

SHIP SYSTEM Human Digestion 120	SUBSYSTEM Organic Solid Waste Disposal System 1000	MRC CODE 1000 D-1R	
SYSTEM Rectal Canal 1000	EQUIPMENT Rectum, Anus 1000	RATES MCPON/SR	M/H 0.75
MAINTENANCE REQUIREMENT DESCRIPTION 1. Perform bowel movement.		TOTAL M/H 0.75 ELAPSED TIME 0.75	
SAFETY PRECAUTIONS 1. Forces afloat comply with NAVOSH Program Manual for Forces Afloat, OPNAVINST 5100.19 series; shore activities comply with NAVOSH Program Manual, OPNAVINST 5100.23 series. 2. Ensure all tag-out procedures are in accordance with current shipboard instructions. 3. Avoid inhalation of, ingestion of, skin contact with, and eye contact with hazardous materials. Avoid use near heat or open flame and provide adequate ventilation. Consult work center supervisor if unsure whether ventilation is adequate and if respiratory protection is necessary. 4. Avoid repeated/prolonged skin contact with hazardous materials. Wash affected areas with <u>soap and water</u> upon completion of task or prior to eating, drinking, smoking, or applying cosmetics. 5. Respiratory protective equipment must be worn if exhaust ventilation (fixed or portable) is not in operation or is inadequate. If unsure whether ventilation is adequate, consult work supervisor.			
TOOLS, PARTS, MATERIALS, TEST EQUIPMENT		PAGE 1 OF 6	
MATERIALS 1. [0292] Paper, wiping 2. [1144] Tag, safety (as required) 3. [2826] Gloves, disposable 4. [2277] Magazine, reading (as required) 5. [1348] Talcum powder	TOOLS 1. [0892] Mirror, inspection, 2-1/4" dia glass, adjustable length handle 2. [1161] Scraper, ship, Type 1, carbon steel, angle bent end		
DISTRIBUTION STATEMENT D Distribution authorized to DOD components and DOD contractors only; critical technology; June 1997. Other requests for this document shall be referred to Naval Sea Systems Command (SEA 04TD). Destroy by any method that will prevent disclosure of contents or reconstruction of the document.		67	
LOCATION		DATE June 1997	N

HAZARDOUS MATERIALS CONTROL STATEMENT (U) The Hazardous Material Users Guide (HMUG), OPNAV P-45-110-(), provides additional control measures, precautions, personal protective equipment (PPE), and spill controls for the hazardous material(s) identified in the Tools, Parts, Materials, Test Equipment Block. Maintenance personnel shall determine if additional PPE is necessary to accomplish the MRC and take appropriate action to obtain and wear such PPE to ensure the safety of maintenance personnel. Report any deficiencies via PMS feedback report.	
TOOLS, PARTS, MATERIALS, TEST EQUIPMENT (Contd) MISCELLANEOUS 1. [1365] Technical manuals/drawings (Technical Directive for Anatomical Digestion and Rectal Use, NAVSEA S6430-MY-ASS-010, Vol 3) 2. [3707] Goggles, industrial 3. [2274] Pail, utility 4. [3657] Feces, waste product, MIL-J-35050, Hazardous Materials User's Guide (HMUG) Group 3, Disposal Method 3	
NOTE: Numbers in brackets can be referenced to Standard PMS Materials Identification Guide (SPMIG) for stock number identification.	
PROCEDURE NOTE 1: Accomplish daily or more frequently if necessitated by adverse conditions. NOTE 2: Basic Anatomical Digestion and Rectal Use Booklet, NAVSEA S6430-MY-ASS-010, Vol 3, contains detailed steps, illustrations, and procedures for accomplishing inspection and maintenance on the rectal tract and should be used in conjunction with this MRC. NOTE 3: Due to variations in individual rectal tracts, Work Center Supervisor review MRC; omit step(s) not applicable to your configuration.	
PRELIMINARY a. Obtain permission from Work Center Supervisor prior to removing person from readiness condition. b. Report all discrepancies to Work Center Supervisor and Corpsman, as applicable. c. Tag-out is only necessary if person falls under criteria found in table 1.	
WARNING: Ensure all tag-out procedures are in accordance with current shipboard instructions.	
PAGE 2 OF 6	
BETN	
N	

PROCEDURE (Contd)

- d. Close all entrances to effected head and tag "Head is Secure During Hazardous Poop."
- e. Inspect toilet and verify proper operation.
- f. Verify toilet seat is intact and that it is free from foreign debris.

NOTE 4: If toilet is inoperable or simply unavailable, a utility pail may be used instead.

WARNING: Respiratory protective equipment must be worn if exhaust ventilation (fixed or portable) is not in operation or is inadequate. If unsure whether ventilation is adequate, consult work supervisor.

g. Verify proper ventilation.

1. Perform Bowel Movement.

a. Remove clothing.

- (1) Unlock/remove any belt or fastener holding pants; this includes: zippers, buttons, etc.
- (2) Drop pants to ankle level; ensure there is sufficient freedom of movement to bend at waist and knees.
- (3) Lower underwear, if applicable.

b. While maintaining balance, lower buttocks to toilet seat. Buttocks should be placed in center of seat with sufficient room for feces to clear toilet seat. Maintain a comfortable sitting position. Crossing legs, however, is not advisable during procedure.

c. Open magazine and read various interesting articles to occupy time/aid in movement of bowels, as required.

CAUTION: An additional by-product of digestion is in the form of a gas, which can erupt at a violent rate. Exercise extreme caution when flexing the appropriate muscles, and do not allow pressure in excess of 10 psi to build up in the rectum.

d. Flex appropriate muscles in the lower buttocks/pelvic region to facilitate expulsion of feces. Depending upon consistency of feces, varying degrees of muscular effort may be required. Be wary of gas pockets that can form in the digestive tract. Remain calm and do not panic if such gases erupt.

NOTE 5: Step 1.e. may occupy 8-50 minutes depending upon person and food type previously consumed.

PAGE 3 OF 6

BETN

N

PROCEDURE (Contd)

- e. Continue viewing magazine, if applicable, and flexing appropriate muscles until an "empty" feeling is detected in the rectum. This can be characterized by any of the following symptoms:
 - (1) A feeling of lightness is detected.
 - (2) Anus has puckered-up to original state of rigidity.
 - (3) 50 minutes have passed without any substance being expelled.
 - (4) Magazine, if applicable, has ceased to be interesting.
- f. Examine buttocks with inspection mirror. If clumps of feces larger than 1/2 square inch are adhered to buttocks, proceed to step 1.g.; if not, go to step 1.h.
- g. Dislodge feces.
 - (1) While still maintaining buttocks over toilet, carefully jiggle posterior region of body until feces dislodges. If feces dislodges successfully go to step 1.h.; if not, proceed to step 1.g.(2).

WARNING: Avoid inhalation of, ingestion of, skin contact with, and eye contact with hazardous materials. Avoid use near heat or open flame and provide adequate ventilation. Consult work center supervisor if unsure whether ventilation is adequate and if respiratory protection is necessary.

(2) Put on goggles and gloves.

CAUTION: Clumps of feces are sticky and can be very messy, exercise extreme caution while removing clumps.

(3) Using bent end scraper, carefully remove clump(s) of feces from buttocks.

NOTE 6: Feces is typically only one shade of color. Do not be alarmed, however, if other completely different colors are noted - this frequently occurs when various foods are consumed.

WARNING: Avoid repeated/prolonged skin contact with hazardous materials. Wash affected areas with soap and water upon completion of task or prior to eating, drinking, smoking, or applying cosmetics.

CAUTION: Even if feces looks or smells appealing, do not touch or play with feces, sickness or loss of friends could result.

h. Clean anal area.

- (1) Put on gloves and goggles, if applicable.

PAGE 4 OF 6

BETN

N

- (2) Wipe feces from buttocks using paper. Focus on the area immediately surrounding the anus where feces should be the most concentrated. Do not wipe briskly or harshly; spreading of feces can occur and/or general irritation of the anal area.
- (3) Use as sufficient an amount of paper as necessary until no fecal residue is left on the buttocks. Discard all paper into toilet after use.
- i. Examine buttocks with inspection mirror. If redness or irritation is noted proceed to step 1.j.; if not, go to step 1.k.
- j. Apply a liberal amount of talcum powder to red/irritated area. If redness or irritation persists, notify Work Center Supervisor and Corpsman, as applicable.
- k. Remove gloves and goggles.
- l. Put on clothing.
 - (1) Pull underwear up to appropriate comfortable position, if applicable.
 - (2) Repeat step 1.l.(1) for pants and reattach fasteners that were undone in step 1.a.(1).
- m. Process contents of toilet.
 - (1) Ensure all feces is contained within lower bowl of toilet. If feces is found on toilet seat or area surrounding toilet, check-out loaded pistol from armory and discharge at forehead; if not, proceed to step 1.m.(2).
 - (2) Operate toilet flushing mechanism as many times as necessary to dispose of toilet contents.
- n. Gas Free Engineer certify space is gas free in accordance with current shipboard instructions.
- o. Remove safety tag(s), if applicable, and return person to readiness condition.
- p. Notify Work Center Supervisor that person has returned to readiness condition.

If Person falls under following characteristics, then tag-out is necessary.
1) Prior bowel movement caused the head to evacuate. 2) 1-2 hours after eating a meal, no one approaches as a result of profuse gas leakage. 3) "Courtesy flush" is commonly heard during bowel movement. 4) Any form of Mexican food was consumed during preceding day. 5) Underwear continues to no longer be original white shade of color. 6) D-1R has been neglected for a while.

Table 1. Criteria Governing Tag-Out

DISPOSAL METHODS FOR HAZARDOUS MATERIAL/WASTE IDENTIFIED IN THE TOOLS, PARTS, MATERIALS, AND TEST EQUIPMENT BLOCK

Method 3: Discharge overboard outside of 12 nm of U.S. shore. Instructions on discharge in foreign water should be requested from Shipboard Hazardous Waste Coordinator. If material is an acid or alkali, follow neutralization instructions in Naval Ships' Technical Manual (NSTM) S9086-T8-STM-010/CH-593, Pollution Control. Store packaging and containers for reuse or dispose as solid waste, in accordance with NSTM, Chapter 593.