map, OR when there is only one like object within the square, for example the church with a spire at grid reference 1441 in the diagram. If there were two churches with spires in that same grid square, and you wished to give the reference of only one church, you would have to give a six-figure grid reference.



### Six-figure Grid Reference

This is the reference to one point within a grid square. The reference to the church with a spire in grid square 1441 would be:

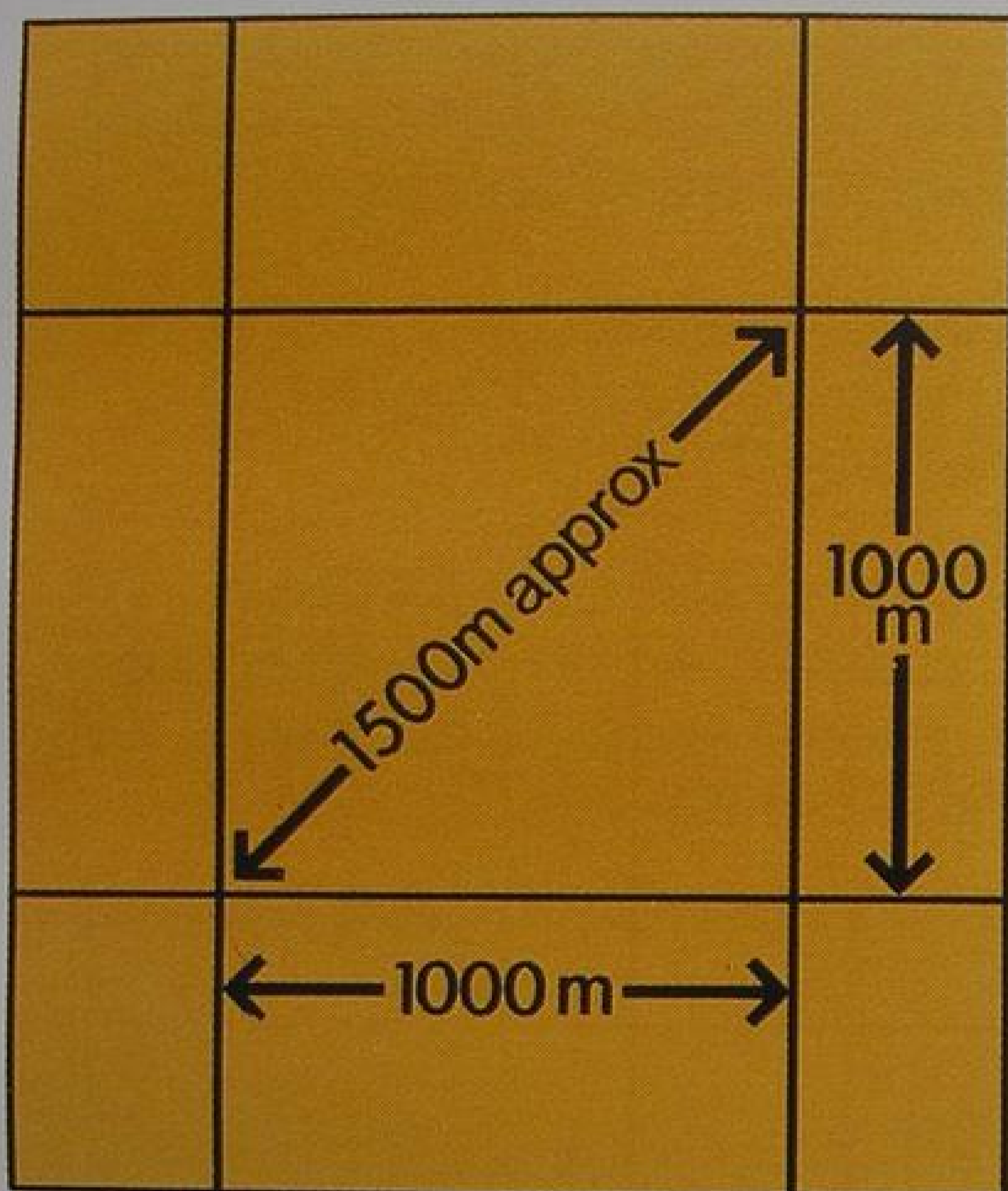
**grid reference 145417.**

To find the third and sixth figures which are 5 to 7 you divide the grid square into tenths both across and up the square. You then judge how many tenths across and how many tenths on the way up that the object (church with spire) is located. That gives you the third and sixth figures.

**REMEMBER - Give all three figures Across before the three figures Up.**

## Measuring Straight Line Distances on Maps

It is important that you should be able to estimate and measure straight line distances from your map. These will give you approximate ranges to targets and the distances you may have to cover moving from one location to another.



### Methods

- **Estimating Distances :-**  
The grid lines on your map are **ONE KILOMETRE or 1.000 metres apart**. If the distance you want to estimate from the map runs roughly East to West or North to South, you can count the number of grid squares crossed to give the rough distance in kilometres. To this you should add the distance represented by any fractions or parts of the grid squares at either end.

## Measuring Straight Line Distances on Maps.

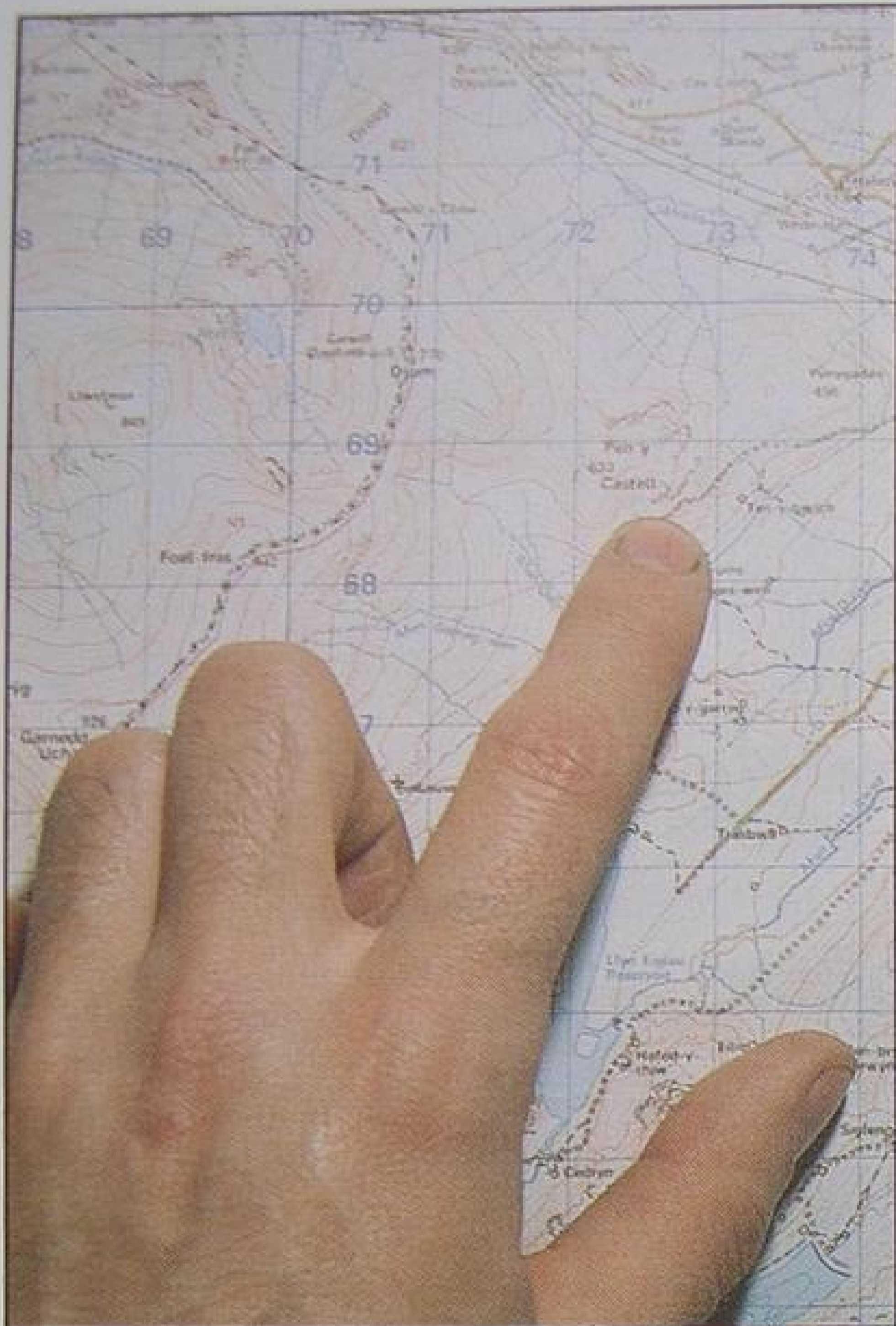
One method is to mark off the start and end point on the straight edge of a strip of paper.

Measure this against the kilometre scale at the bottom of your map. You can give the distance in kilometres and metres or just in metres. You can also measure directly using the scale on your protractor.

### REMEMBER

**Grid lines can be used to estimate rough distances on the map.**

**For accurate measurement use a protractor scale or measure the distance against the kilometre scale at the bottom of your map.**



## Choosing a Route.

Select a route which offers concealment; also one which from the terrain seems the easiest, thus saving time and energy.

- From the contours on the map identify uphill and downhill slopes. The time taken to travel on an uphill gradient of 1 in 8 is likely to be twice that taken to travel the same level distance.
- Include identifiable points on the route by which progress can be checked.
- Use roads and tracks where possible. Across country choose gradual slopes rather than steep ones.



## REMEMBER

Choose the easiest and safest route and include check points.



# Basic First Aid

# 3

*The aims of first aid are to save life and to prevent the casualty's condition from becoming worse.*

*Many casualties die needlessly between injury and admission to hospital. **The chief reasons are :-***

- An obstructed airway, resulting in stoppage of breathing.
- Bleeding from large wounds and fractures.
- Stoppage of breathing due to poisons, head and chest injuries.

**These notes tell you what you must do to prevent death and to prevent the casualty's condition from becoming worse.**

## CLEAR AN OBSTRUCTED AIRWAY AT ONCE



### If a casualty :-

- Has stopped breathing or,
- Has noisy/ bubbling, gasping or whistling breathing.
- Has something constricting his neck.
- Has any foreign material in his mouth or throat, for example false teeth, blood clot, vomit, mud and debris.

**YOU MUST** - Remove anything tight from around the casualty's neck. Turn his head to one side and remove foreign material from his mouth and throat with your fingers.

**You must do this within 15 seconds of first reaching the casualty.**

If he is still not breathing properly.

**YOU MUST** - Place him on his back. Extend his head and neck by putting one hand under his neck and the other on his forehead. Lift his neck and at the same time tilt his head back.

### OPEN THE AIRWAY



## AN UNCONSCIOUS CASUALTY

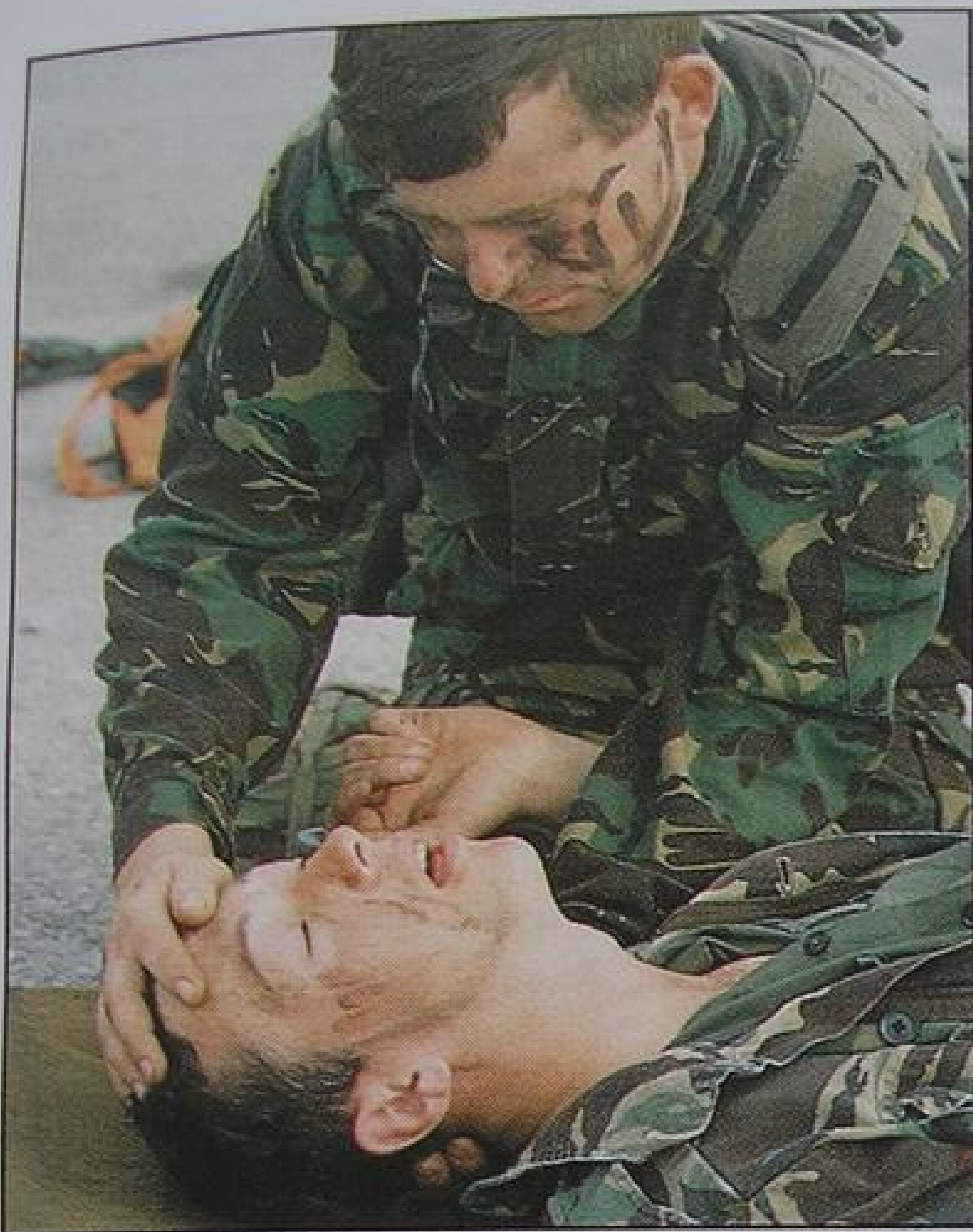
**If you have a casualty who cannot be roused :-**

- Check his airway and
- Place him in the 3/4 prone position.



**You must do this within 30 seconds of reaching the casualty.**

## ARTIFICIAL RESPIRATION



### The Kiss of Life.

When you know that a casualty is not breathing you must breath for him immediatly. Providing he has no injuries to the nose or mouth and there is no risk of NBC contamination, you should use the Exhaled Air Resuscitation method.

### The sequence of immediate action is :-

- Clear the airway.
- Open the airway.
- Mouth to mouth resuscitation as follows;



Loosen the clothing at the casualty's waist.

Seal his nose with the hand on the forehead while maintaining the extension.

Open his mouth with the other hand on his jaw.

Seal your mouth over the casualty's mouth and blow hard enough to make his chest rise.

Remove your mouth and allow his chest to fall.

**Repeat this mouth to mouth procedure every 6 seconds until normal breathing has resumed or medical help has arrived.**



If the chest does not rise when breathing into his mouth, there might be an obstruction.

Quickly recheck and if necessary repeat the action to clear and open the airway.

If the casualty has injuries round the mouth you might still be able to give Exhaled Air Resuscitation by breathing into his nose as follows:

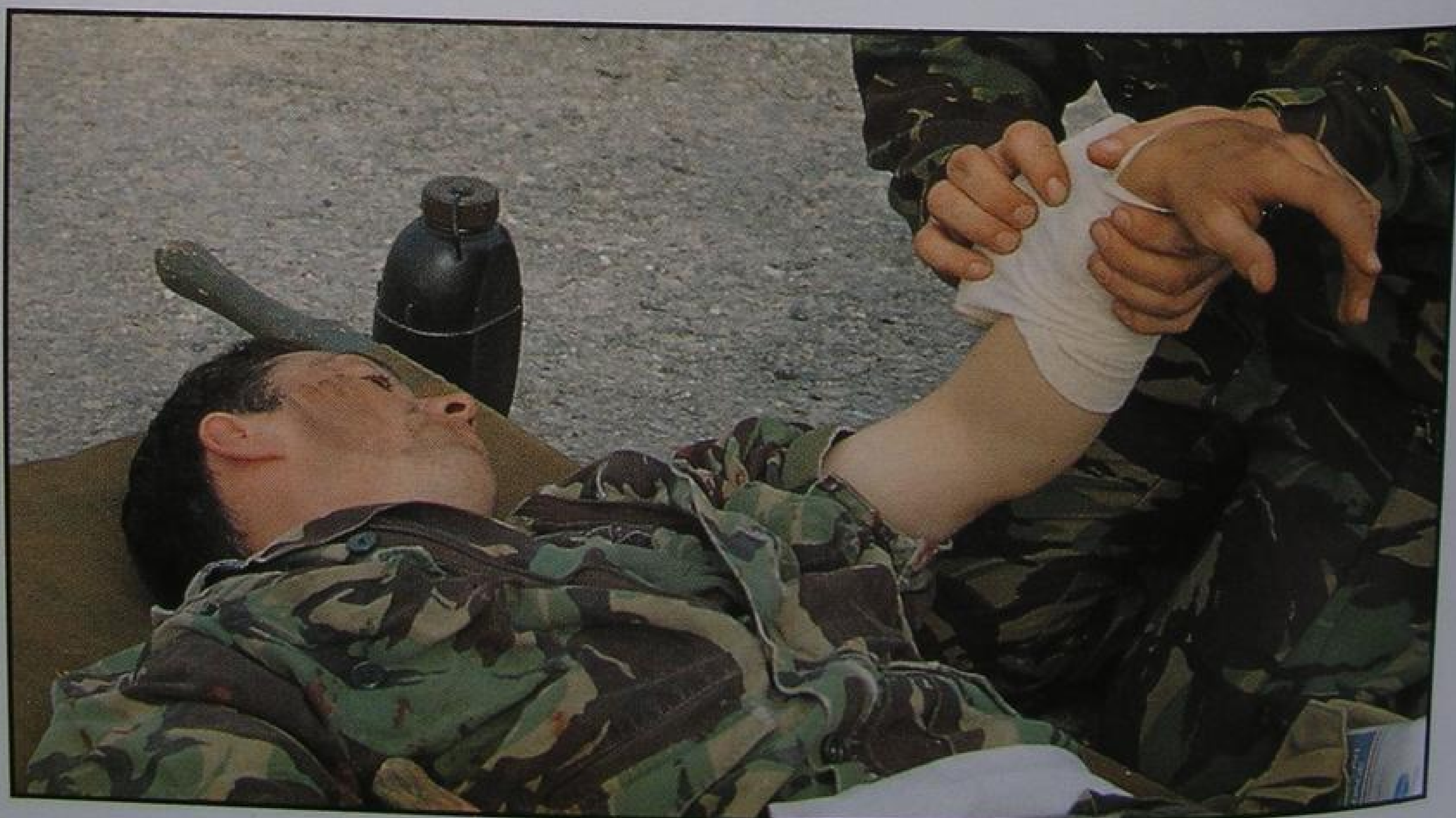
- **Maintain the extension with your hand on his forehead.**
- **Close his mouth with your other hand and seal your mouth over his nose.**
- **Blow into his nose hard enough to make his chest rise.**
- **Continue as for mouth to mouth.**

## *STOPPING BLEEDING AND DRESSING WOUNDS*

**If a man is bleeding from a wound or wounds on any part of his body.**

### **YOU MUST**

- **Lie him down. If he has an injured limb, raise the limb as high as the comfort of the casualty will allow.**



- Open the casualty's own field dressing and press it firmly over the wound. If the wound is large, press the dressing into the wound where the bleeding is worst.
- Ensure that the wound is completely covered using the casualty's own field dressing or improvised dressing material.
- Bind the dressing or dressings firmly in place while continuing to apply pressure with your hands.
- Place the casualty at rest in the most comfortable position.
- If the bleeding does not stop, apply further dressings over the first as they become soaked with blood. Press firmly on the new dressings for several (up to 15) minutes and bind them securely into place.



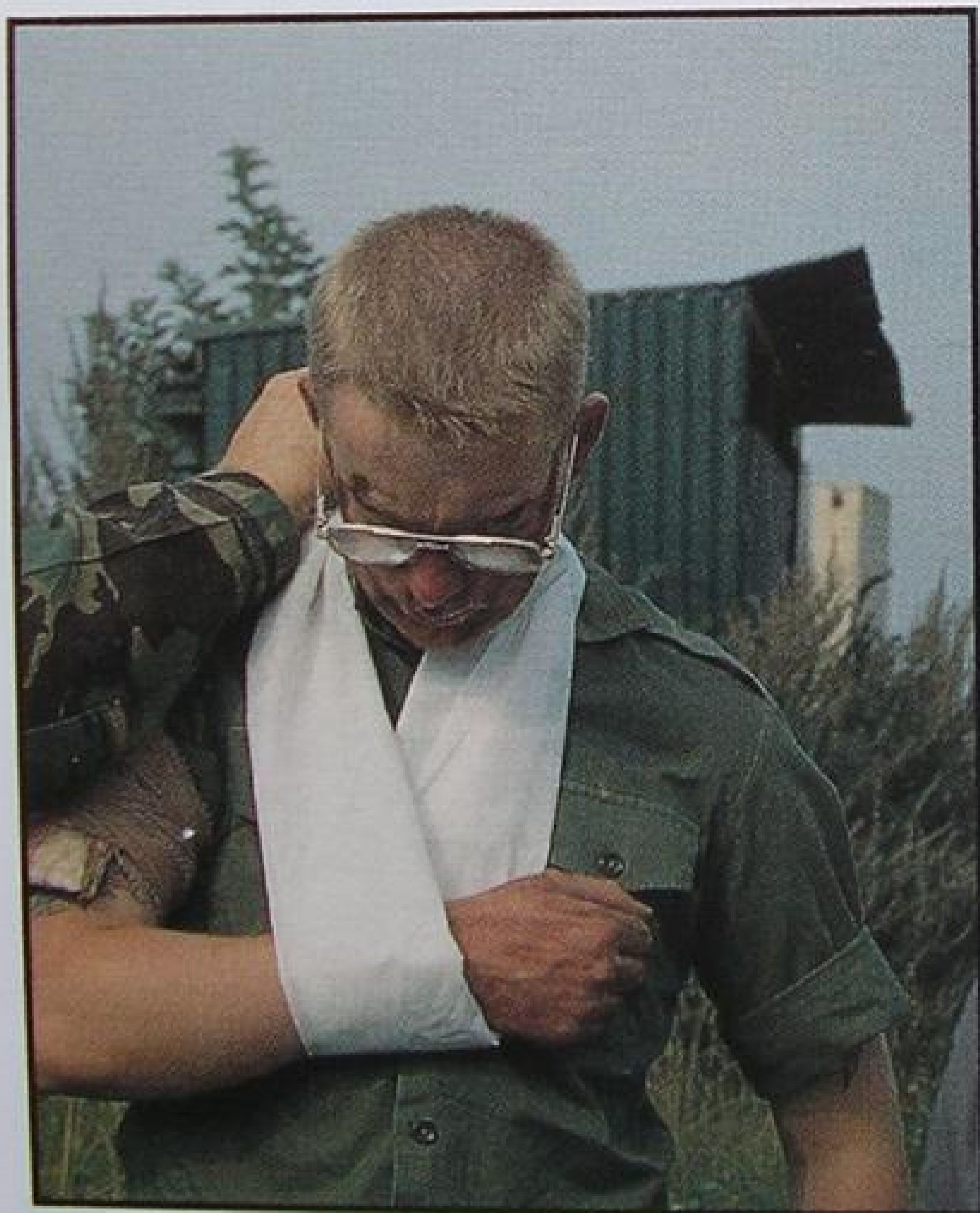
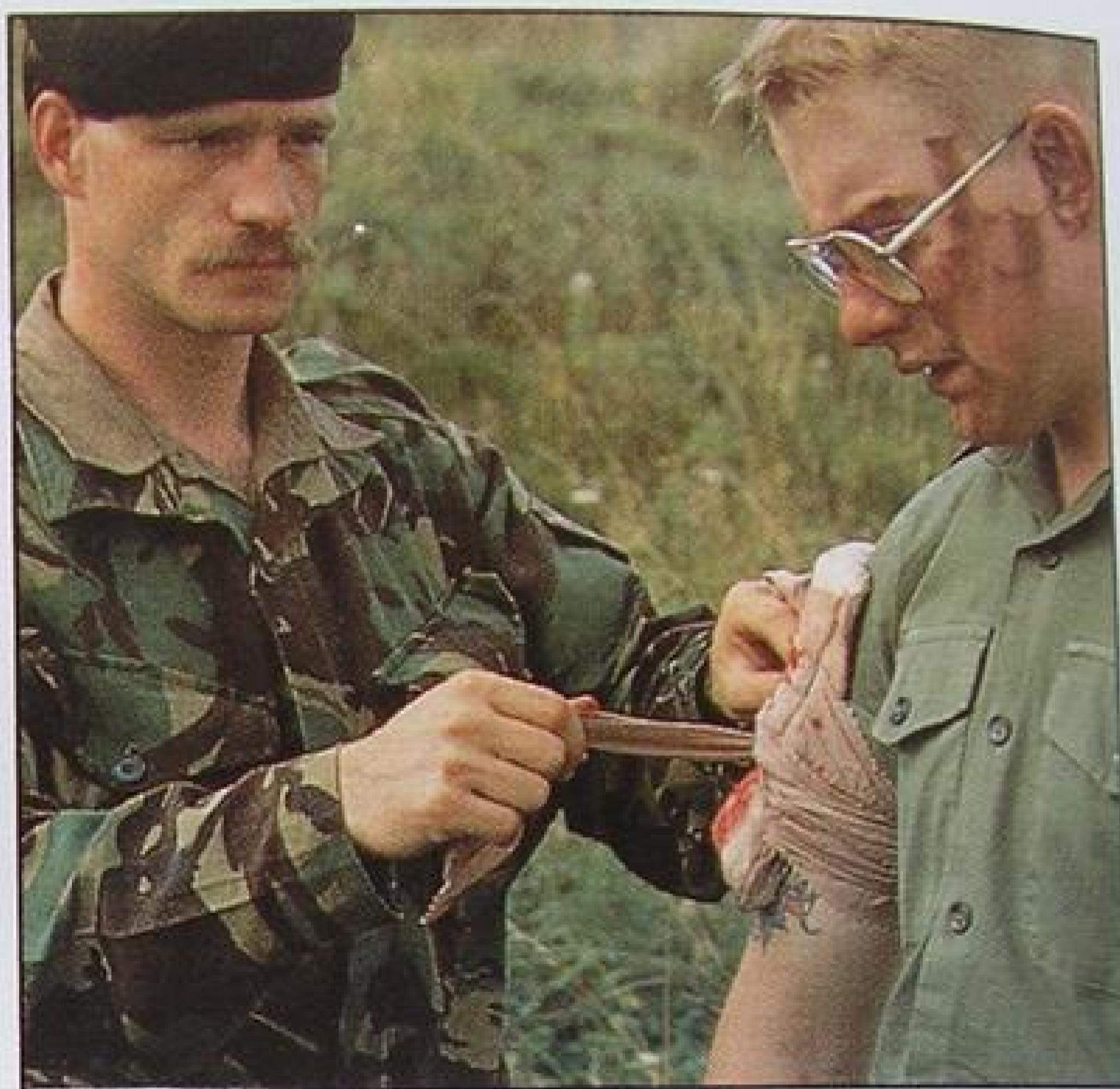
**DO NOT REMOVE ANY DRESSING ONCE APPLIED.**

## TO SPLINT AN ARM

If a man has an obvious broken bone or a large wound of the arm.

### YOU MUST

- Dress any wound.



- Place the casualty's forearm across his body with his elbow at right angles. Retain it in position with an improvised sling.

- Secure the injured arm to his body by binding a piece of broad material around his chest and over the sling.

## TO SPLINT A LEG

If a man has an obvious broken bone or a large wound of the leg.

### YOU MUST

- Dress any wound



- Bring the casualty's legs together gently and place padding in the natural gaps between his legs.
- Tie his feet and ankles together with a figure of eight bandage.
- Select an improvised splint long enough to extend from the casualty's armpit to his feet.
- Place the splint on to both legs with padding in the natural gaps.
- Secure the splint to both legs with broad bindings at the top and bottom of the splint, at the knees and immediately above and below the wound of fracture.

## USING A MORPHINE AUTO INJECTOR

### YOU MUST

- Remove the red safety cap.
- Place the yellow end of the injector at right angles to the casualty's thigh.
- Press the green top of the injector firmly with the thumb. The needle injects automatically.
- Hold against the thigh for five seconds.
- Withdraw the needle.
- Enter the casualty's name and the time and date of the injection on the plastic holder and attach it to his lapel.
- Mark his forehead with M and the date and time of the injection.



**Morphine must NOT be given to an unconscious casualty.**



## TREATMENT OF BURNS

- You must cover the burn with a clean dressing **AND DO NOTHING ELSE TO IT.**
- Give pain relieving drugs such as morphine, codeine or aspirin.
- Give the casualty sips of water to drink.

## BATTLE STRESS

Battle stressed soldiers usually recover provided they remain with their units.



- In the history of military operations there have been many more casualties from disease than from enemy action.
- Many of these casualties could have been prevented.
- This section on Health and Hygiene highlights those points to which special attention should be paid, if we are to prevent casualties from disease.

# CAUSE AND SPREAD OF DISEASE

Diseases are split into two main groups.

## 1. Non Communicable Diseases

These are diseases or conditions that are not passed from person to person such as:

- Climatic effects - HOT or COLD.
- Injuries.
- Nutritional effects - OBESITY.
- Poisoning.

## 2. Communicable Diseases

These are diseases which are caused by germs or parasites and can be passed from person to person or by animals to people.

Disease causing organisms can be found in:

- Men or animals with the disease (cases).
- Contacts.
- Carriers.
- Convalescents.
- Corpses.



## Escape of Germs

- Through the Respiratory tract.
- Through the skin and mucous membrane.
- By vomit, faeces and urine.
- By insect bite.



## Routes of Travel

- Through the air. Tuberculosis, Influenza, Scarlet Fever, Mumps.
- Contact - direct or indirect with contaminated surfaces.
- Sexually transmitted diseases (including AIDS), Scabies, 'Foot Rot'.
- Faeces and Urine. Dysentery, Cholera, Typhoid, Food Poisoning.
- Insects. Malaria, Plague, Yellow Fever, Typhus, Scrub Typhus.

## Entry to the Healthy Body

- Inhaling.
- Through the skin or mucous membrane.
- By drinking infected water or eating infected food.
- Insect bites.

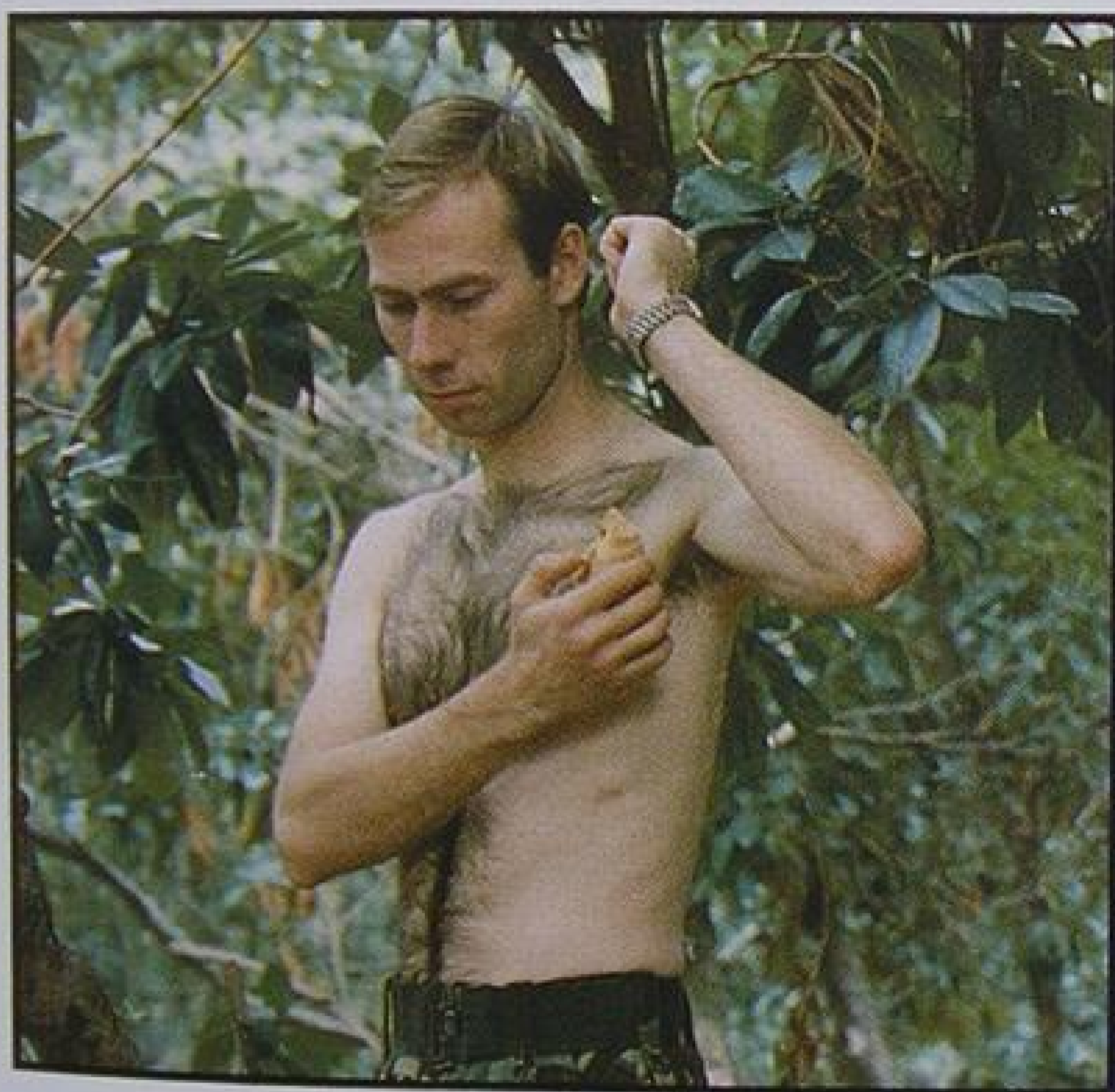
# PERSONAL HEALTH DISCIPLINE

Personal Hygiene is the development of personal habits which keep the body free from disease and allow normal body functions.



## Daily Routine

Regular sleep is necessary for growth and repair of body tissues. Lack of sleep results in tiredness, irritability and lack of efficiency.

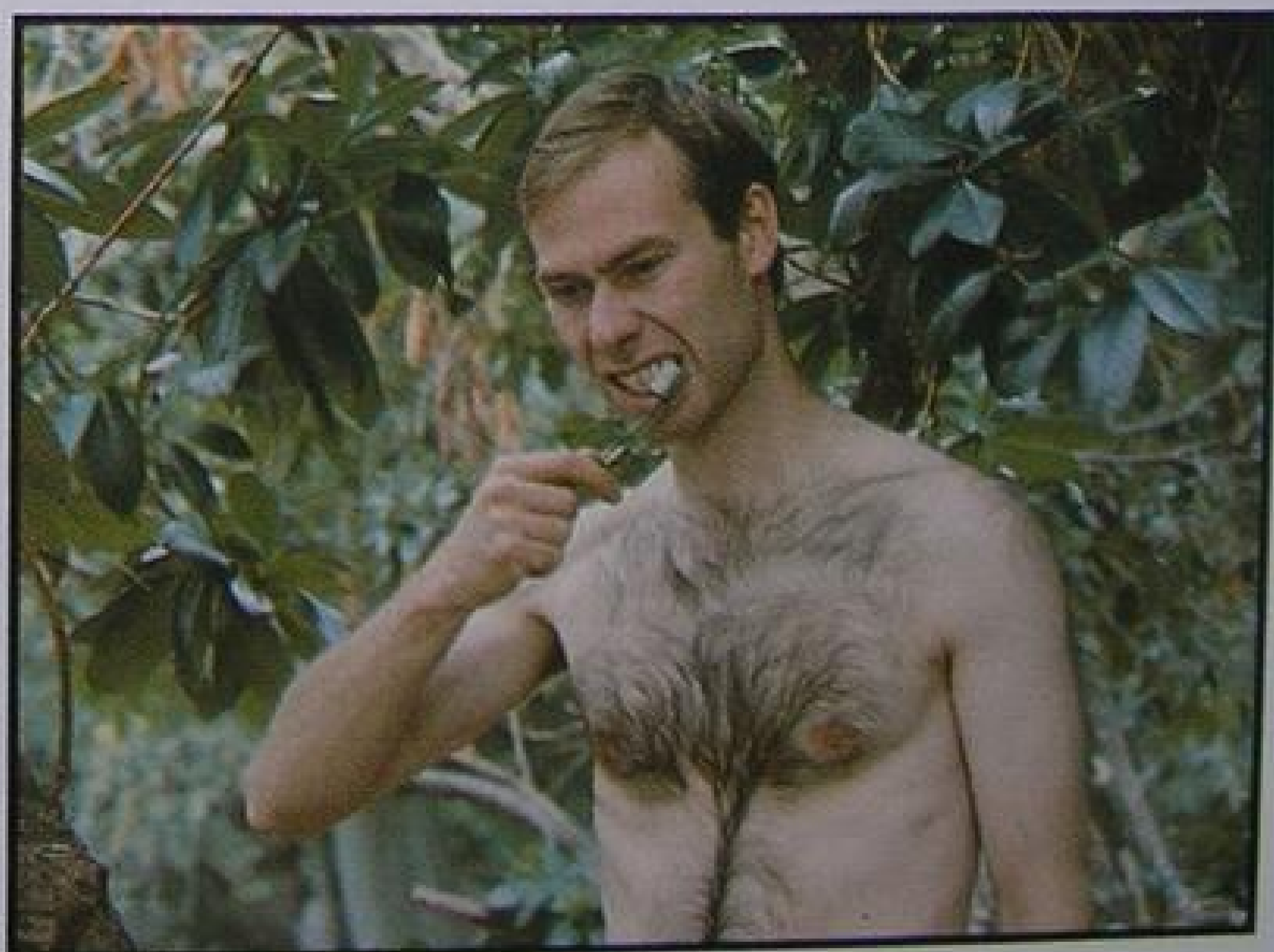
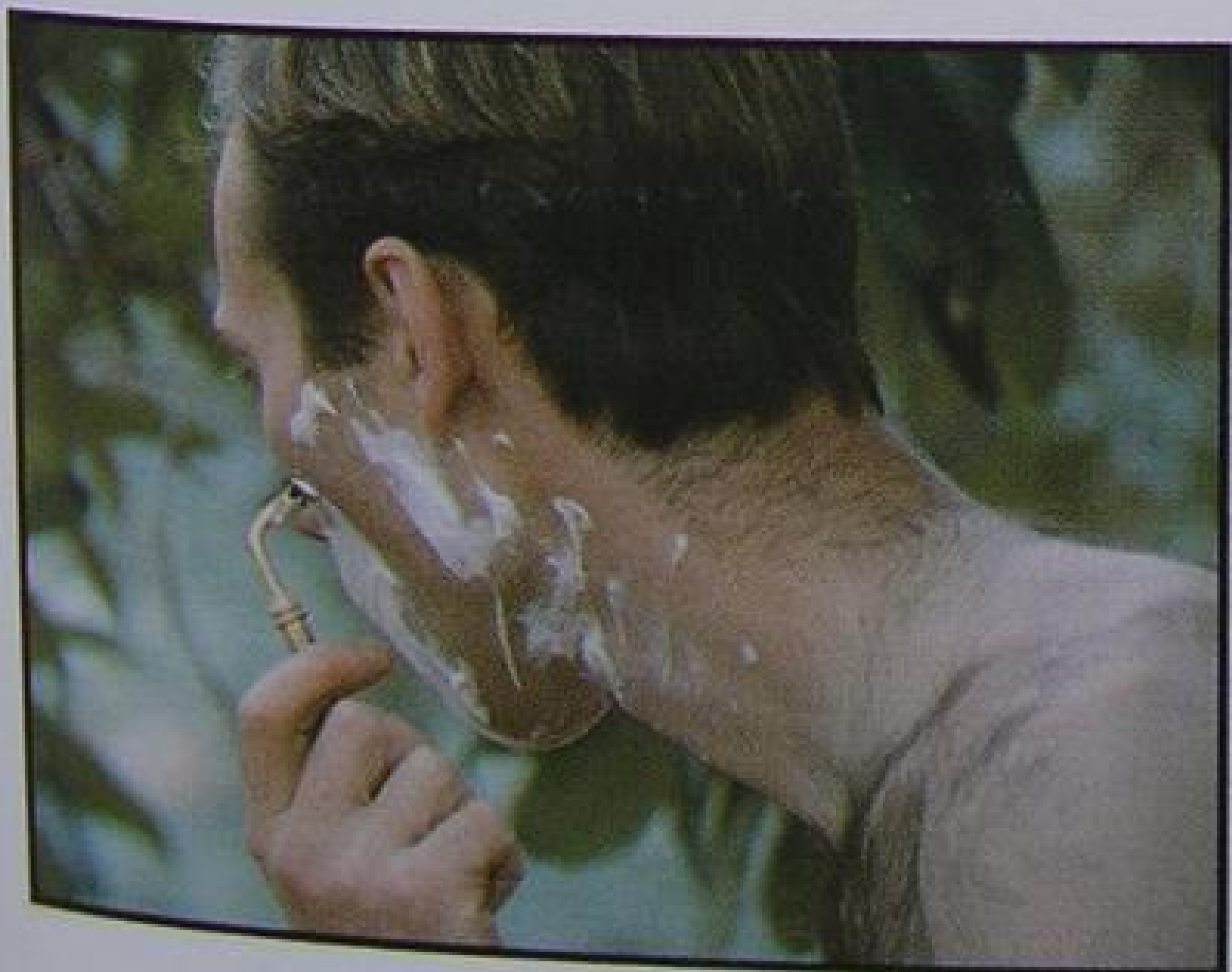


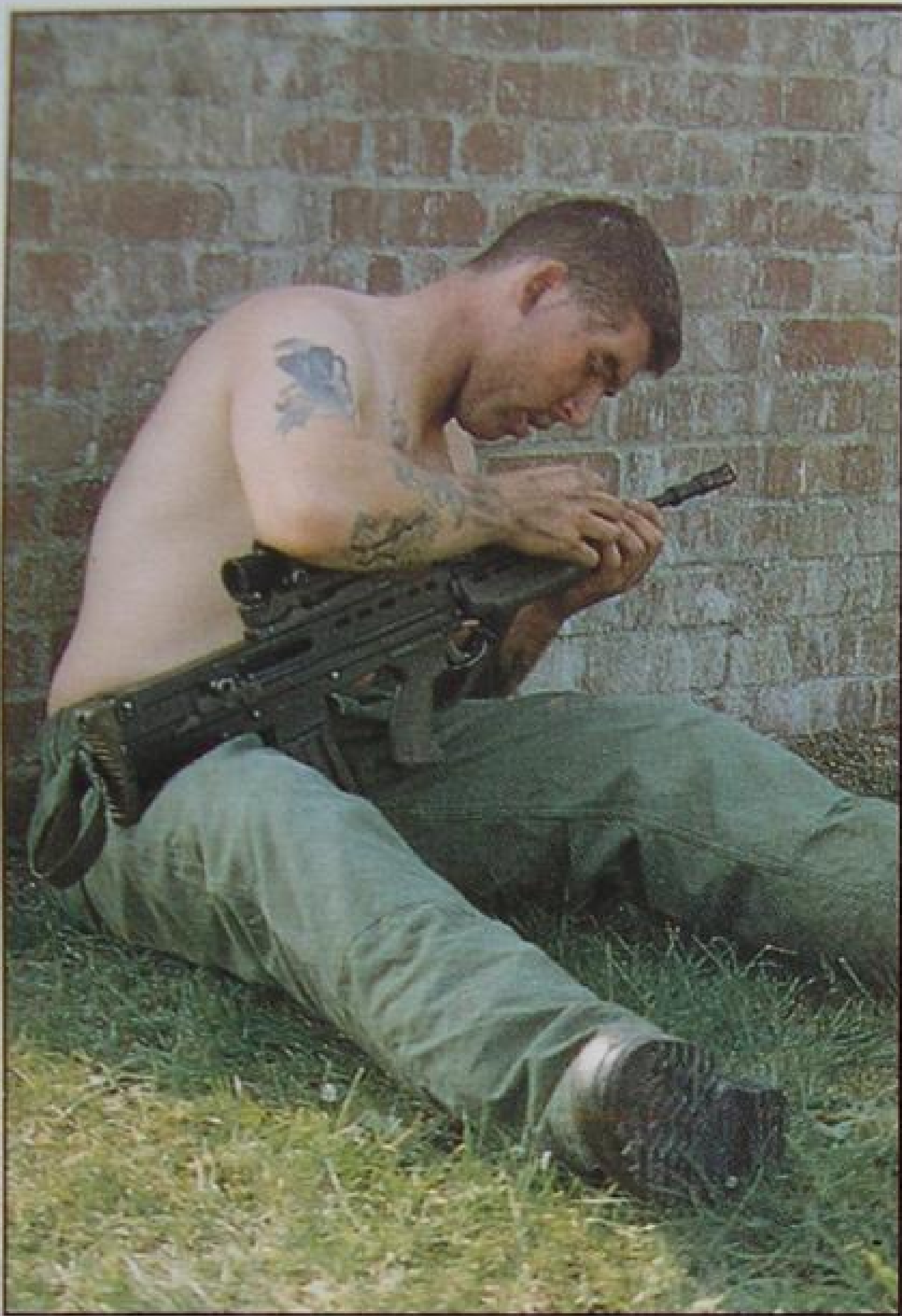
## Washing

All parts of your body should be washed with soap and water daily. Particular attention should be given to those parts which collect sweat, such as armpits, crutch area, the waist and feet (which also should be powdered).

Dirty and long hair can harbour lice and cause skin diseases.

The teeth and gums should be brushed properly to avoid dental decay.





## HEALTH IN EXTREMES OF CLIMATE

### HOT CLIMATE

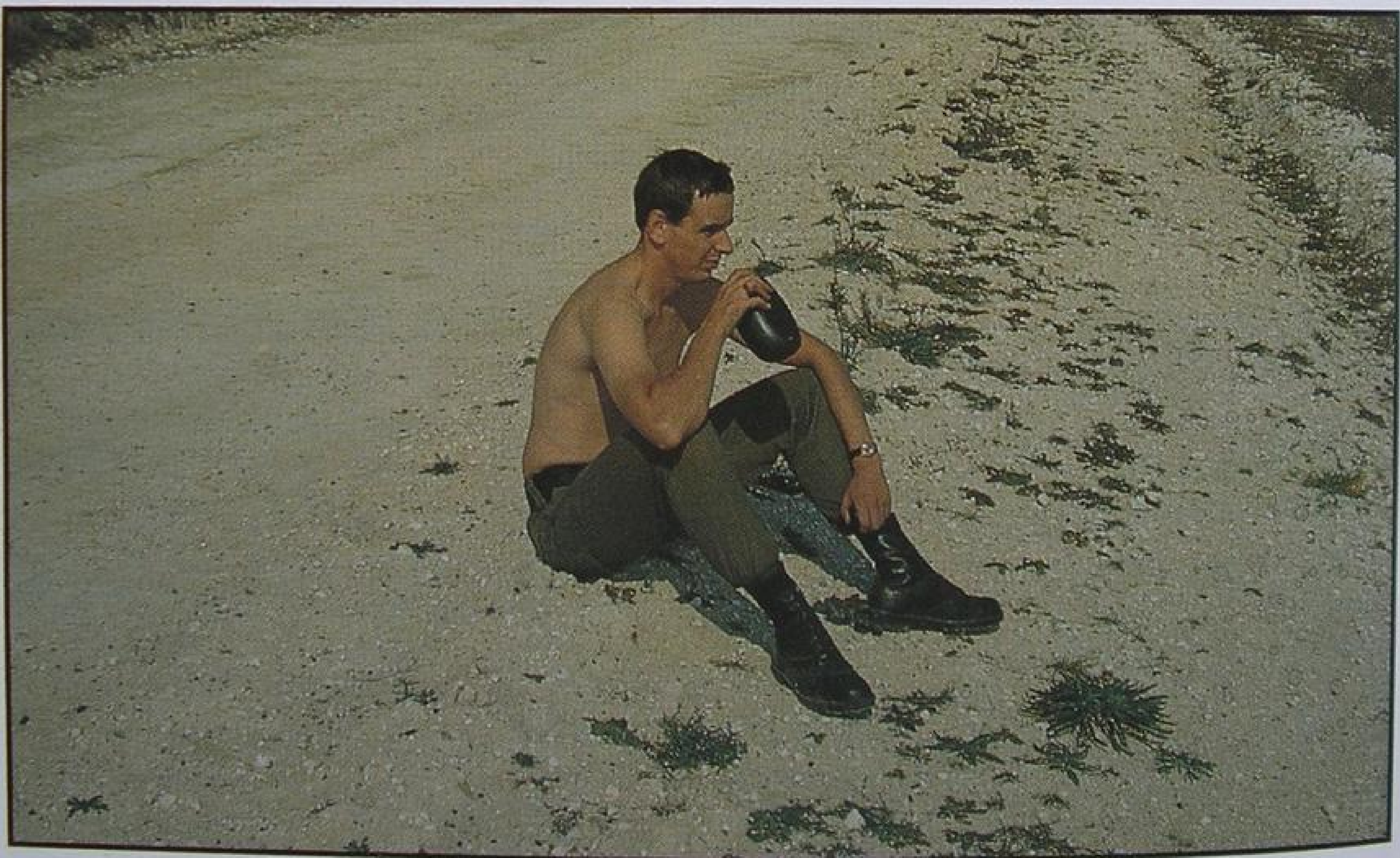
The following points are important for the preservation of your health.

#### Acclimatisation

This is the adjustment of your body to altered climatic conditions.

It takes three weeks for the body to become fully acclimatised, but partial acclimatisation occurs within a week.

Do not remove your shirt for prolonged periods in strong sunlight until you have acquired a good tan - sunburn causes casualties.



#### Fluid Intake

The amount of fluids necessary for a healthy person depends on the amount of exertion. A person who is taking sufficient fluid should urinate at least four times daily.



## *COLD CLIMATE*

Cold weather survival depends upon:

- **Clothing.** Clothing should be correctly fitted. Multiple layers under a windproof outer garment provide the best protection. Socks should be changed regularly. Wet socks can be dried by placing them near the body between layers of clothing.
- **Water.** You should drink as much in a cold climate as you would in a temperate climate.



- **Team Work.** You should work with another soldier and together keep a watch for frost damage to the exposed parts of the body.



- **Metal Objects.** Do not handle metal objects with your bare hands.



- **Exposure.** Learn the signs, symptoms and first aid action for exposure.

# NBC Defence

# 5

**The priority for all soldiers in a NBC battle is to survive the NBC strike and still be capable of fighting.**

*Survival is not an art in itself, it is part of the business of operating on a battlefield.*

*You will be provided with individual protection equipment. You will have been trained to operate using this equipment.*

*The notes in this section will help you remember the basic elements of survival and how to use your individual equipment.*

*These notes are a short extract from the “**Survive to Fight**” manual, which you must be familiar with to enable you to survive and operate in an NBC environment.*



## NUCLEAR IMMEDIATE ACTION

### DO's

- Close your eyes.



- Drop to the ground face downwards.
- If your hands are unprotected, keep them under your body.



### DON'TS

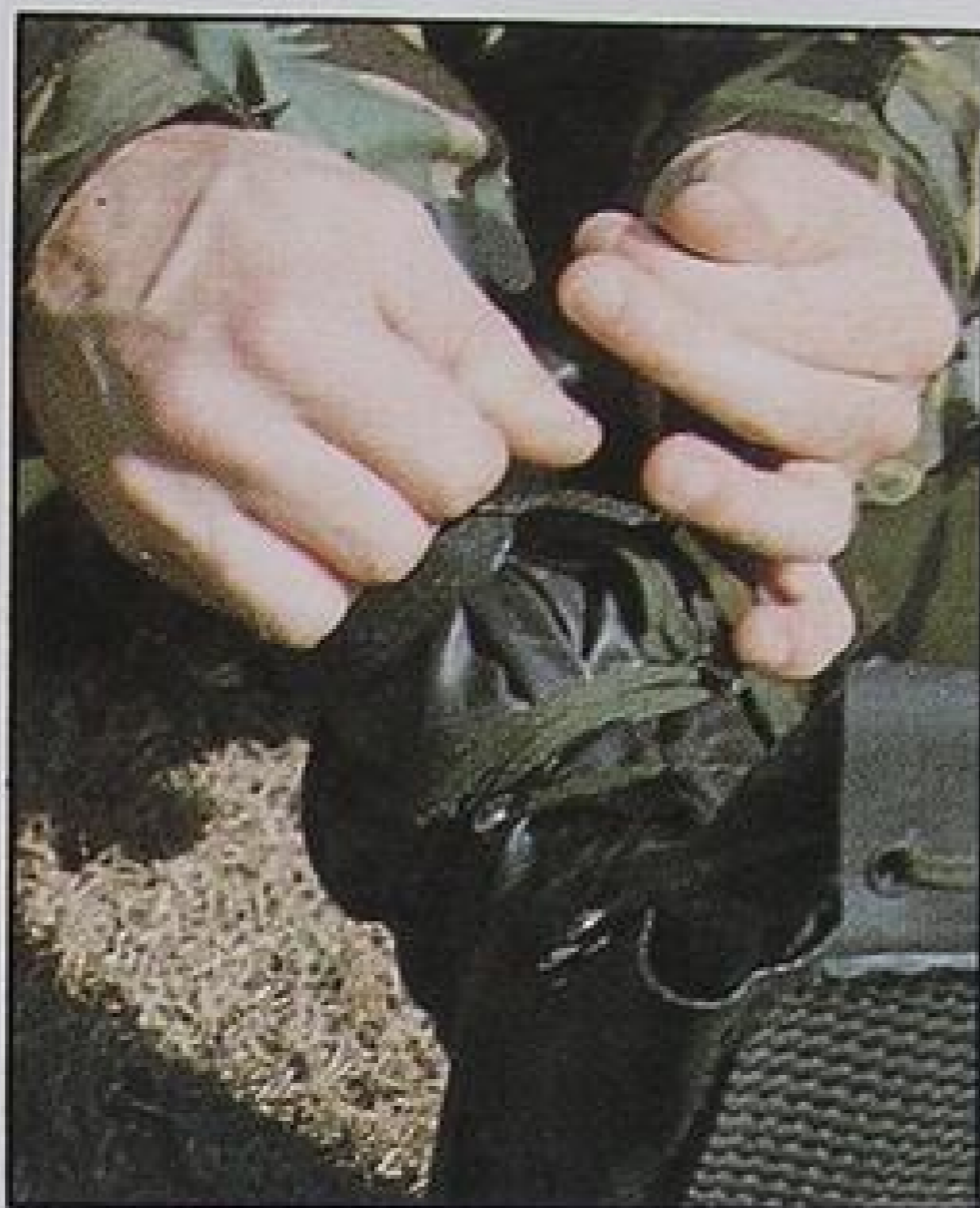
- Look at the flash.
- Run for cover when the explosion occurs.
- Try to decide the location of the explosion until the shock wave has passed.



## DRESSING IN NBC CLOTHING

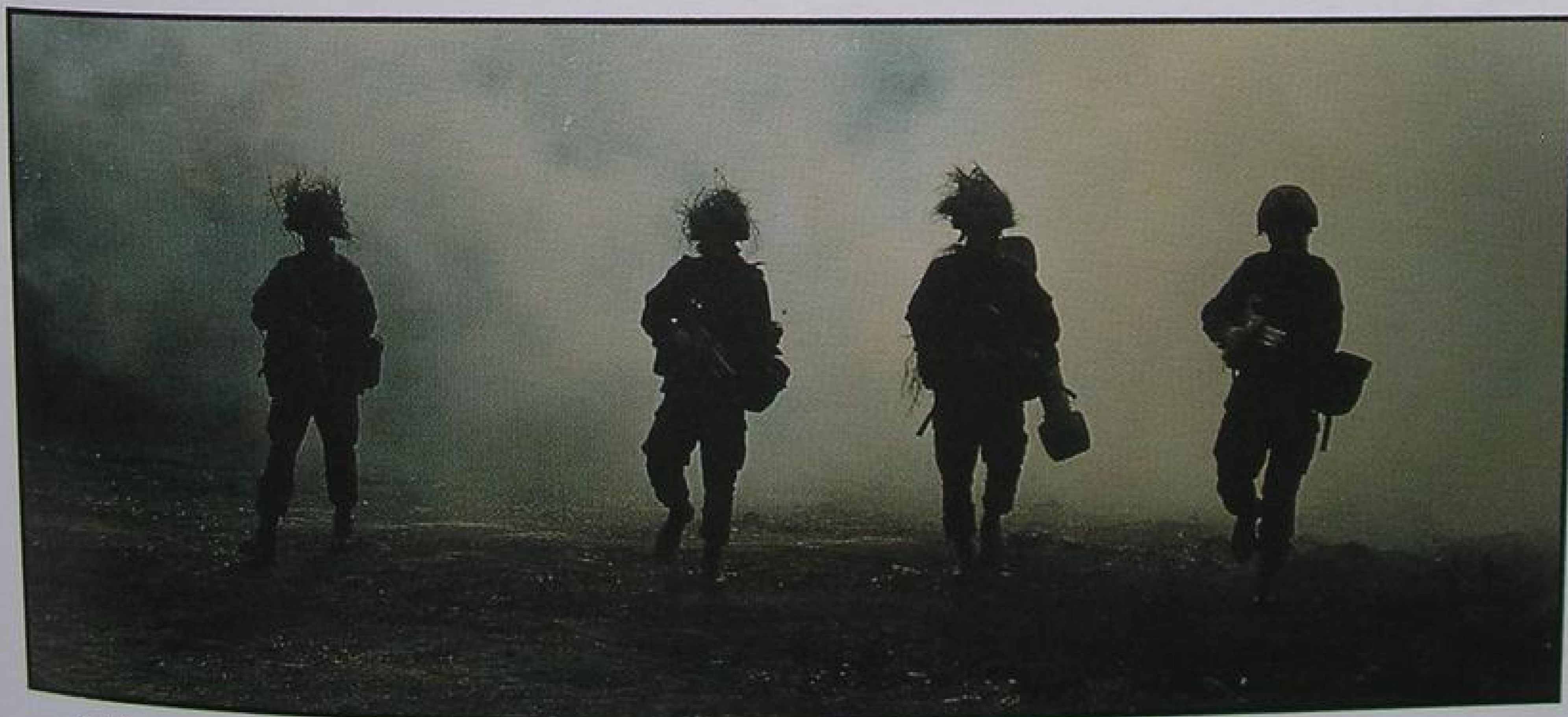
### Order of dressing

- Trousers.
- Smock and Hood.
- Overboots.
- Gloves.
- Respirator (in haversack).



## CHEMICAL SAFETY RULE

Once you are dressed in NBC clothing,  
**REMEMBER - THE CHEMICAL SAFETY RULE.**

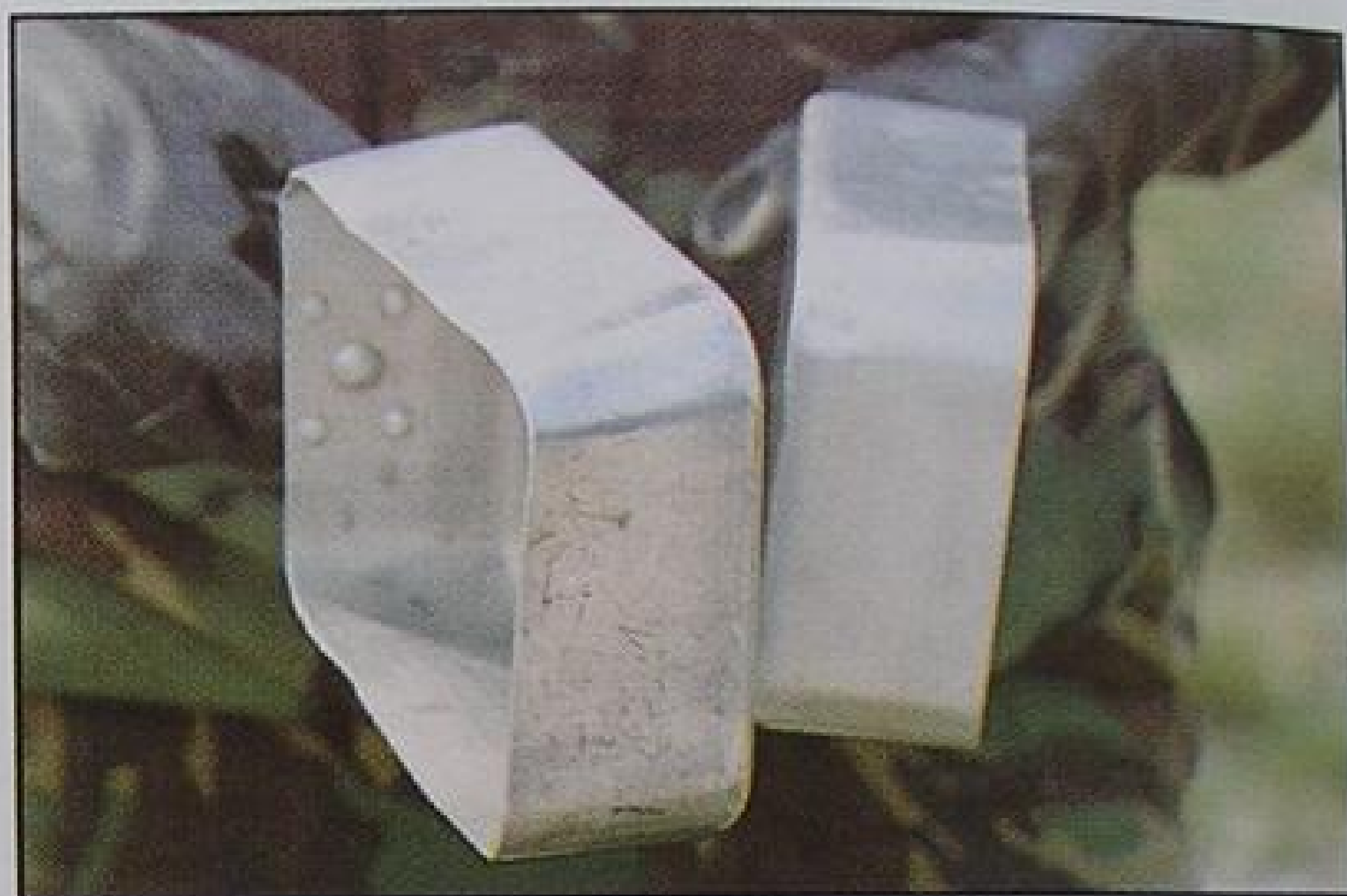


- When you are subjected to bombardment of any kind.
- When you sight hostile or unknown low flying aircraft.



When you observe suspicious

- Mist.
- Smoke.
- Smells.
- Liquid droplets (or splashes).
- Symptoms.
- or
- When you hear an alarm:



**You must assume the presence of a Chemical Agent and carry out the immediate action drill.**



## *CHEMICAL IMMEDIATE ACTION DRILL*

### Putting on Respirator

- Eyes closed.
- Stop breathing.
- Stand with back to wind.
- Remember headpad at centre of head.
- Respirator on.
- Blow out hard and shout 'GAS! GAS! GAS!'
- Hood properly fastened.



**You have 9 seconds to put on your respirator. Remember you may be lying on the ground.**

**'BE IN TIME, MASK IN NINE'**



## *RESPIRATOR CANISTER CHANGING DRILL*

- **Eyes closed.**
- **Not breathing.**
- **Blowing out hard.**

Decontaminate gloves, exterior of facepiece and canister.

Report the canister change to local Commander.



# PERSONAL DECONTAMINATION

You should be under cover.

or

There should be no liquid falling before you start decontamination.



## STAGE ONE

- Decontaminate hands with DKP.

## STAGE TWO

- Eyes closed.
- Not breathing.
- **Vital spots:**
  - Nasal area.
  - Ears.
  - Folds in ears.
  - Back of neck.



## STAGE THREE

- Eyes closed.
- Not breathing.

## STAGE FOUR

- Boots and helmet covered in Fuller's Earth.

## CLEANING RESPIRATOR AFTER USE

- Cloth disinfectant.
- Remember eyepieces.

Outside of facepiece to be cleaned and head harness to be brushed to remove any dust or mud. Don't use too much Fuller's Earth or you will block airlet valve. If you require to breathe, replace respirator, take a few breaths, remove respirator and continue decontamination.

## CANISTER DAMAGE

If canister dented, change with spare. Ensure spare is replaced.



# Administration and Morale

# 6

**This section provides short background notes on :-**

- Military Discipline
- Military Law
- Civil Law
- Unit Security
- The Rules of War and the Geneva Conventions

*It will provide the background to help you achieve and maintain the highest standards in conduct and discipline both as an individual and as a member of a team or section.*

## **MILITARY DISCIPLINE**

The high standards of the British Army in peace and its success in war have always been based on good military discipline.

### **Military Discipline helps to :-**

- Weld a unit together as an efficient combat team that will carry out its role and tasks efficiently in both peace and war.
- Obtain immediate response to lawful commands not only during peace but also in combat or other operations. Your own or your comrades lives may depend upon it.
- Provide the foundation upon which our community life in the Army depends.

## **MILITARY LAW**

Military Law is a distinct legal code (primarily contained in the Army Act 1955), laid down by Parliament to secure the proper management of the Army.

### **All soldiers are subject to Military Law, which provides for :-**

- The enlistment and discharge of soldiers.
- The maintenance of discipline.
- Important matters of administration.
- In particular, justice for all ranks.

## **CIVIL LAW**

**As a soldier you are subject to the civil and criminal law of the country in which you are serving and always remain subject to the criminal law of England.**

## **UNIT SECURITY**

**Every soldier has a responsibility for good security. If you ever have any doubts on security no matter how small, contact your Unit Security Officer or any officer in your unit.**



### **Suspicious Contacts**

Be suspicious of strangers or casual friends who ask you questions about your unit's activities or routines. Do not answer their questions and report the matter to your **Unit Security Officer**.



### **Leave to Restricted Countries**

If you decide to spend your next leave somewhere new or unusual. Check with your Unit Security Officer. Certain countries are only too pleased to have soldiers as tourists in their country but strictly for their own purposes and not your enjoyment.

That is why you may have to obtain special permission to go on leave to certain countries.

Check early and avoid disappointment.

### **Receiving Mail in the Field**

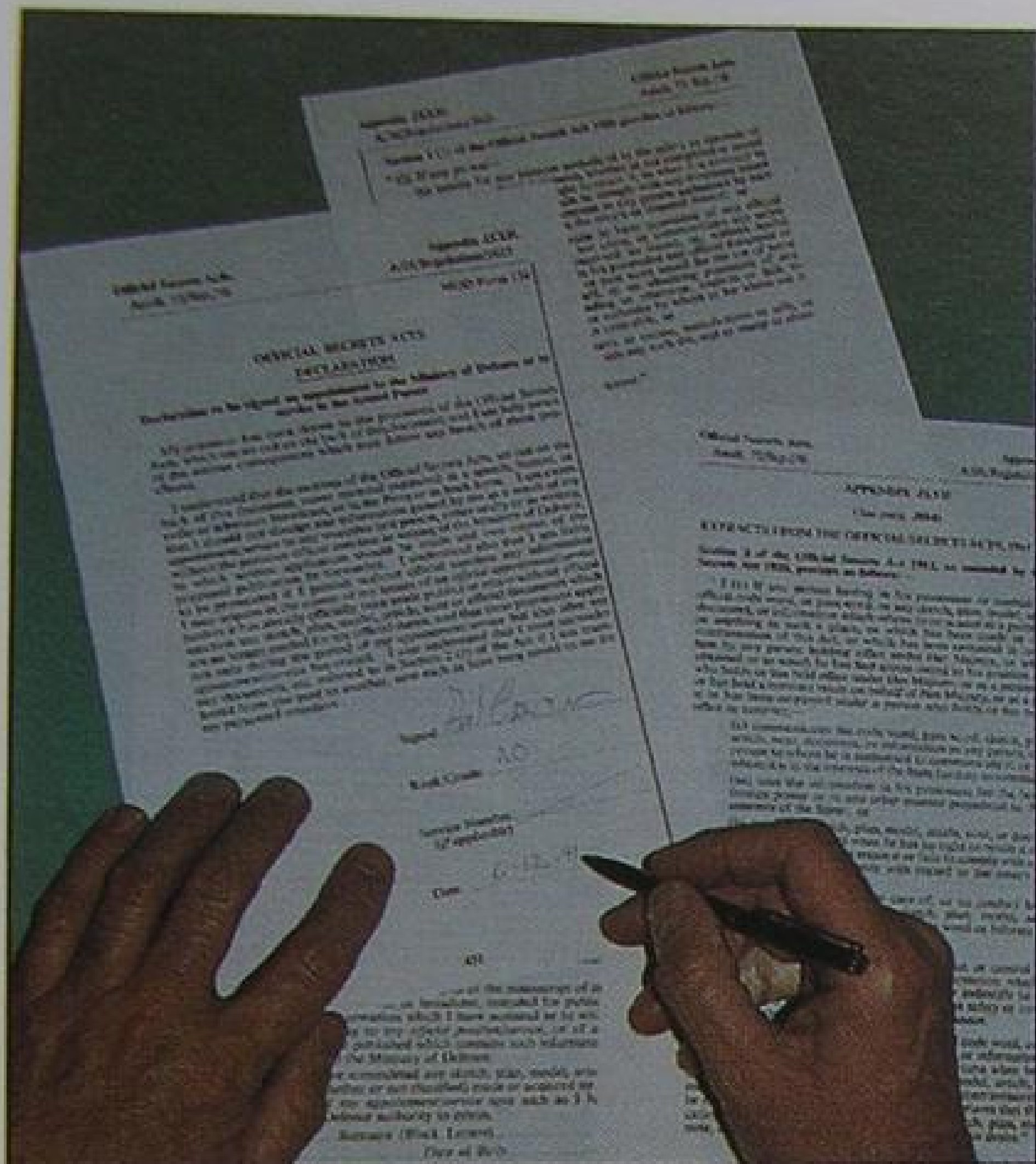
It is very important that your family and friends are aware of your correct military address. Without the correct address it can be difficult to effect delivery especially in a general war situation.

**Always ensure the following details are included in your mail home:**

**e.g.**

Number, Rank, Name  
Sub-Sub Unit  
Sun Unit  
Unit  
BFPO Number

24475887 Pte Smith  
2 Pl  
'C' Coy  
2 Queens  
BFPO 251



## Classified Information :- Official Secrets Act

At sometime during your service you will be entrusted with official military information. Even if it is only classified **RESTRICTED**.

**REMEMBER** that it could be of use to the enemy. It is not up to you to decide what is useful or not to any enemy. All Official Military Information is subject to the **OFFICIAL SECRETS ACT**.

*If you betray our secrets you will be severely punished.*



## Reporting the Loss of Identity Cards, Passes or Permits

If you lose your identify card, a pass or a permit, report the loss immediately. Your lost identify card can be copied for illegal use and could cost lives. Do not hesitate to report the loss **immediately**.

## Loss of Arms Ammunition and Explosives

Never allow your personal weapon or ammunition out of your sight for an instant unless it is secured. Remember that the enemy, and particularly terrorists, obtain a considerable amount of arms, ammunition and explosives from soldiers who do not make certain their weapons are secure at all times.

You must be alert when on sentry duty and if anything is lost or missing, report it immediately. Speed is vital if losses are to be quickly recovered.



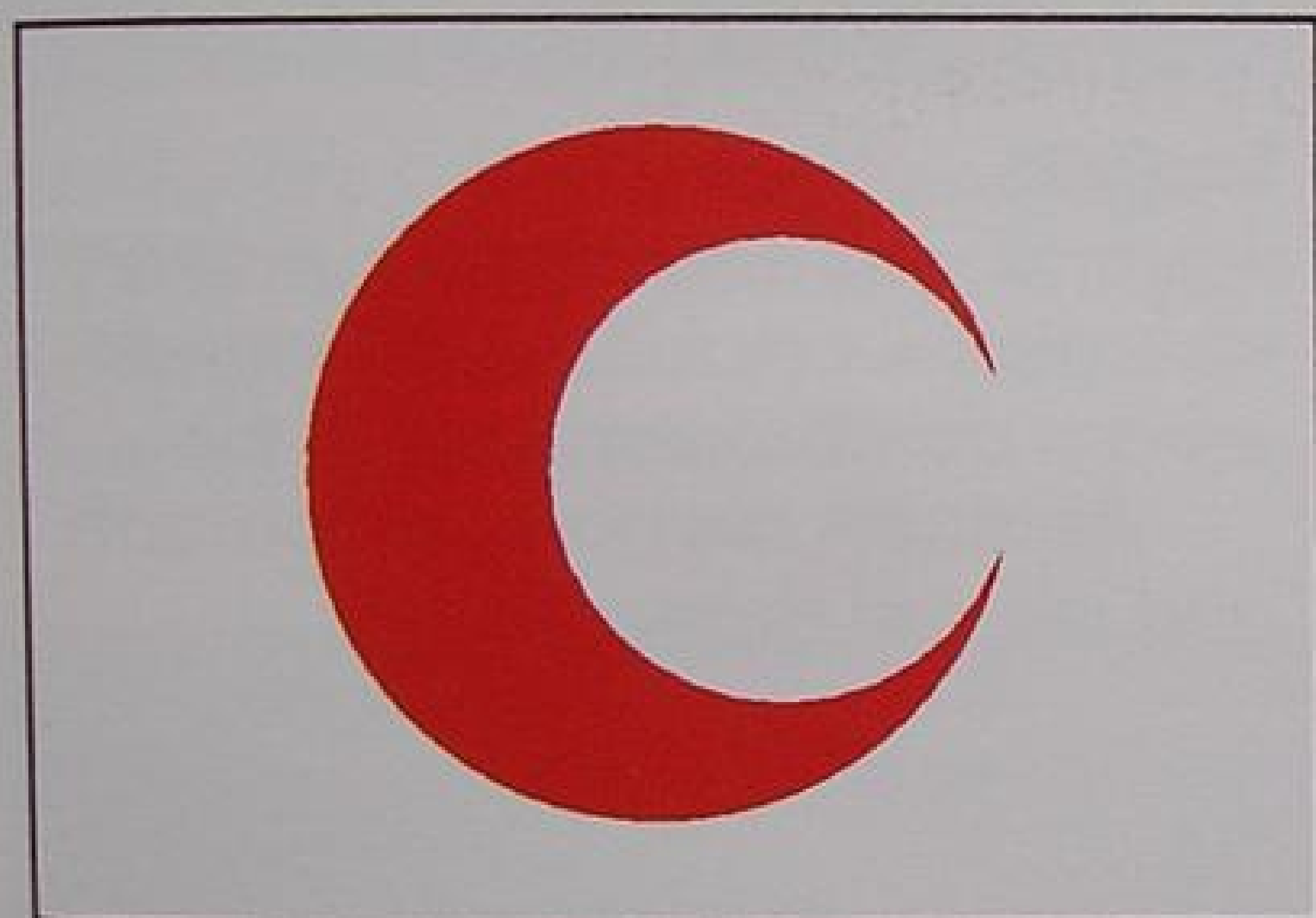
# THE RULES OF WAR AND THE GENEVA CONVENTIONS

## MEDICAL SERVICE EMBLEMS



- When an international armed conflict breaks out, the Geneva Conventions must be applied in all circumstances.
- These laws are for your protection. Their aim is to eliminate unnecessary suffering in times of war.

***An individual or nation breaking these rules can be punished.***



### Tactics

Certain tactics are forbidden under the rules of war.

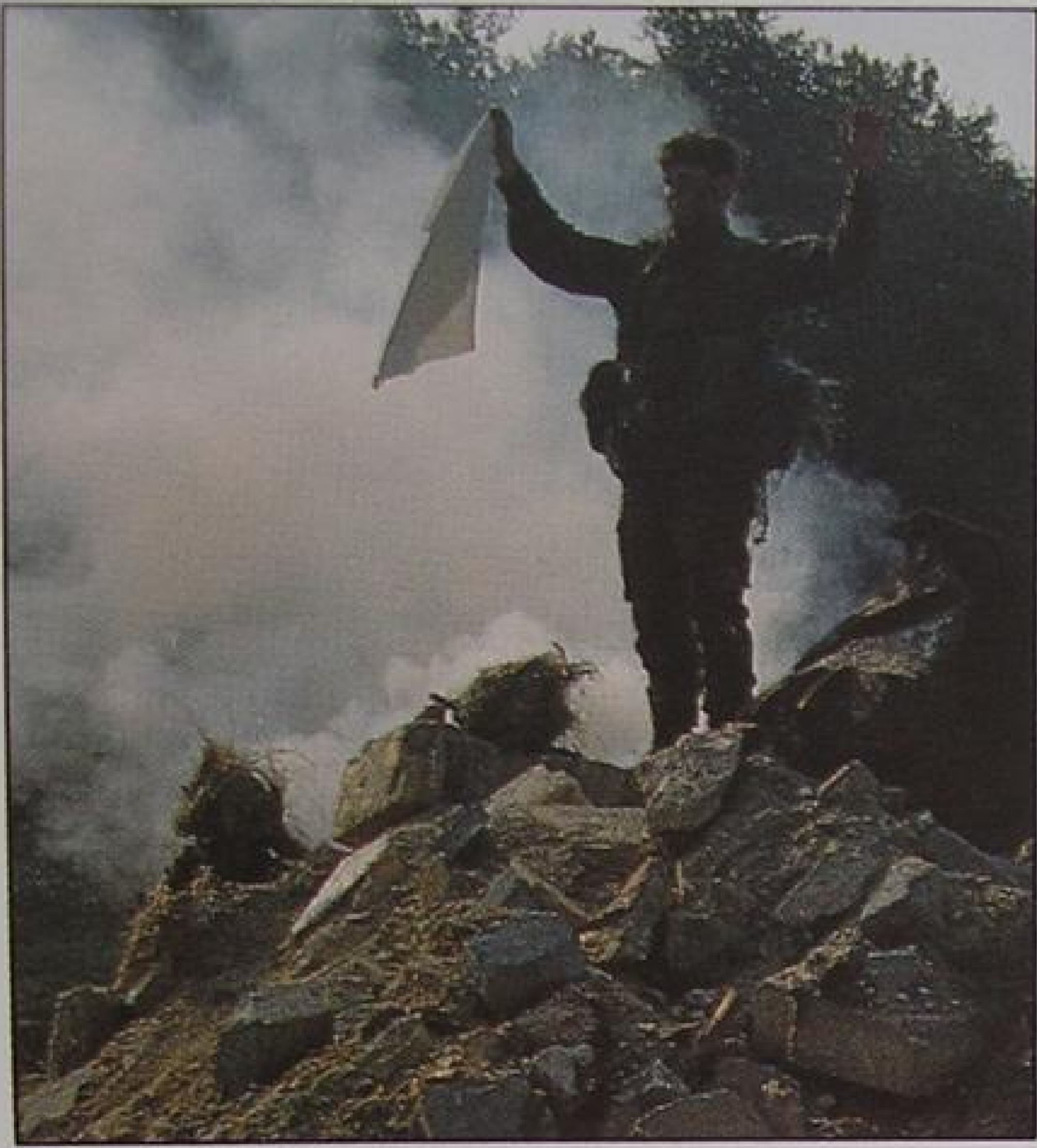
You must not hide behind medical service emblems in an attempt to deceive the enemy.

The emblem most commonly used by medical services is the **Red Cross**.



### REMEMBER

**Your life could depend on the proper use of the Red Cross emblem.**



### White Flag

It is forbidden to try and trick the enemy by pretending to want to negotiate and then opening fire.



### Targets

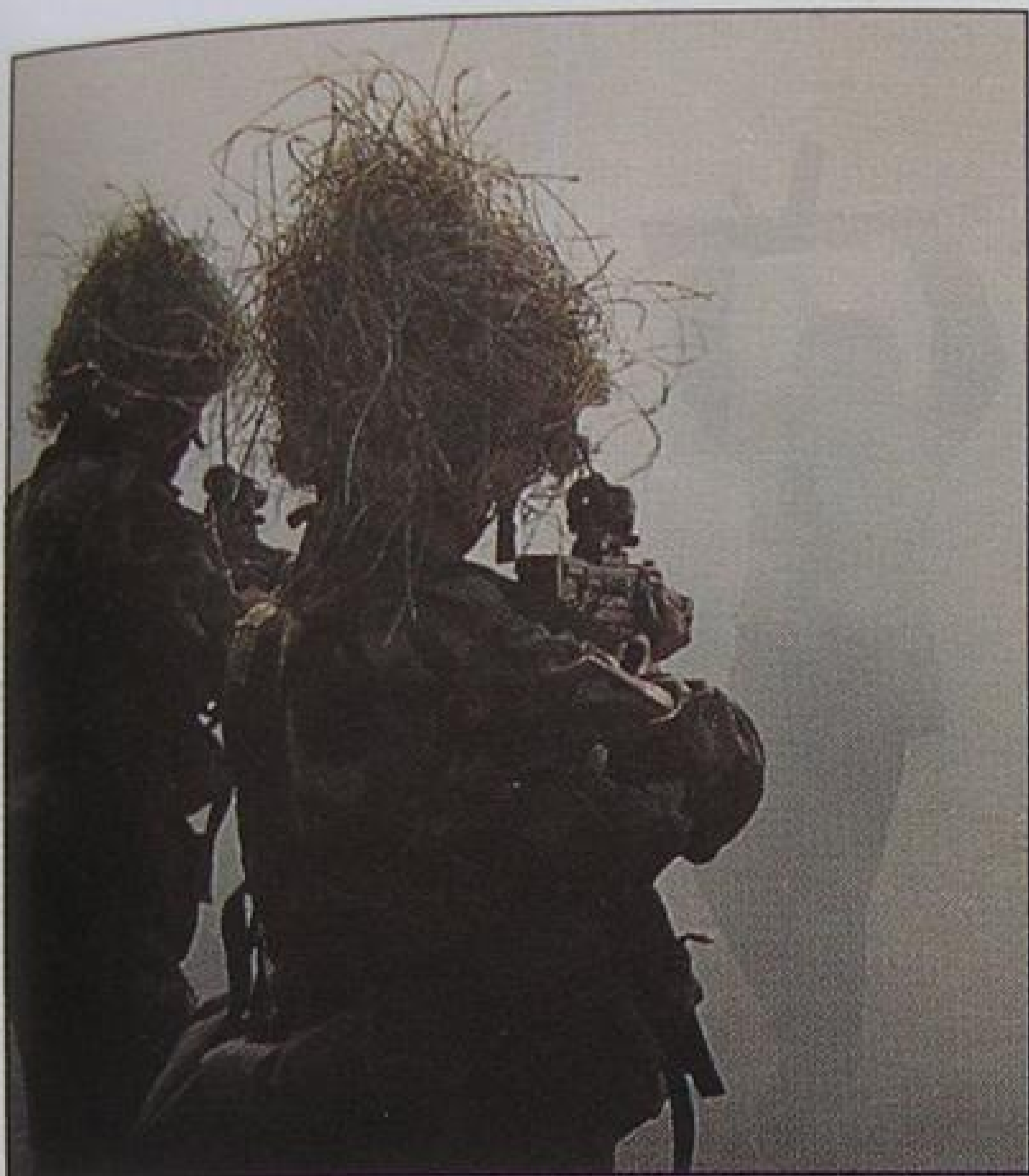
Anyone who takes part in military operations or activities is considered a combatant.

All others are non-combatants and are not proper targets.

**REMEMBER - You cannot attack civilians who are not taking part in hostilities.**



You must not attack medical personnel or chaplains. Nor may you attack hospitals, treatment centres or vehicles marked with a medical emblem.



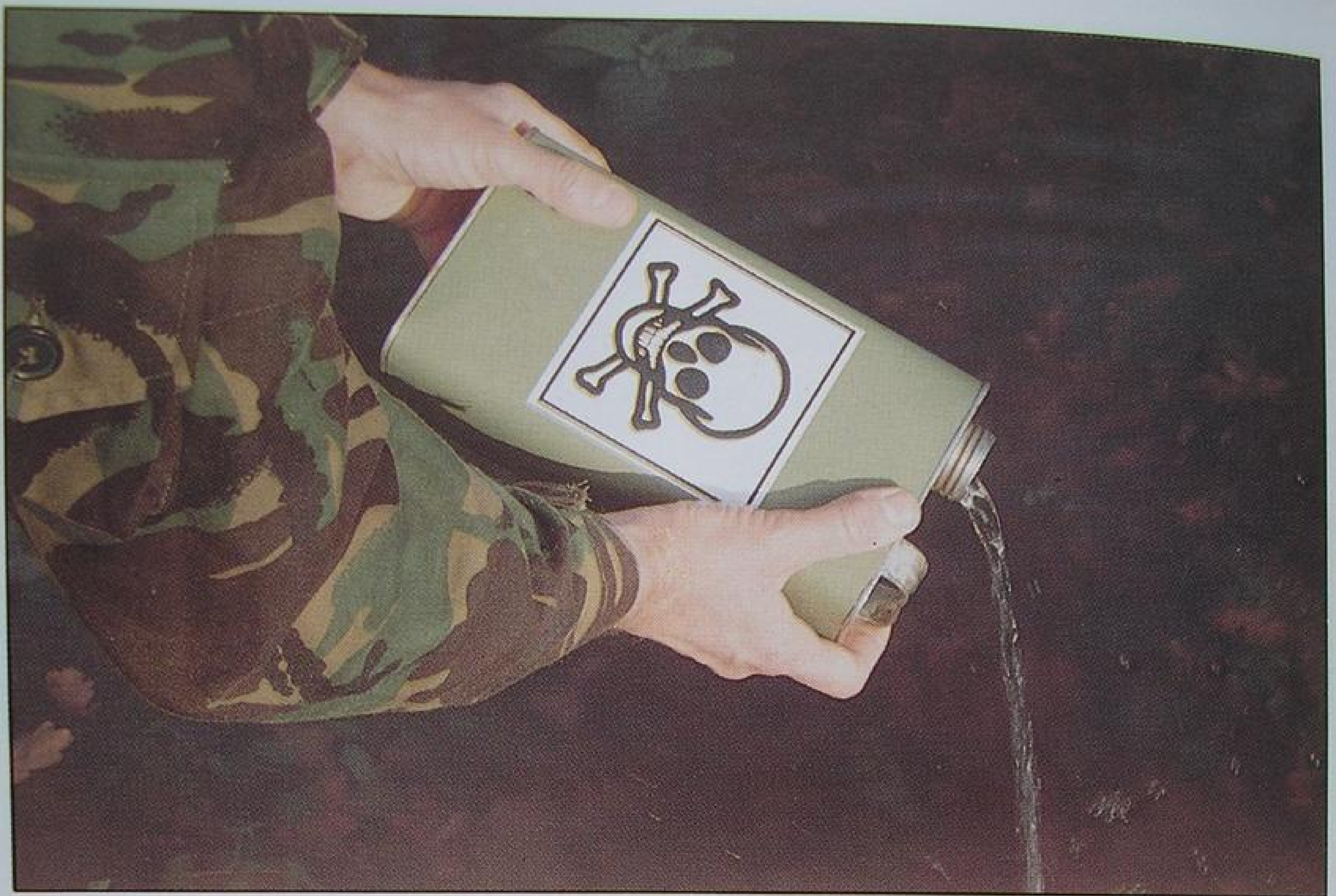
- You are not allowed to attack enemy soldiers who are captured or who show they want to surrender.



- You must not fire at men bailing out of a damaged aircraft, but you are allowed to attack parachutists who are descending to attack you.



- The unnecessary destruction of villages, towns and cities is forbidden. It may be necessary to attack military targets in these areas but you should not carry out more destruction than is necessary.



### **Techniques**

You must not use poisoned weapons, poisons or any other means of poisoning any water or food supply.

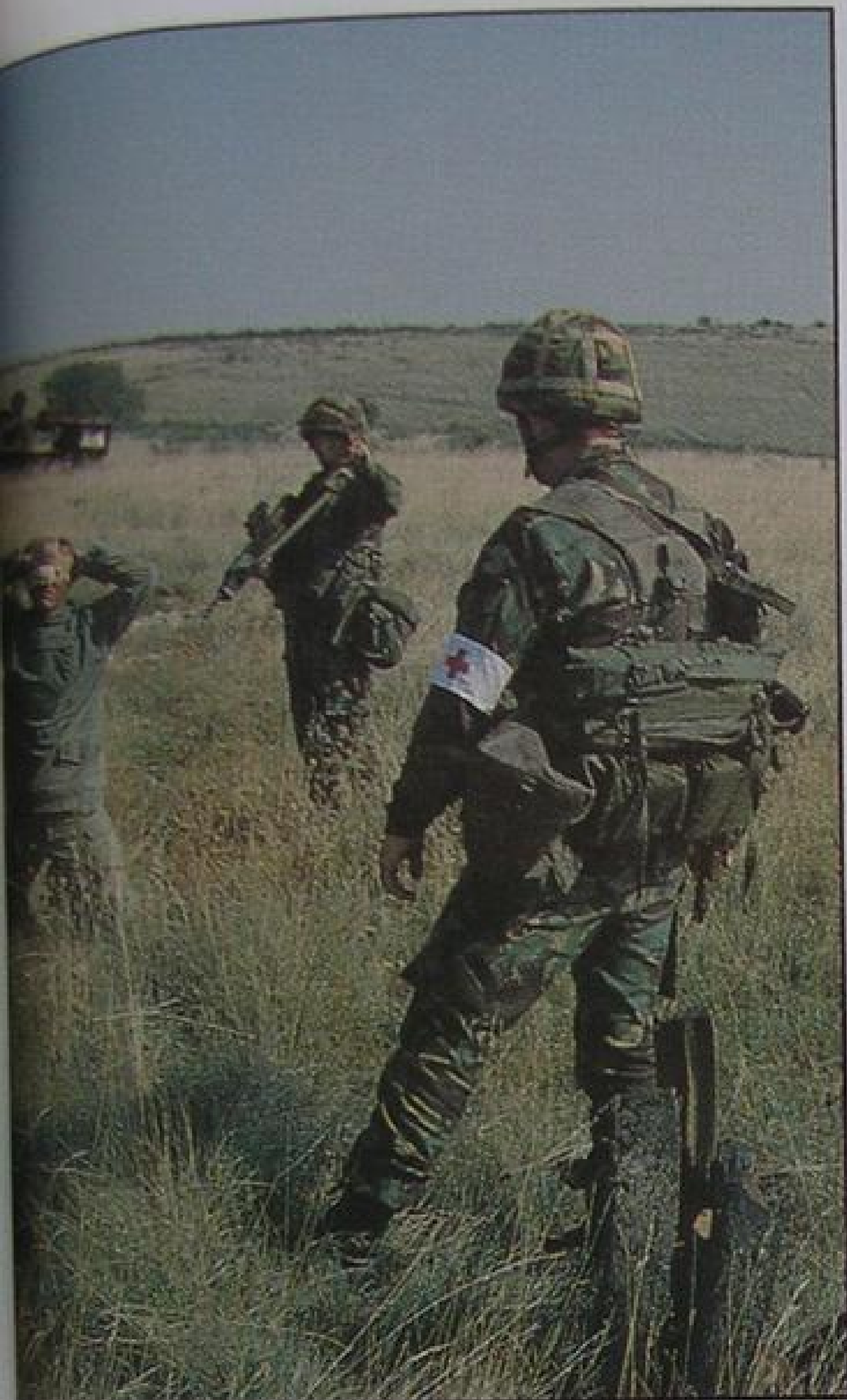
It is illegal to make alterations to your weapons or ammunition in order to cause greater injuries to the enemy.

### **Enemy Civilians**

You must treat civilians humanely and protect them from acts or threats of violence.

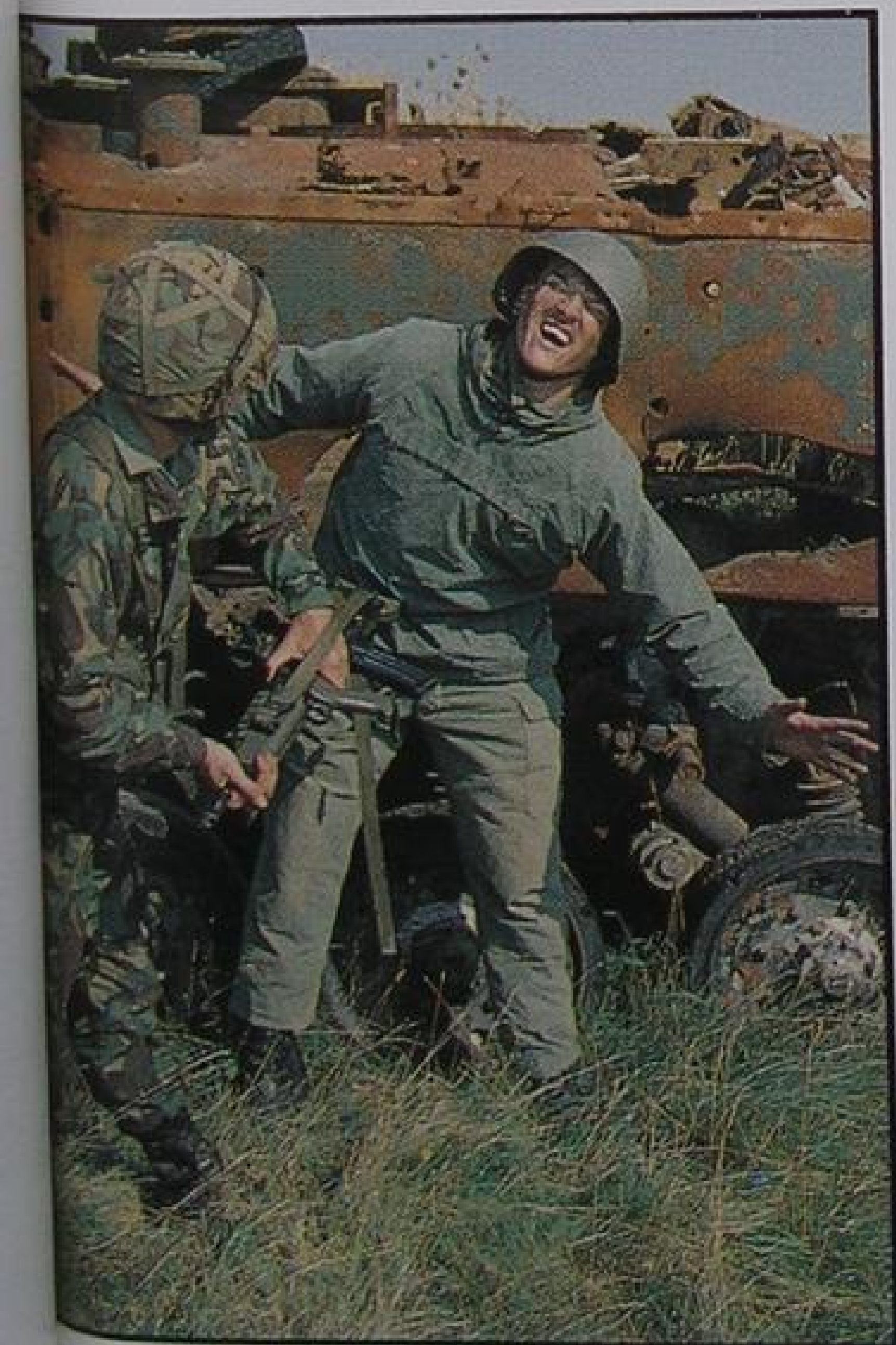
You may not use them as a shield against attack or for other military purposes.

You may not loot their property.



## Enemy Prisoners of War

- Anyone that you capture must be treated in a humane fashion.
- A prisoner is required to give only his number, rank, names and date of birth.
- You are required to provide medical care for prisoners who are sick or wounded.
- You may search prisoners for items of military or intelligence value.
- Prisoners may retain their personal property.
- Money and valuables may only be removed for safe keeping by order of an officer.
- You may not use torture or threats to obtain information from a prisoner.
- Prisoners may be ordered to carry out some sort of work but are not required to work for our war effort.



**REMEMBER - You cannot be ordered to break these rules.**

# IF YOU ARE TAKEN PRISONER

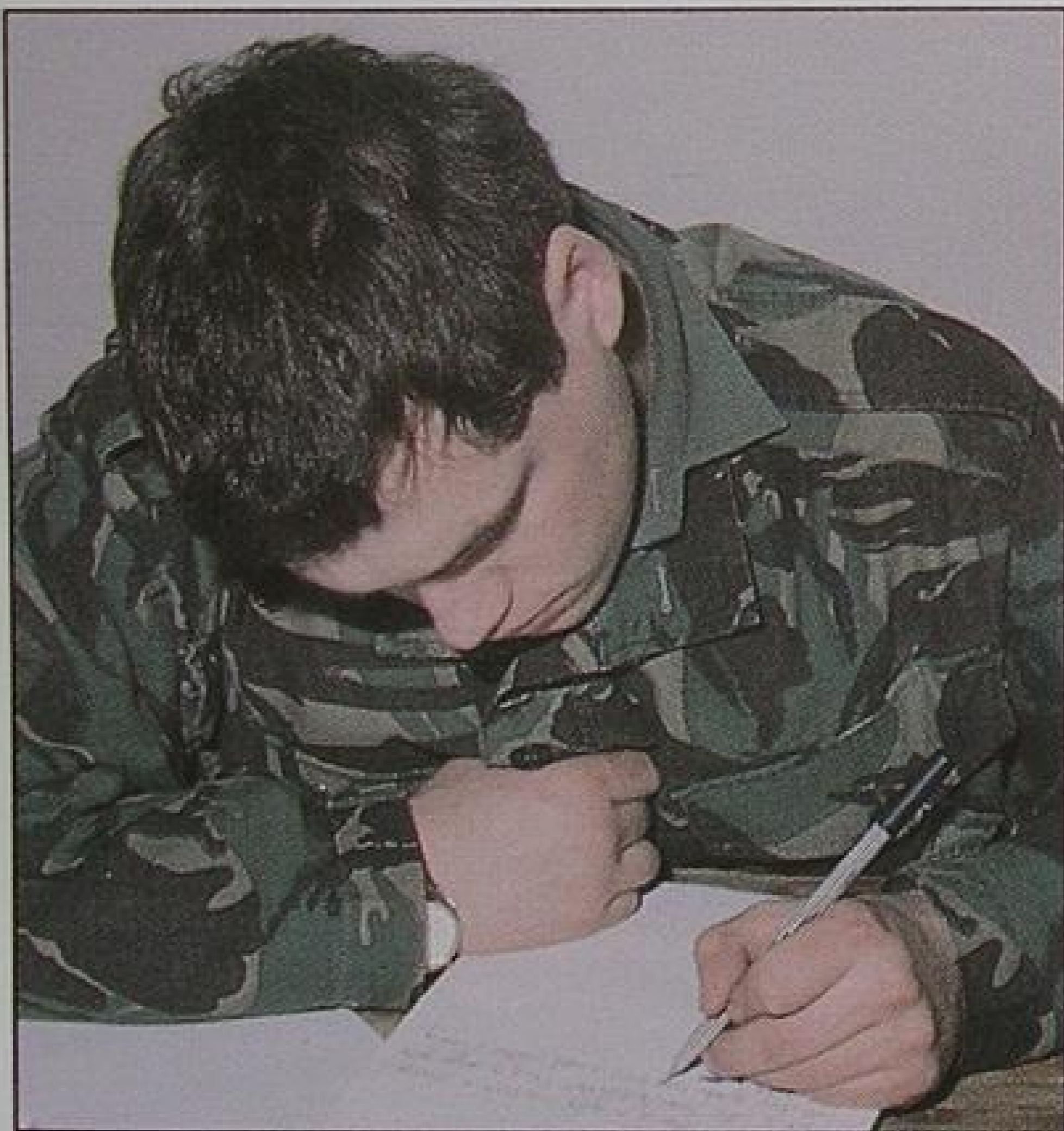
## REMEMBER

That the enemy are required under the Geneva Conventions to :-

- Provide adequate shelter, food, clothing and medical treatment.
- Refrain from causing you unnecessary mental or physical harm.

Allow you to speak or write to representatives of :-

- The International Red Cross.
- The Protecting Power.



The only things you are required to do as a Prisoner of War are :-

- State your :-  
**SURNAME**  
**FORENAMES**  
**RANK**  
**DATE OF BIRTH**  
**ARMY NUMBER**
- Obey legitimate rules and regulations.
- Work for the detaining power, providing that the work is not of a military character and is not dangerous, humiliating or injurious to health.

# Physical Fitness



**A soldier who is NOT fighting fit is :-**

- No use to his troop or platoon
- A liability to his comrades
- No use to himself

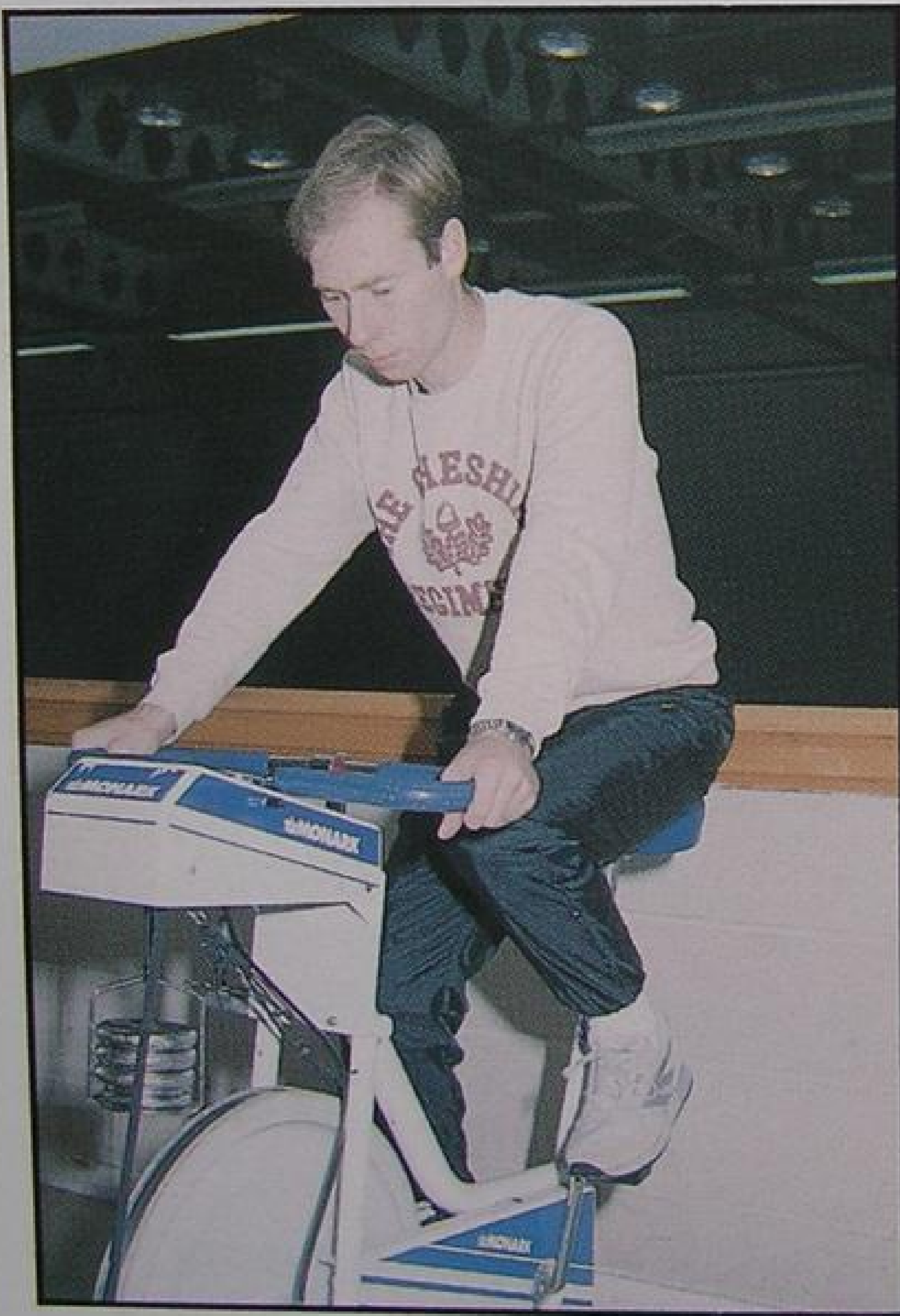


**The fitness of every officer and soldier is tested twice a year.**

To be up to the correct physical fitness standard you must have :-

**Stamina  
Strength  
Skill**

and not be so overweight or so thin that your stamina is affected.

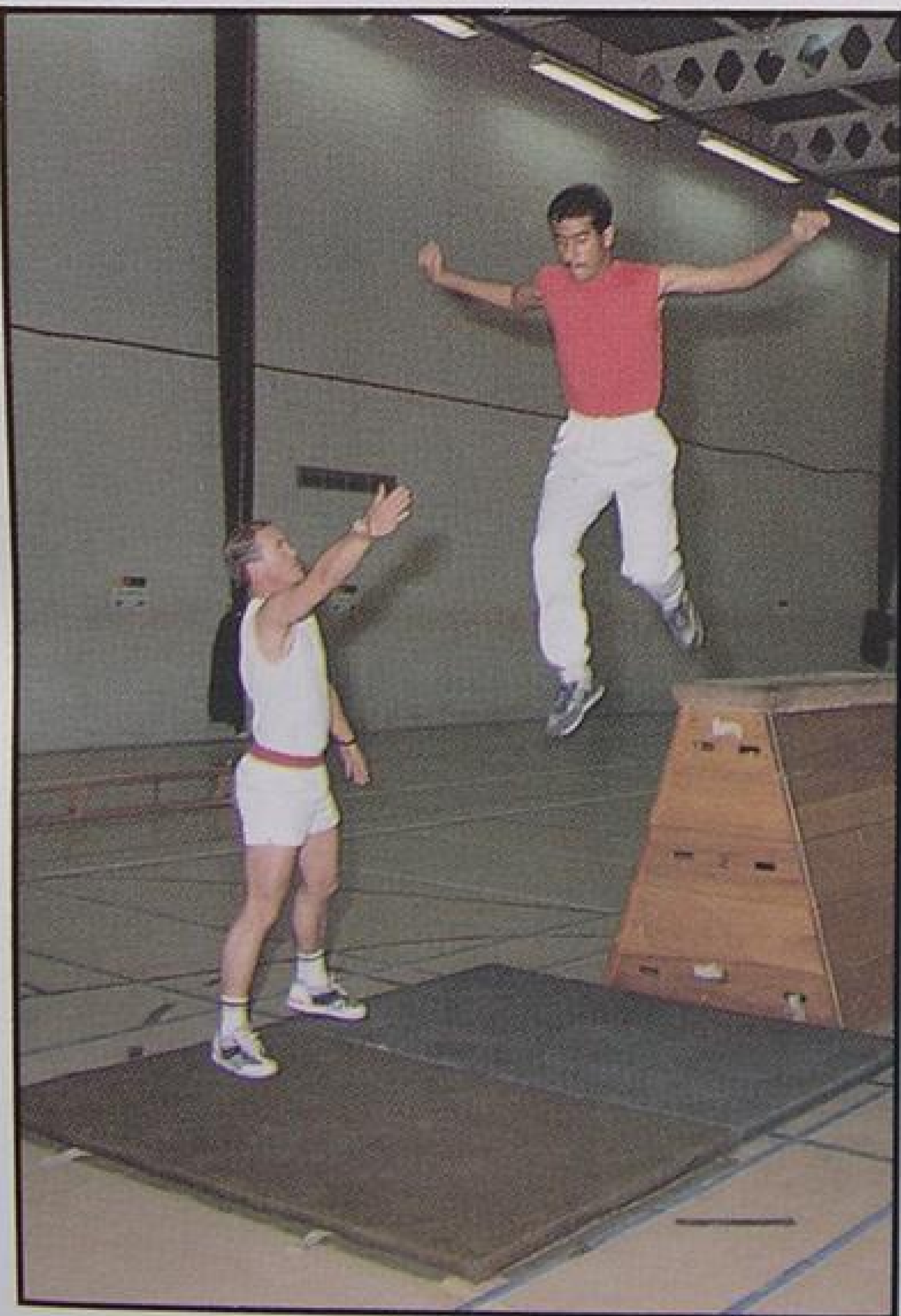
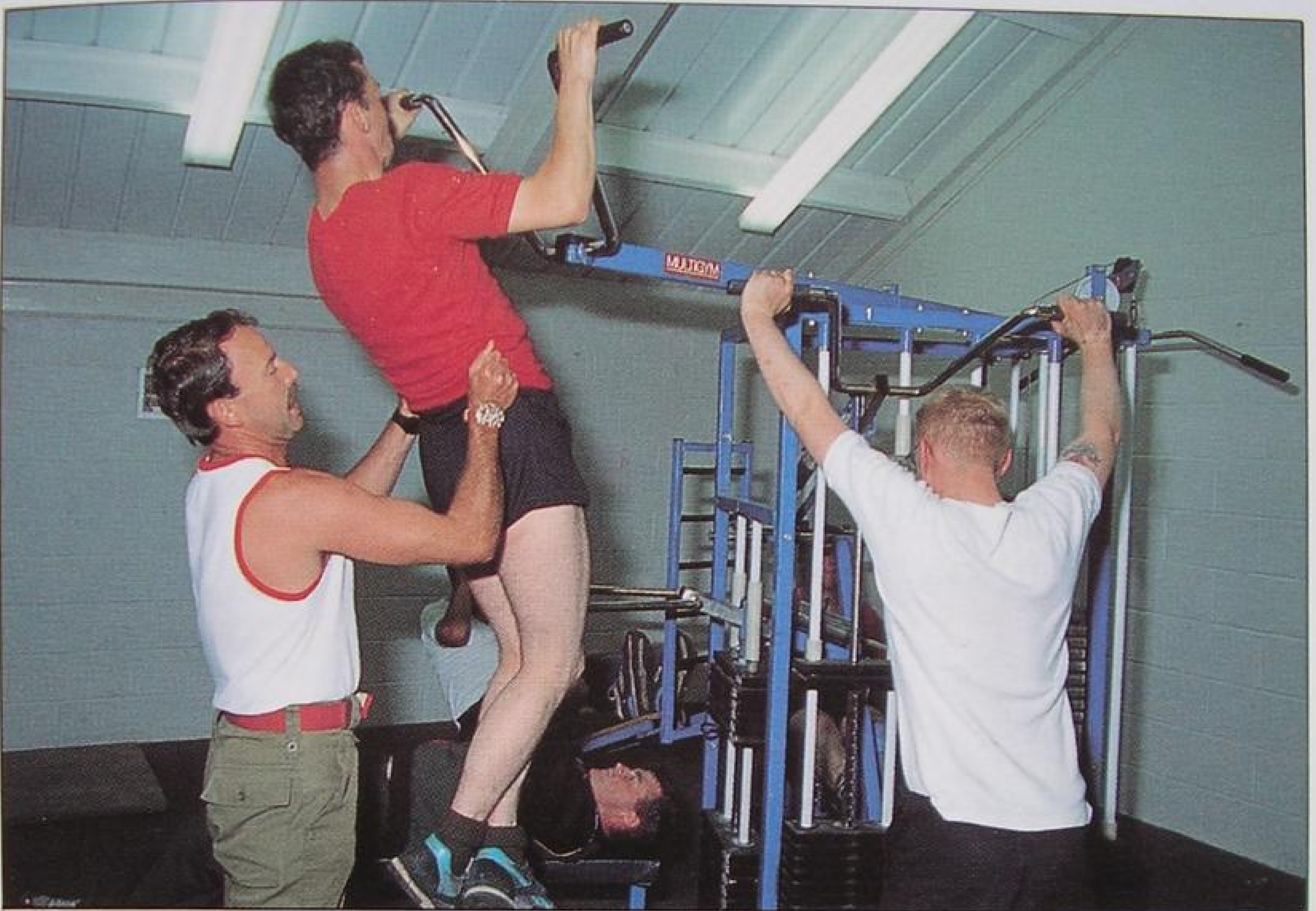


**To help you keep fit you are given :-**

- Physical exercises to do yourself or in groups with other soldiers.



• Organised physical training.





- Opportunities to play energetic games.

If you work hard at your exercises - play games hard or enter into sport with a will - you should have no problem over physical fitness.

**If you want advice about your weight - if you think you are too fat or too thin - speak to your Officer or Sergeant. If necessary they will arrange for you to see the medical officer.**

# Security

# 8

## WHAT IS SECURITY ?

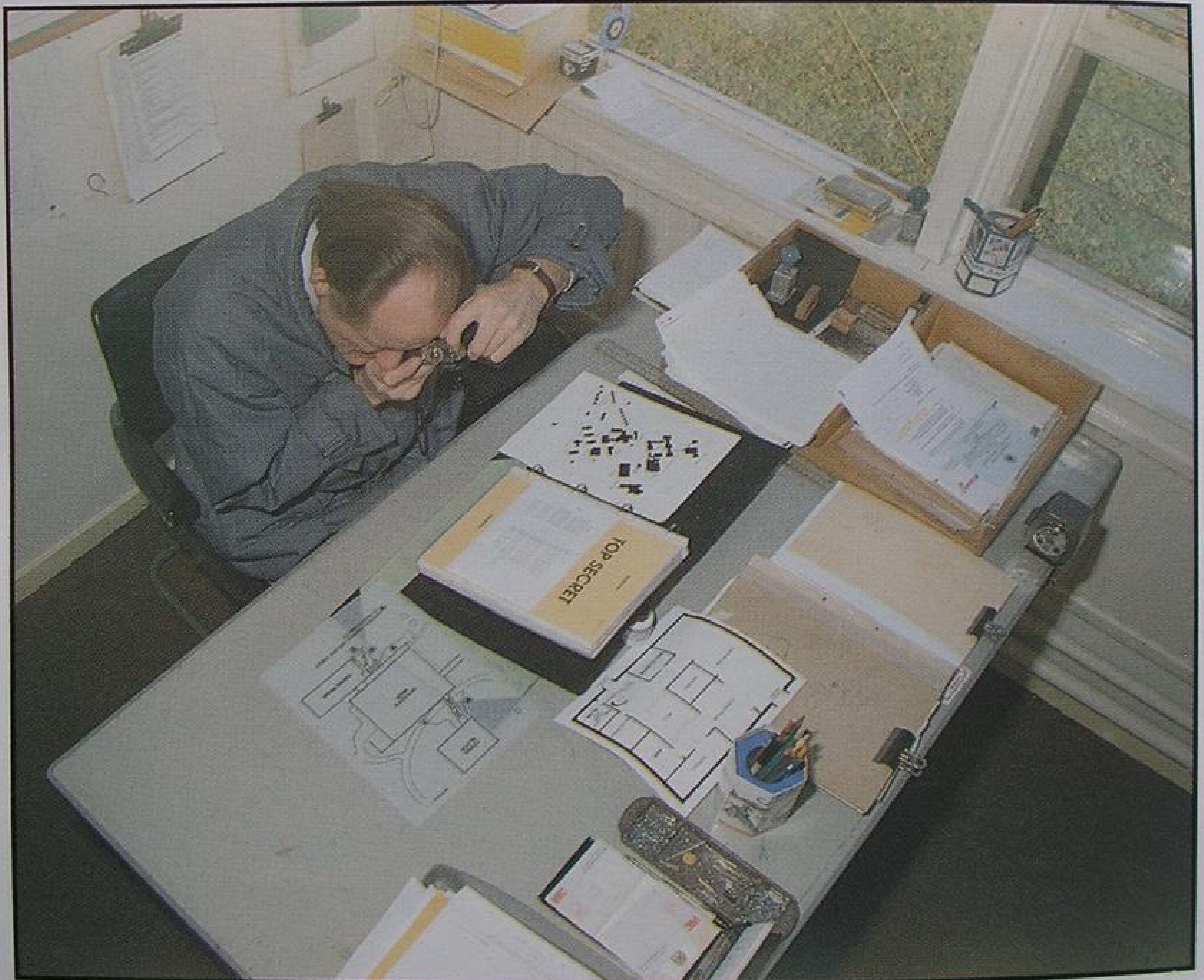
- The Threat
- Espionage
- Sabotage
- Terrorism
- Subversion
- Protection, DOs - DON'Ts
- Protection from Terrorism

## WHAT IS SECURITY ?

Good security is achieved when our secrets are kept secret, our weapons and equipment are properly looked after and, above all, when we and our families are safe from all forms of attack. Every soldier of whatever rank must play his part to achieve good security.

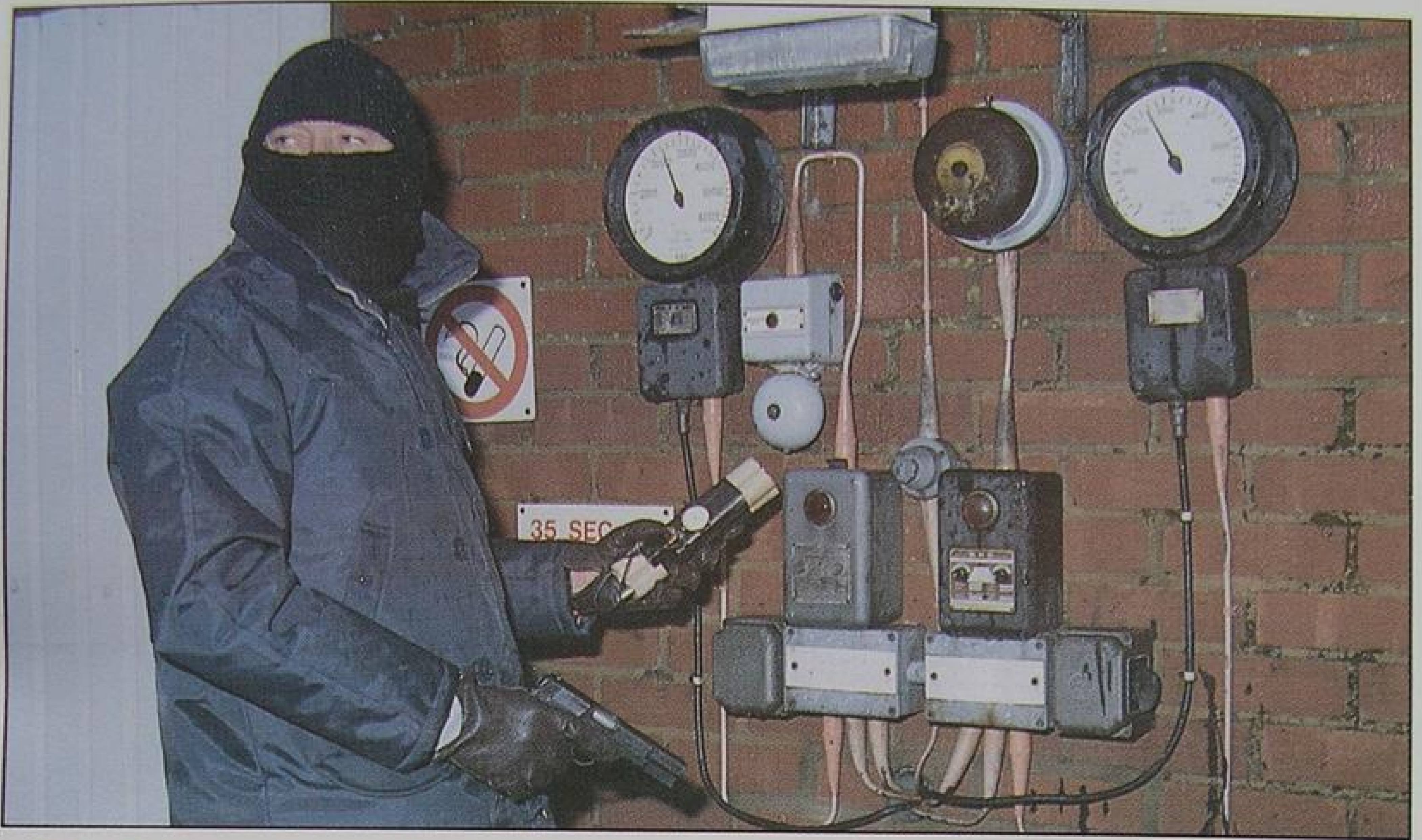
## THE THREAT

Spies, saboteurs, terrorists and all others who want to undermine our democracy, threaten our security and quite possibly our lives.



### Espionage

Other countries use spies to collect information about the Army. They work constantly to gain information. Every snippet is of use to them. They gain access to information using blackmail, by monitoring telephone and radio messages, by photography and theft. They are watching for weakness at all times.



## Sabotage

Saboteurs attack vital installations, headquarters and equipments to stop the Army's work. They are most likely to start their attacks during preparations for war



## Terrorism

The Army and its families are sometimes attacked by terrorists who use violence in pursuit of political aims. They may try to steal weapons and ammunition.



## Subversion

Subversives try to undermine the loyalty of soldiers to the Army and to their friends.



## PROTECTION

Locks, fences, passes and procedures all help to protect the Army from the threat. The best security is only achieved when every soldier plays his part.

## DO's

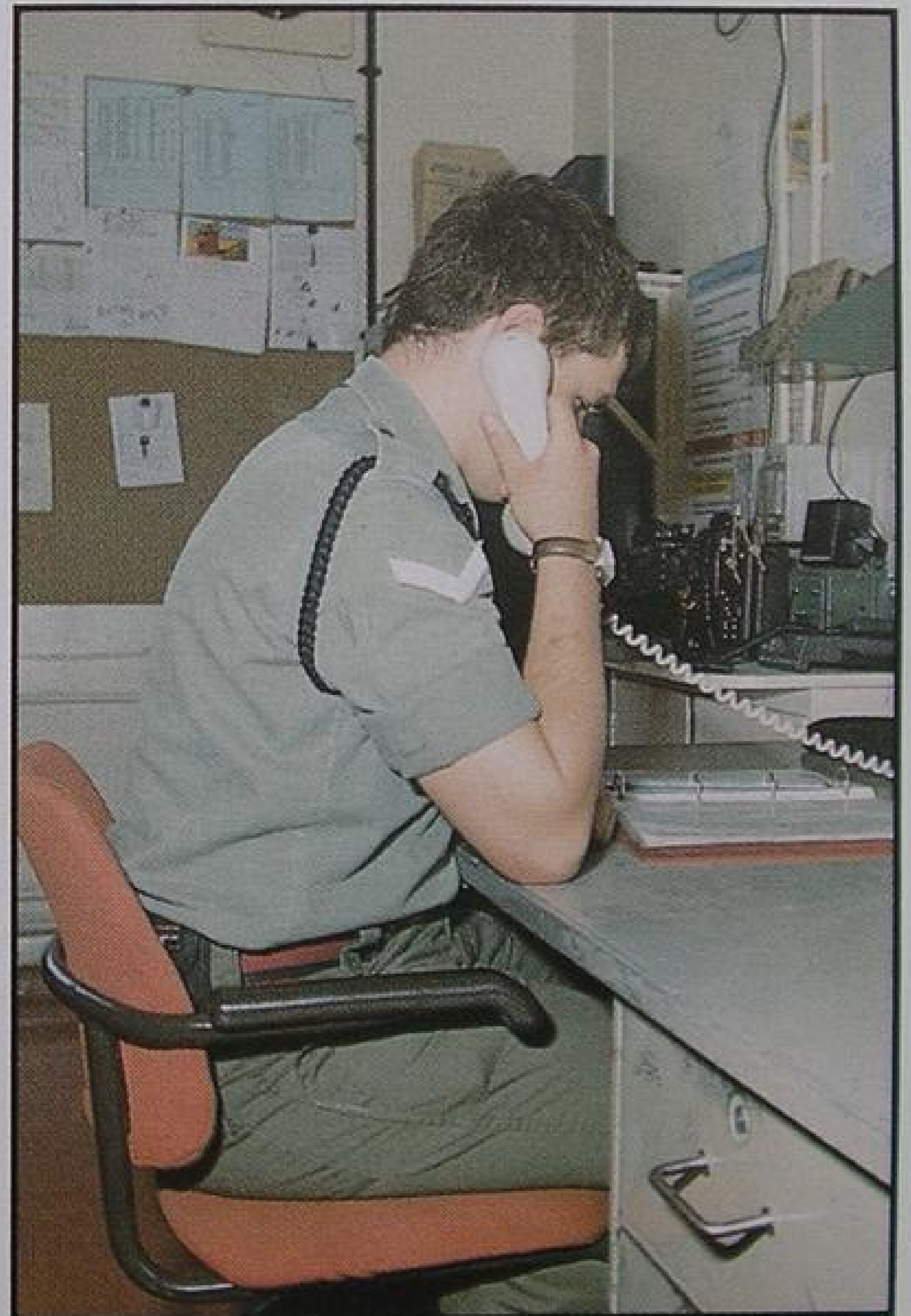
Do know and understand your **Security Responsibilities**.

Do **report any suspicions** to an NCO or an officer. You should be suspicious of people asking too many questions, taking photographs of installations, trying to gain unauthorised access and foreigners who are unusually interested in what you do. You must report contacts with people from **communist countries**.

Do check with your unit before arranging a **holiday** in a communist country or outside Western Europe and North America.

Do take care before speaking on the **telephone** or **radio** - an enemy could be listening.

**Do report any weakness in security.**

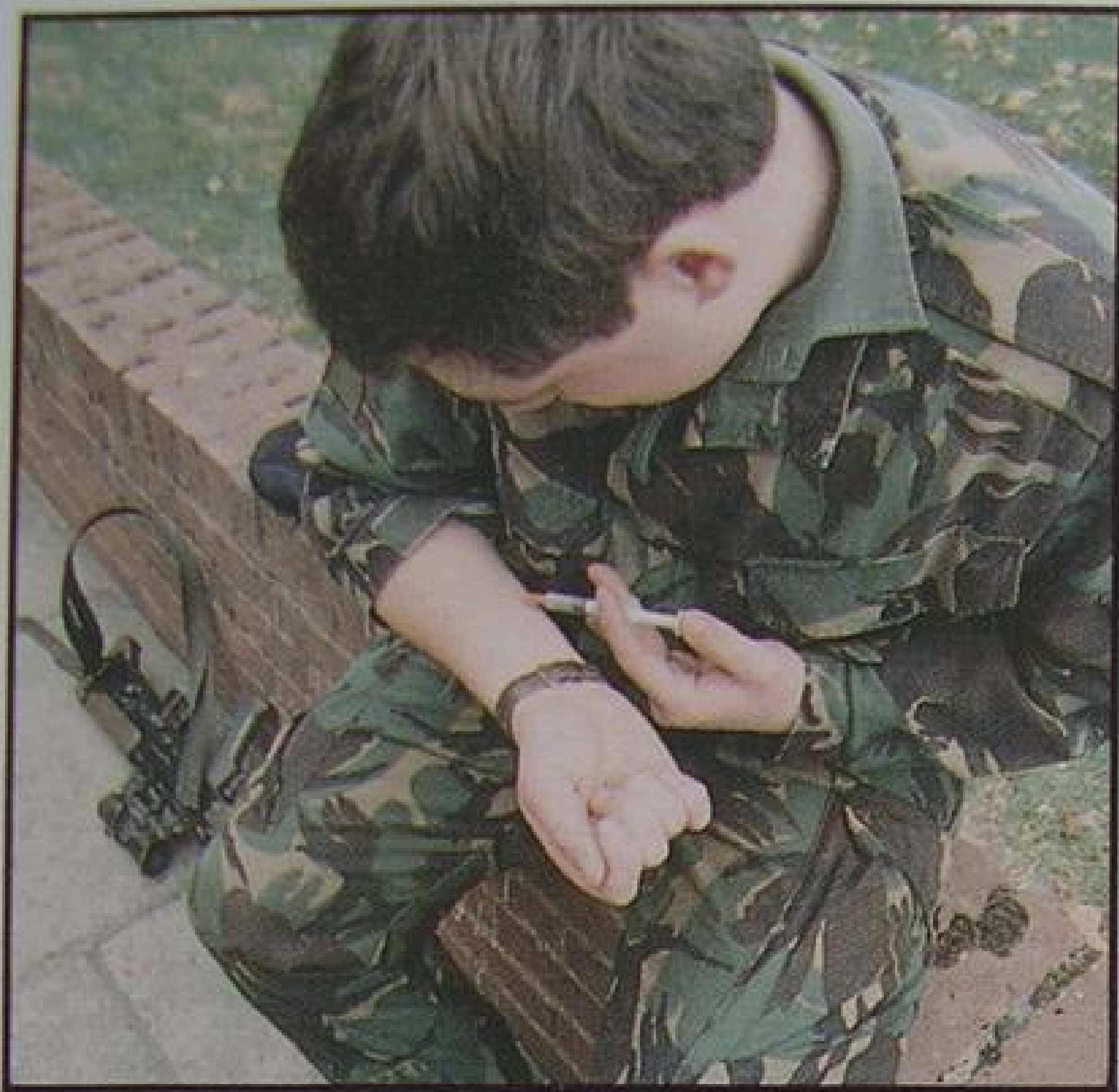


## DON'Ts

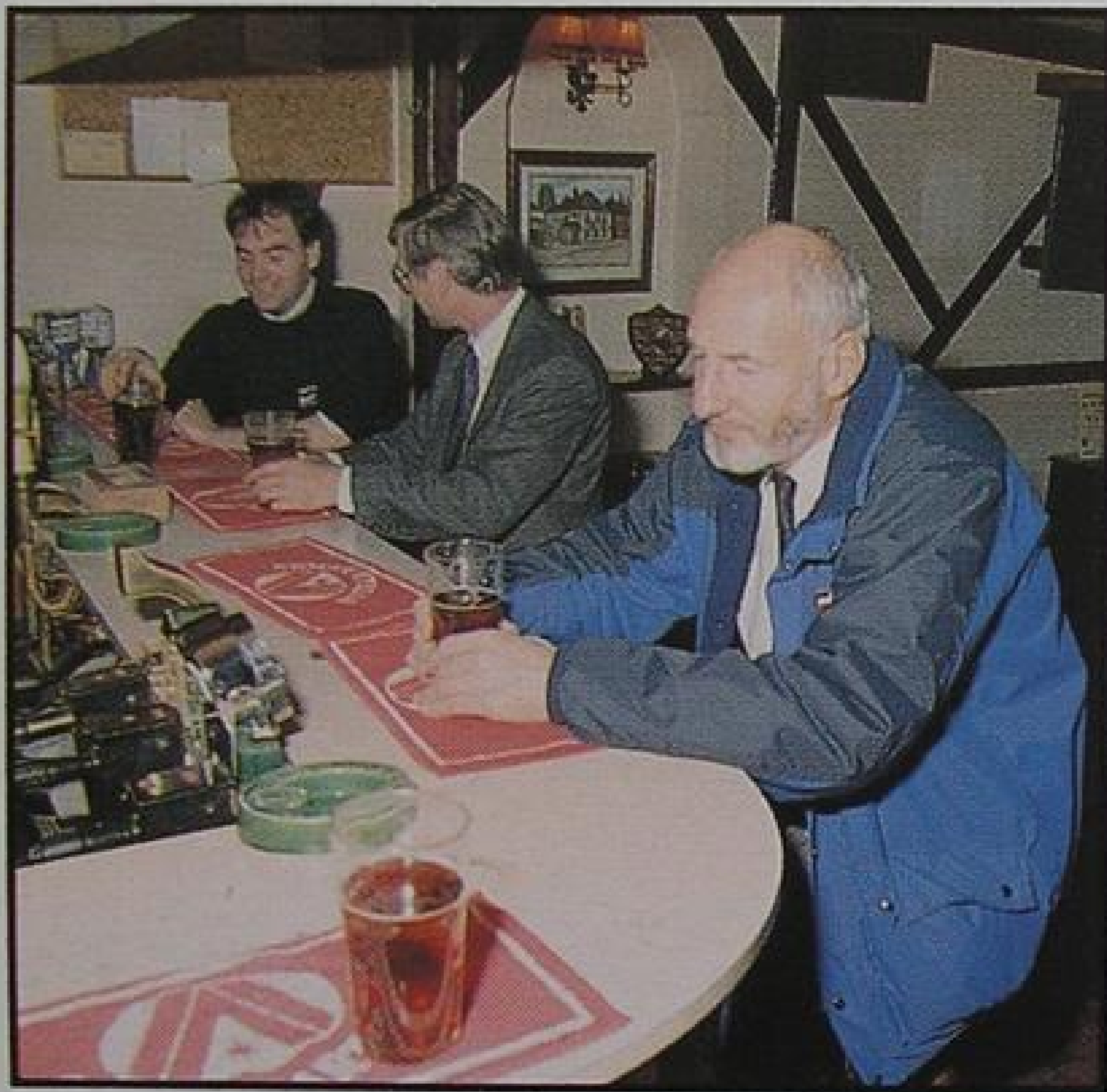
Don't give your **address** to anyone who does not need to know it: a terrorist could use it to mount an attack on you.

Don't become a '**pen friend**' with people with addresses in communist countries.

Don't become a CB or Ham radio operator without the permission of your CO.



Don't lay yourself open to **black-mail** by getting into serious financial difficulties, getting involved in illegal or abnormal sexual practices, drugs or excessive drinking. You don't have to be a saint - just a normal person.



Don't talk about **classified matters in public**. It is not up to you to decide what is useful or not to an enemy. All Official Military Information is subject to the OFFICIAL SECRET'S ACT. If you betray our secrets you will be severely punished.



Don't speak to the **press** (including television) without permission. Always direct them to your UNIT PRESS OFFICER or to the MINISTRY OF DEFENCE.

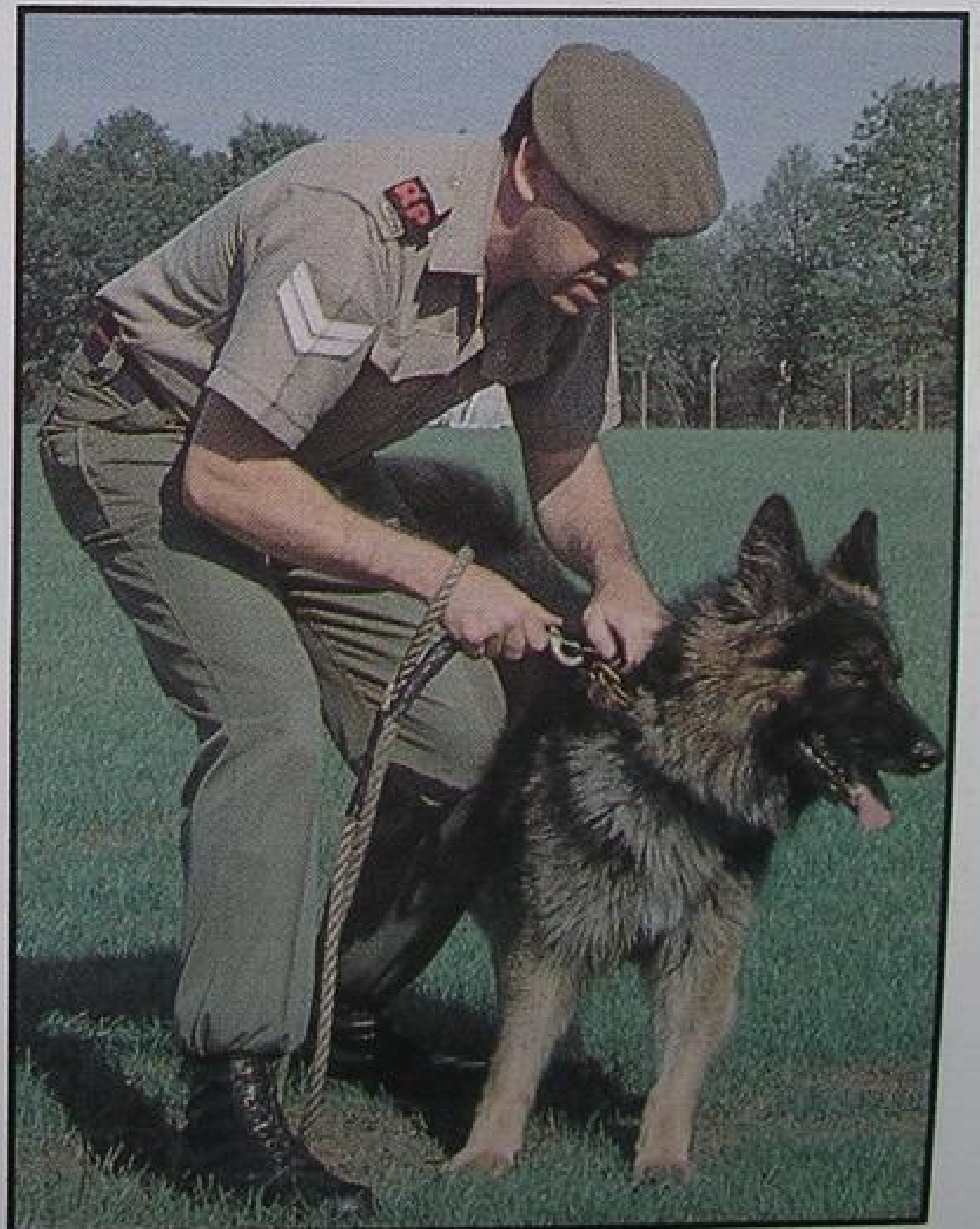
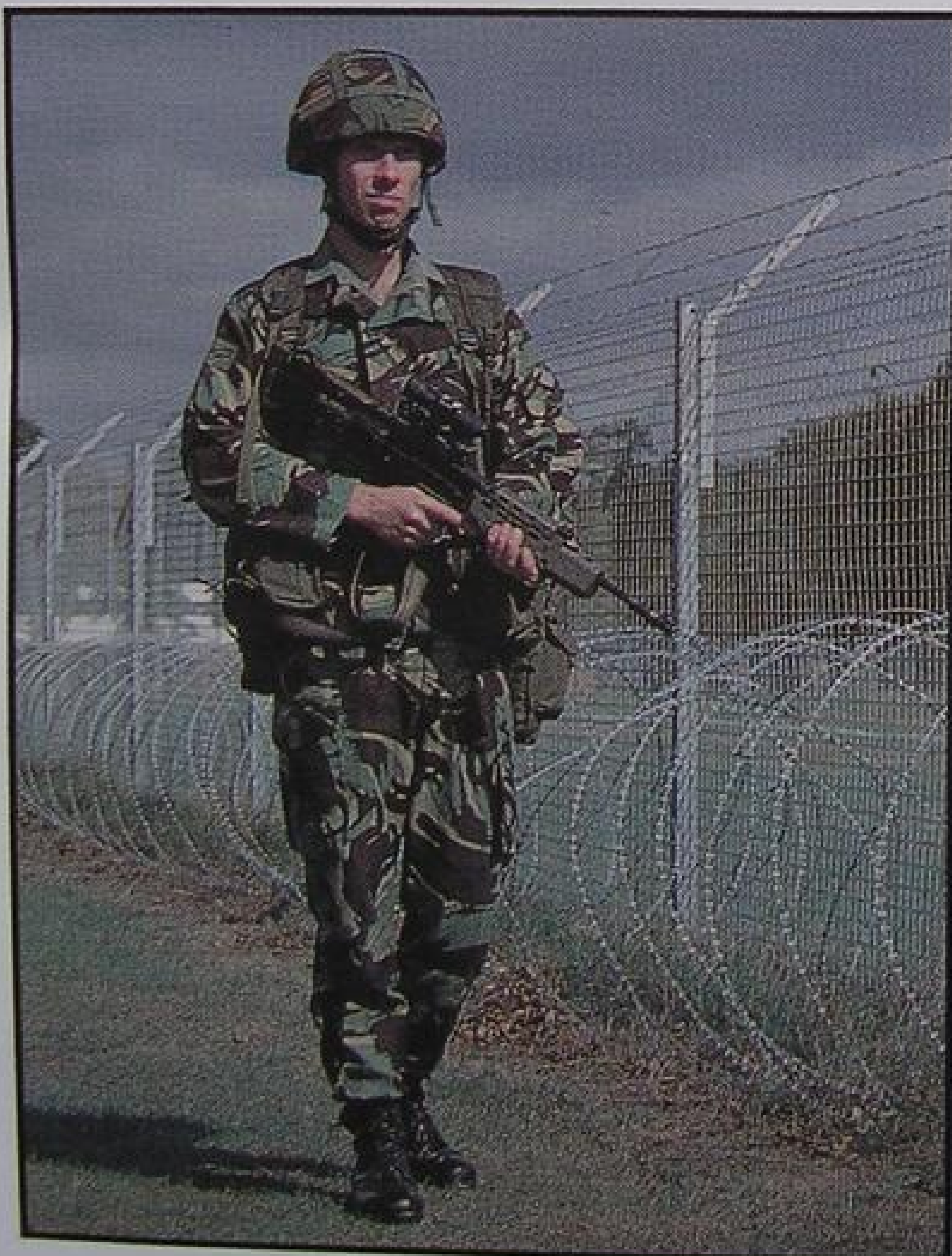




Don't leave your **weapon and ammunition** unattended at any time. It could be used by a terrorist, a criminal or any other enemy.

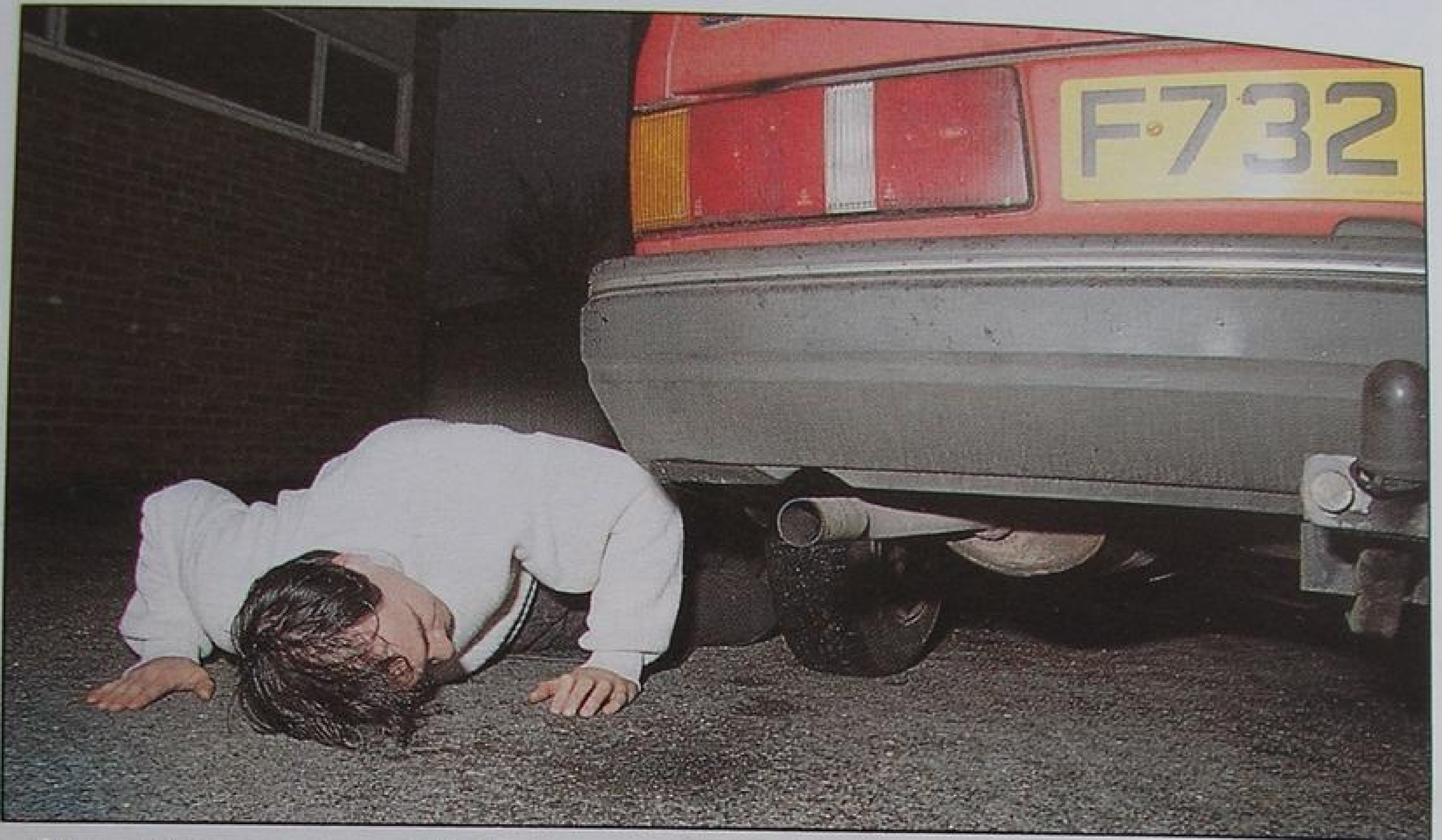
## *PROTECTION FROM TERRORISM*

Special measures are needed to protect the Army from terrorism. Every soldier has a part to play. Guards, frequently armed, dogs and police patrols are often mounted to prevent terrorist attacks on our installations. **You must :-**



Know and understand the local Security **ALERT STATE measures** (such as **BIKINI** or **KEEN WIND**) which apply where you are serving.

Know and understand what local personal anti-terrorist procedures are such as :-



Checking your vehicle

Anonymity

**IT IS VITAL THAT YOU REPORT SUSPICIOUS INCIDENTS PROPERLY**

Use a pencil and paper to note down any details soon after seeing something suspicious. **An inaccurate report is next to useless.**

**TO REPORT SUSPICIOUS PEOPLE, use the A-H system**

Age  
Build  
Clothing  
Distinguishing marks

Elevation (height)  
Face  
Gait  
Hair

**TO REPORT SUSPICIOUS VEHICLES, use SCRIM**

Shape  
Colour  
Registration number

Identifying marks  
Make and model

## **AND FINALLY...**

*This book is now yours to keep for the rest of your Army Service. Keep it handy and do refer to it throughout your training. You should also pay close attention to 'Survive to Fight' Edition No.2 which complements this book.*

*When you join your Unit there will be times when you'll appreciate some extra information or guidance. Your NCOs and Officers will always be pleased to help you.*

**GOOD LUCK.**