

**Knowledge Packet**

**Chain of Command**

**President/Commander In Chief:**

The Honorable Donald J. Trump

**Vice President:**

The Honorable Mike Pence

**Secretary of Defense:**

The Honorable James Mattis

**Chairman of the Joint Chiefs of Staff:**

General Joseph Dunford

**Secretary of the Navy:**

The Honorable Sean Stackley

**Chief of Naval Operations:**

Admiral John M. Richardson

**Commandant of the Marine Corps:**

General Robert B. Neller

**Master Chief Petty Officer of the Navy:**

Master Chief Steven Giordano

**Sergeant Major of the Marine Corps:**

Sergeant Major Ronald L. Green

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**Penn State Chain of Command**

**Commanding Officer:**

Captain Richard Young, USN

**Executive Officer:**

Commander Michael Howe, USN

**Marine Officer Instructor:**

Captain duane blank, USMC

**Freshman Advisor:**

Lieutenant Dan Luibil, USN

**Sophomore Advisor:**

Lieutenant Jason Gibson, USN

**Junior Advisor:**

Lieutenant Michael Canavaciol, USN

**Senior Advisor:**

Lieutenant AshleÈ Dillard-Houston, USN

**Assistant Marine Officer Instructor:**

Gunnery Sergeant Mindo Estrella, USMC

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**Navy Knowledge**

**Birthday:**

13 October 1775

**The Mission of the Navy:**

The mission of the Navy is to maintain, train and equip

combat-ready Naval forces capable of winning wars,

deterring aggression and maintaining freedom of the

seas.

**Navy Motto:**

Non Sibi Sed Patriae (Not Self But Country)

Semper Fortis (Always Strong)

**Navy Colors:**

Blue and Gold

**Navy Hymn:**

Eternal Father, Strong to Save

**Navy March:**

Anchors Aweigh

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**Marine Corps Knowledge**

**Birthday:**

10 November 1775

**The Mission of the Marine Corps:**

To provide power projection from the sea, utilizing

the mobility of the Navy to rapidly deliver combined-

arms task forces to global crises.

**Marine Corps Motto:**

Semper Fidelis (Always Faithful)

**Marine Corps Colors:**

Scarlet and Gold

**Marine Corps Hymn:**

Marines’ Hymn

**Marine Corps March:**

Semper Fidelis

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**Core Values**

**Honor**

I am accountable for my professional and personal

behavior. I will be mindful of the privilege I have to serve

my fellow Americans.

**Courage**

Courage is the value that gives me the moral and mental

strength to do what is right, with confidence and

resolution, even in the face of temptation or adversity.

**Commitment**

The day-to-day duty of every man and woman in the

Department of the Navy is to join together as a team

to improve the quality of our work, our people and

ourselves.

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**Sailor’s Creed**

I am a United States Sailor.

I will support and defend the Constitution and I will obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.

I proudly serve my country’s Navy combat team with Honor, Courage, and Commitment.

I am committed to excellence and the fair treatment of all.

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**U.S. Navy Ethos**

We are the United States Navy, our Nation's sea power - ready guardians of peace, victorious in war.

We are professional Sailors and Civilians - a diverse and agile force exemplifying the highest standards of service to our Nation, at home and abroad, at sea and ashore.

Integrity is the foundation of our conduct; respect for others is fundamental to our character; decisive leadership is crucial to our success.

We are a team, disciplined and well-prepared, committed to mission accomplishment. We do not waver in our dedication and accountability to our shipmates and families.

We are patriots, forged by the Navy's core values of Honor, Courage and Commitment. In times of war and peace, our actions reflect our proud heritage and tradition.

We defend our Nation and prevail in the face of adversity with strength, determination, and dignity.

We are the United States Navy.

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**Code of Conduct**

**Article I**: I am an American. I serve in the forces which guard my country and our way of life. I am prepared to give my life in their defense.

**Article II:** I will never surrender of my own free will. If in command, I will never surrender those under me while they still have the means to resist.

**Article III:** If I am captured, I will continue to resist by all means available. I will make every effort to escape and aid others to escape. I will accept neither parole nor special favors from the enemy.

**Article IV:** If I become a prisoner of war, I will keep faith with my fellow prisoners. I will give no information or take part in any actions that may be harmful to my comrades. If I am senior, I will take command. If not, I will obey the lawful orders of those appointed over me and will back them up in every way.

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**Code of Conduct**

**Article V:** When questioned, should I become a prisoner of war, I am bound to give only name, rank, service number, and date of birth. I will evade answering further questions to the utmost of my ability. I will make no written or oral statements disloyal to my country and its allies or harmful to their cause.

**Article VI:** I will never forget that I am an American, responsible for my actions, and dedicated to the principles which made my country free. I will trust in my God and in the United States of America.

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**15 Leadership Traits**

**Judgment:**

The ability to weigh facts and possible solutions on

which to base sound decisions.

**Justice:**

Giving reward and punishment according to merits of

the case in question; the ability to administer a system

of rewards and punishments impartially and

consistently.

**Decisiveness:**

Ability to make decisions promptly and to announce

them in clear, forceful manner.

**Initiative:**

Taking action in the absence of orders.

**Dependability:**

The certainty of proper performance of duty.

**Tact:**

The ability to deal with others without creating

offense.

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**15 Leadership Traits**

**Integrity:**

Uprightness of character and soundness of moral

principles; includes the qualities of truthfulness and

honesty.

**Endurance:**

The mental and physical stamina measured by the

ability to withstand pain, fatigue, stress and hardship.

**Bearing:**

Creating a favorable impression in carriage,

appearance and personal conduct at all times.

**Unselfishness:**

Avoidance of providing for one's own comfort and

personal advancement at the expense of others.

**Courage:**

The mental quality that recognizes fear of danger or

criticism, but enables a man to proceed in the face of it

with calmness and firmness.

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**15 Leadership Traits**

**Knowledge:**

Understanding of a science or an art. The range of

one's information, including professional knowledge

and an understanding of your Sailors.

**Loyalty:**

The quality of faithfulness to country, the Navy, the

unit, to one's seniors, subordinates and peers.

**Enthusiasm:**

The display of sincere interest and exuberance in the

performance of duty.

**Honor:**

To regard or treat with honor, esteem, or respect; to

revere; to treat with deference and submission.

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**11 General Orders of a Sentry**

**1.** To take charge of this post and all government property in view.

**2.** To walk my post in a military manner, keeping always on the alert, and observing everything that takes place within sight or hearing.

**3.** To report all violations of orders I am instructed to enforce.

**4.** To repeat all calls from posts more distant from the guard house than my own.

**5.** To quit my post only when properly relieved.

**6.** To receive, obey and pass on to the sentry who relieves me, all orders from the Commanding Officer, Command Duty Officer, Officer of the Deck, and Officers and Petty Officers of the Watch.

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**11 General Orders of a Sentry**

**7.** To talk to no one except in the line of duty.

**8.** To give the alarm in case of fire or disorder.

**9.** To call the Officer of the Deck in any case not covered by instructions.

**10.** To salute all officers and all colors and standards not cased.

**11.** To be especially watchful at night, and, during the time for challenging, to challenge all persons on or near my post and to allow no one to pass without proper authority.

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**Midshipmen Ranks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Class**  **Insignia** | **Shoulder**  **Boards** | **SDB**  **Sleeve** | **Collar**  **Device** |
| MIDN 4/C |  | No Stripes | No Collar Device |
| MIDN 3/C |  | One Stripe | Right Anchor Only |

15

15

**Midshipmen Ranks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Class**  **Insignia** | **Shoulder**  **Boards** | **SDB**  **Sleeve** | **Collar**  **Device** |
| MIDN 2/C |  | Two Stripes | Right & Left Anchors |
| MIDN 1/C |  | Three Stripes | Right & Left Anchor & Eagle |

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**Midshipmen Ranks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Class**  **Insignia** | **Shoulder**  **Boards** | **SDB**  **Sleeve** | **Collar**  **Device** |
| MIDN ENS |  | One Stripe with Star | One Gold Bar |
| MIDN LTJG |  | Two Stripes with Star | Two Gold Bars |

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**Midshipmen Ranks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Class**  **Insignia** | **Shoulder**  **Boards** | **SDB**  **Sleeve** | **Collar**  **Device** |
| MIDN LT |  | Three Stripes with Star | Three Gold Bars |
| MIDN LCDR |  | Four Stripes with Star | Four Gold Bars |

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**Midshipmen Ranks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Class**  **Insignia** | **Shoulder**  **Boards** | **SDB**  **Sleeve** | **Collar**  **Device** |
| MIDN CDR |  | Five Stripes with Star | Five Gold Bars |
| MIDN CAPT |  | Six Stripes with Star | Six Gold Bars |

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**Enlisted Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **E-1** | **E-1** | **E-1** | **E-1** | **E-1** |
| Seaman Recruit | Private | Seaman Recruit | Private | Airman Basic |
| No Insignia | No Insignia |  | No Insignia | No Insignia |
| **E-2** | **E-2** | **E-2** | **E-2** | **E-2** |
| Seaman Apprentice | Private First Class | Seaman Apprentice | Private | Airman |
|  |  |  |  |  |

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**Enlisted Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **E-3** | **E-3** | **E-3** | **E-3** | **E-3** |
| Seaman | Lance Corporal | Seaman | Private First Class | Airman First Class |
|  |  |  |  |  |
| **E-4** | **E-4** | **E-4** | **E-4** | **E-4** |
| Petty Officer 3rd Class | Corporal | Petty Officer 3rd Class | Corporal / Specialist | Senior Airman |
|  |  |  |  |  |

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**Enlisted Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **E-5** | **E-5** | **E-5** | **E-5** | **E-5** |
| Petty Officer 2nd Class | Sergeant | Petty Officer 2nd Class | Sergeant | Staff Sergeant |
|  |  |  |  |  |
| **E-6** | **E-6** | **E-6** | **E-6** | **E-6** |
| Petty Officer 1st Class | Staff Sergeant | Petty Officer 1st Class | Staff Sergeant | Technical Sergeant |
|  |  |  |  |  |

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**Enlisted Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **E-7** | **E-7** | **E-7** | **E-7** | **E-7** |
| Chief Petty Officer | Gunnery Sergeant | Chief Petty Officer | Sergeant First Class | Master Sergeant / First Sergeant |
|  |  |  |  |  |

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**Enlisted Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **E-8** | **E-8** | **E-8** | **E-8** | **E-8** |
| Senior Chief Petty Officer | Master Sergeant /  First Sergeant | Senior Chief Petty Officer | Master Sergeant /  First Sergeant | Senior Master Sergeant /  First Sergeant |
|  |  |  |  |  |

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**Enlisted Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **E-9** | **E-9** | **E-9** | **E-9** | **E-9** |
| Master Chief Petty Officer | Master Gunnery Sergeant  /  Sergeant Major | Master Chief Petty Officer | Sergeant Major  /  Command Sergeant Major | Chief Master Sergeant  /  First Sergeant |
|  |  |  |  |  |

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**Enlisted Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **E-9** | **E-9** | **E-9** | **E-9** | **E-9** |
| Command Master Chief Petty Officer |  | Command Master Chief Petty Officer |  | Command Chief Master Sergeant |
|  |  |  |  |  |

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**Enlisted Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **E-9** | **E-9** | **E-9** | **E-9** | **E-9** |
| Master Chief Petty Officer of the Navy | Sergeant Major of the Marine Corps | Master Chief Petty Officer of the Coast Guard | Sergeant Major of the Army | Chief Master Sergeant of the Air Force |
|  |  |  |  |  |

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**Officer Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **WO-1** | **WO-1** | **WO-1** | **WO-1** | **WO-1** |
| Warrant Officer 1 | Warrant Officer 1 | Warrant Officer 1 | Warrant Officer 1 | Warrant Officer 1 |
| Not In Use |  | Not In Use |  | Not In Use |
| **CWO-2** | **CWO-2** | **CWO-2** | **CWO-2** | **CWO-2** |
| Chief Warrant Officer 2 | Chief Warrant Officer 2 | Chief Warrant Officer 2 | Chief Warrant Officer 2 | Chief Warrant Officer 2 |
|  |  |  |  | Not In Use |

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**Officer Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **CWO-3** | **CWO-3** | **CWO-3** | **CWO-3** | **CWO-3** |
| Chief Warrant Officer 3 | Chief Warrant Officer 3 | Chief Warrant Officer 3 | Chief Warrant Officer 3 | Chief Warrant Officer 3 |
|  |  |  |  | Not In use |
| **CWO-4** | **CWO-4** | **CWO-4** | **CWO-4** | **CWO-4** |
| Chief Warrant Officer 4 | Chief Warrant Officer 4 | Chief Warrant Officer 4 | Chief Warrant Officer 4 | Chief Warrant Officer 4 |
|  |  |  |  | Not In Use |

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**Officer Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **CWO-5** | **CWO-5** | **CWO-5** | **CWO-5** | **CWO-5** |
| Chief Warrant Officer 5 | Chief Warrant Officer 5 | Chief Warrant Officer 5 | Chief Warrant Officer 5 | Chief Warrant Officer 5 |
|  |  | Not In Use |  | Not In Use |

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**Officer Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **O-1** | **O-1** | **O-1** | **O-1** | **O-1** |
| Ensign | Second Lieutenant | Ensign | Second Lieutenant | Second Lieutenant |
|  |  |  |  |  |
| **O-2** | **O-2** | **O-2** | **O-2** | **O-2** |
| Lieutenant Junior Grade | First Lieutenant | Lieutenant Junior Grade | First Lieutenant | First Lieutenant |
|  |  |  |  |  |

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**Officer Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **O-3** | **O-3** | **O-3** | **O-3** | **O-3** |
| Lieutenant | Captain | Lieutenant | Captain | Captain |
|  |  |  |  |  |
| **O-4** | **O-4** | **O-4** | **O-4** | **O-4** |
| Lieutenant Commander | Major | Lieutenant Commander | Major | Major |
|  |  |  |  |  |

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**Officer Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **O-5** | **O-5** | **O-5** | **O-5** | **O-5** |
| Commander | Lieutenant Colonel | Commander | Lieutenant Colonel | Lieutenant Colonel |
|  |  |  |  |  |
| **O-6** | **O-6** | **O-6** | **O-6** | **O-6** |
| Captain | Colonel | Captain | Colonel | Colonel |
|  |  |  |  |  |

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**Officer Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **O-7** | **O-7** | **O-7** | **O-7** | **O-7** |
| Rear Admiral (Lower Half) | Brigadier General | Rear Admiral (Lower Half) | Brigadier General | Brigadier General |
|  |  |  |  |  |
| **O-8** | **O-8** | **O-8** | **O-8** | **O-8** |
| Rear Admiral | Major General | Rear Admiral | Major General | Major General |
|  |  |  |  |  |

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**Officer Ranks**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navy** | **Marine Corps** | **Coast Guard** | **Army** | **Air Force** |
| **O-9** | **O-9** | **O-9** | **O-9** | **O-9** |
| Vice Admiral | Lieutenant General | Vice Admiral | Lieutenant General | Lieutenant General |
|  |  |  |  |  |
| **O-10** | **O-10** | **O-10** | **O-10** | **O-10** |
| Admiral | General | Admiral | General | General |
|  |  |  |  |  |

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**Officer Rank Abbreviations**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Navy / Coast Guard** | **Marine Corps** | **Army** | **Air Force** |
| **O-1** | ENS | 2ndLt | 2LT | 2d Lt |
| **O-2** | LTJG | 1stLt | 1LT | 1st Lt |
| **O-3** | LT | Capt | CPT | Capt |
| **O-4** | LCDR | Maj | MAJ | Maj |
| **O-5** | CDR | LtCol | LTC | Lt Col |
| **O-6** | CAPT | Col | COL | Col |
| **O-7** | RDML | BGen | BG | Brig Gen |
| **O-8** | RADM | MajGen | MG | Maj Gen |
| **O-9** | VADM | LtGen | LTG | Lt Gen |
| **O-10** | ADM | Gen | GEN | Gen |

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**U.S. Navy Ships**

**Aircraft Carriers (CVN)**

Nimitz Class

Gerald Ford Class

**Guided Missile Cruisers (CG)**

Ticonderoga Class

**Guided Missile Destroyers (DDG)**

Arleigh Burke Class (Flight I, II, IIA, III)

Zumwalt Class

**Littoral Combat Ships (LCS)**

Freedom Class

Independence Class

**Amphibious Command Ships (LCC)**

Blue Ridge Class

**Amphibious Transport Dock (LPD)**

San Antonio Class

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**U.S. Navy Ships**

**Amphibious Assault Ships (LHA)**

LHA(R) Class

Tarawa Class

**Amphibious Assault Ships (LHD)**

Wasp Class

**Dock Landing Ships (Lsd)**

Harpers Ferry Class

Whidbey Island Class

**Mine Countermeasures Ships (MCM)**

Avenger Class

**Patrol Coastal Ships (PC)**

Cyclone Class

**Landing Craft, Air Cushion (LCAC)**

**Landing Craft, Utility (LCU)**

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**U.S. Navy Submarines**

**Attack Submarines (SSN)**

Virginia Class

Seawolf Class

Los Angeles Class

**Fleet Ballistic Missile Submarines (SSBN)**

Ohio Class

**Guided Missile Submarines (SSGN)**

Ohio Class

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**U.S. Navy Aircraft**

**Logistics**

C-130 Hercules

C-2A Greyhound

**Electronic Warfare**

EA-6B Prowler

EA-18G Growler

**Command & Control**

E-6B Mercury

**Anti-Submarine Warfare**

P-3C Orion

P-8A Poseidon

**Early Warning & Control**

E-2C/D Hawkeye

**Signals Intelligence Reconnaissance**

EP-3E (ARIES II)

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**U.S. Navy Aircraft**

**Fighter**

F/A-18E/F Super Hornet

E/A-18G Growler

F-35C Lightning II

**Helicopters**

MH-53E Sea Dragon

MH-60R/S Seahawk

CMV-22B Osprey (Future)

mq8 (Unmanned)

**Early Warning**

E2C/D Hawkeye

**Maritime Patrol and Reconnaissance**

P3C Oriion

P8 Poseidon

Ep3E Aries

Bams-D (Unmanned)

Mq4-C Triton (Future-Unmanned)

**Specialized Aircraft**

E6B Mercury

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**U.S. Marine Corps Aircraft**

**Logistics**

C-130 Hercules

KC-130J Super Hercules

**Electronic Warfare**

EA-6B Prowler

**Fighter**

F/A-18C/D Hornet

F/A-18E/F Super Hornet

F-35B Lightning II

AV-8B Harrier II

**Helicopters**

AH-1Z Cobra

HH/UH-1n Iroquois

Ch-53E/K Super Stallion

MV-22A Osprey

**Unmanned Aircraft Systems (UAS)**

RQ-7B Shadow

MQ-21A Blackjack

RQ-11B Raven

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**U.S. Marine Corps Vehicles**

**Assault**

M1A1 Abrams Tank

Light Armored Vehicles (LAV-25)

Amphibious Assault Vehicle (AAV-7)

Assault Breacher Vehicle (ABV)

**Logistics/Personnel Carriers**

Medium Tactical Vehicle Replacement (MTVR)

Logistics Vehicle System Replacement (LVSR)

Mine Resistant Ambush Protected Vehicle (MRAP)

High Mobility Multipurpose Wheeled Vehicle (HMMVW)

MRAP All-Terrain Vehicle (MATV)

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**U.S. Marine Corps Weapons**

M9 Pistol (9mm)

M4 Rifle (5.56mm)

M16A4 Rifle (5.56mm)

M249 Squad Automatic Weapon (5.56mm)

M27 Infantry Automatic Rifle (5.56mm)

M203 Grenade Launcher (40mm)

M32 Grenade Launcher (6 Shot (40mm))

M240B Machine Gun (7.62mm)

M2 Machine Gun (.50 Caliber)

MK 19 Automatic Grenade Launcher (40mm)

M224 60mm Mortar

M252 81mm Mortar

M777 155mm Howitzer

M136 AT-4 Anti-Tank Missile

BGM-71 TOW Anti-Tank Missile

Shoulder Launched Multipurpose Assault Weapon (SMAW)

FGM-148 Javelin Anti-Tank Missile

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**Phonetic Alphabet**

**A** – Alfa (AL-fah) **N** – November (no-VEM-ber)

**B** – Bravo (BRAH-vo) **O** – Oscar (OSS-ker)

**C** – Charlie (CHAR-lee) **P** – Papa (pah-PAH)

**D** – Delta (DELL-tah) **Q** – Quebec (kay-BECK)

**E** – Echo (ECK-oh) **R** – Romeo (ROW-me-oh)

**F** – Foxtrot (FOKS-traht) **S** – Sierra (see-AIR-rah)

**G** – Golf (GOLF) **T** – Tango (TANG-go)

**H** – Hotel (hoh-TELL) **U** – Uniform (YOU-nee-form)

**I** – India (IN-dee-ah) **V** – Victor (VIK-ter)

**J** – Juliett (JEW-lee-ett) **W** – Whiskey (WISS-key)

**K** – Kilo (KEY-loh) **X** – Xray (ECKS-ray)

**L** – Lima (LEE-mah) **Y** – Yankee (YANG-key)

**M** – Mike (MIKE) **Z** – Zulu (ZOO-loo)

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**First Aid**

|  |  |  |
| --- | --- | --- |
| **Injury** | **Signs/Symptoms** | **First Aid** |
| Dehydration | Similar to heat exhaustion. | 1. Keep warm.  2. Casualty needs fluid replacement, rest, and prompt medical aid. |

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**First Aid**

|  |  |  |
| --- | --- | --- |
| **Injury** | **Signs/Symptoms** | **First Aid** |
| Heat Cramps | The casualty experiences muscle cramps of the arms, legs, and/or stomach. The casualty may also have excessive sweating | 1. Move the casualty to a cool shady area or improvise shade and loosen clothing.  2. Have him drink at least one canteen full of cool water slowly.  3. Monitor the casualty and give him more water as tolerated. |

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**First Aid**

|  |  |  |
| --- | --- | --- |
| **Injury** | **Signs/Symptoms** | **First Aid** |
| Heat Exhaustion | The casualty experiences heavy sweating with pale, moist, cool skin; headache, weakness, dizziness, and/or loss of appetite, heat cramps, nausea (with or without vomiting), urge to defecate, chills (goose-flesh), rapid breathing, confusion, and tingling of the hands and/or feet. | 1. Move the casualty to a cool shady area or improvise shade and loosen or remove his clothing.  2. Pour water on him and fan him to permit the coolant effect of evaporation.  3. Have him slowly drink at least one canteen full of cool water.  4. Elevate the casualty’s legs.  5. Seek medical assistance if symptoms continue; monitor until symptoms are gone or medical assistance arrives. |

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**First Aid**

|  |  |  |
| --- | --- | --- |
| **Injury** | **Signs/Symptoms** | **First Aid** |
| Heatstroke  (Sunstroke) | The casualty stops sweating (red [flushed] hot, dry, skin). He first may experience headache, dizziness, nausea, fast pulse and respiration, seizures, and mental confusion. He may collapse and suddenly become unconscious. **This is a medical emergency.** | 1. Move the casualty to a cool, shady area or improvise shade and loosen or remove his clothing, remove the outer garments and protective clothing if the situation permits.  2. start cooling the casualty immediately. Spray or pour water on him. fan him. massage his extremities and skin.  3. elevate his legs.  4. If conscious, have him slowly drink at least one canteen full of cool water.  5. Seek medical aid. Continue cooling while awaiting transport and continue first aid while en route. |

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**First Aid**

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| **Injury** | **Signs/Symptoms** | **First Aid** |
| Hypothermia | Casualty is cold. Shivering. Core temperature is low. Consciousness may be altered. Uncoordinated movements may occur. Shock and coma may result as body temperature drops. | 1. Rewarm body evenly and without delay. (Need to provide heat source; casualty’s body unable to generate heat).  2. Keep dry, protect from the elements.  3. Warm (not hot) liquids may be given gradually (to conscious casualties only).  4. Be prepared to start basic life support measures for the casualty.  5. Seek medical treatment immediately. |

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**First Aid**

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| **Injury** | **Signs/Symptoms** | **First Aid** |
| Severe  Hypothermia | Casualty is cold. Shivering. Core temperature is low. Consciousness may be altered. Uncoordinated movements may occur. Shock and coma may result as body temperature drops. | 1. Stabilize the temperature.  2. Attempt to avoid further heat loss.  3. Handle the casualty gently.  4. Evacuate to the nearest medical treatment facility as soon as possible.  5. **Warning: Hypothermia is a medical emergency. Prompt medical attention is necessary.** |

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**First Aid**

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| **Injury** | **Signs/Symptoms** | **First Aid** |
| Frostbite | numb feeling in any part of the body. Sudden whitening of the skin of the affected part, followed by a momentary tingling sensation. redness or grayish coloring of skin. Blisters. Swelling or tender areas. Loss of previous sensation of pain in the affected area. Pale yellowish, waxy-looking skin. Frozen tissue that feels solid (wooden) to the touch. | 1. Warm the area at the first sign of frostbite, using firm, steady pressure of the hand, underarm, or abdomen.  2. Face, ears, nose: cover area with hands (casualty’s own or buddy’s).  3. Hands: open jacket and place casualty’s hands against his body, then close the jacket to prevent heat loss.  4. Feet: remove the casualty’s boots and socks and place his feet against the body of another service member. |

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**First Aid**

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| **Injury** | **Signs/Symptoms** | **First Aid** |
| Frostbite  (Cont.) | numb feeling in any part of the body. Sudden whitening of the skin of the affected part, followed by a momentary tingling sensation. redness or grayish coloring of skin. Blisters. Swelling or tender areas. Loss of previous sensation of pain in the affected area. Pale yellowish, waxy-looking skin. Frozen tissue that feels solid (wooden) to the touch. | 5. **Warning: Do not attempt to thaw the casualty’s feet or other frozen areas. thawing in the field increases the possibility of infection, gangrene, or injury.**  6. Loosen or remove constricting clothing and remove any jewelry.  7. Increase insulation (cover with blanket or other dry material). Ensure casualty exercises as much as possible, to avoid trauma to injured part. |

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**First Aid**

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| **Injury** | **First Aid** |
| Bee Sting | 1. If the stinger is present, remove by scraping with a knife or fingernail. Do not squeeze venom sac on stinger; more venom may be injected.  2. Remove all jewelry from affected part, if applicable.  3. Wash the area.  4. Apply ice or freeze pack, if available.  5. If allergic signs or symptoms appear, be prepared to perform basic life support measures. Seek immediate medical assistance. |
| Brown Recluse or Black Widow Spider Bite | 1. Keep casualty quiet.  2. Remove all jewelry from affected part, if applicable.  3. Wash the area.  4. Apply ice or freeze pack, if available.  5. Seek medical assistance. |

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**Weapon Safety Rules/Conditions**

1) Treat every weapon as if it were loaded.

2) Never point the weapon at anything you do not intend to shoot.

3) Keep your finger straight and off the trigger until you are ready to fire.

4) Keep your weapon on safe until you intend to fire.

\* (Know your target, what lies beyond it and in between)

**Condition 1-** Round in chamber, Bolt forward, Magazine inserted, Weapon on safe, Ejection port cover closed.

**Condition 2-** Not applicable to the M16.

**Condition 3-** Chamber Empty, Bolt forward, Magazine inserted, Weapon on safe, Ejection port cover closed.

**Condition 4-** Chamber Empty, Bolt forward, No magazine inserted, Weapon on safe, Ejection port cover closed.

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**NAVY TERMINOLOGY**

**ADRIFT** - Loose from moorings and out of control, anything lost or out of hand.

**AFT -** Towards the stern (tail) of a ship.

**ALL HANDS -** The entire ship’s company, both Officer and Enlisted.

**AYE, AYE -** Response acknowledging the understanding of a command/statement.

**BARRACKS -** A building where Sailors live when ashore.

**BELOW -** Downstairs, like the next deck below.

**BLACKSHOE -** Non-aviation rate for Enlisted personnel as well as Officers. A “shoe” is a ship driver/Surface Warfare Officer.

**BOATWAIN'S MATE -** The oldest rate in the Navy, Boatswain’s Mates (BM) are “jack-of-all-trades” Sailors who perform general seamanship duties on board Navy ships – everything from ship maintenance to loading/unloading cargo and supplies.

**BOW -** The forward part of a ship or boat.

**BROWNSHOE -** Aviation rate Enlisted personnel.

**BULKHEAD -** The wall.

**BUNK -** A bed.

**CARRY ON -** An order to resume work or duties.

**CHIT -** Forms used to request taking leave, a day off, etc.

**CHOW HALL**(MESS DECK) A place to eat.

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**NAVY TERMINOLOGY**

**COLORS -** Raising and lowering of the National Ensign, the American flag and organization flags.

**DECK -** The floor.

**FAST -** Snugly secured.

**FATHOM -** A unit of length equal to 6 feet used for measuring the depth of water.

**FIELD DAY -** Full-blown cleaning, sort of like spring cleaning in overdrive.

**FIRST LIEUTENANT -** The Officer responsible to the XO for the deck department/division aboard ship.

**FLAG OFFICER -** Any commissioned Officer in pay grade 0–7 or above.

**GALLEY** The kitchen.

**GANGWAY-**An opening in the bulwark or lifeline that provides access to a brow or accommodation ladder; when shouted means to get out of the way.

**GENERAL QUARTERS -** Battle Stations.

**HATCH** door.

**HEAD -** restroom.

**LADDER -** A device to move personnel from one level to another. Stairs.

**LEAVE -** Authorized absence, like vacation.

**LIBERTY** Permission to leave the base

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**NAVY TERMINOLOGY**

**LIFELINE -** Lines erected around the weather decks of a ship to prevent personnel from falling or being washed over the side.

**MESS DECK -** The crew’s dining area.

**OVERHEAD -** The ceiling.

**PASSAGEWAY -** A hallway.

**PORT -** A place on a waterway with facilities for loading and unloading ships.

**PORT SIDE -** The left side of a nautical vessel.

**QUARTERS -** Assembling all hands for muster. Also refers to a home on base, a residence.

**RACK -** A bed.

**RATING -** A job specialty title.

**REVEILLE** A signal signifying the start of a workday.

**SECURE -** To stop or quit work.

**STARBOARD -** The right side of a nautical vessel.

**STERN -** The aft part (rear) of a ship or boat.

**SWEEPERS -** Cleaning ritual that involves sweeping assigned

areas.

**SWAB -** A mop.

**TAPS** - Lights out, time for sleep.

\*See ALSA Brevity Guide for further joint terminology\*

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**USN / USMC REFERENCE LIST**

**NROTC Program:**  NSTC M-1533.2A Regulations for Officer Development (ROD)

**Key Service Websites:**

**USMC** – <http://www.hqmc.marines.mil/>

**USN**  – <http://www.navy.mil/>

**Navy Personnel Command** – <http://www.public.navy.mil/bupers-npc/Pages/default.aspx>

**Physical Fitness:**

**USMC** – <https://fitness.usmc.mil/SitePages/Home-new.aspx>

– MCO 6100.13

**USN**  – <http://www.navyfitness.org/>

– OPNAVINST 6110.1J

**Uniform Regulations:**

**USMC** – MCO P1020.34G

**USN** – NAVPERS 15665I

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**USN / USMC REFERENCE LIST cont.**

**Performance Evaluation Systems:**

**USMC** – MCO 1610.7 Performance Evaluation System (PES)

**USN** – BUPERSINST 1610.10D Navy Performance Evaluation System

**Naval Writing:**

-Department of the Navy Correspondence Manual (SECNAV M-5216.5)

 -Department of the Navy Standard Subject Identification Code (SSIC) Manual (SECNAV M-5210.2)

-Naval Writing Guide (Naval Institute Press)

**Other:**

**-**Navy Regulations

   -Uniform Code of Military Justice (UCMJ)

-OPNAVINST 3120.32D Standard Organization and Regulations of the U.S. Navy (SORM)

   -Military Personnel Manual (MILPERSMAN)

   -Joint Travel Regulations (JTR)

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