What is Low-Level Blast?
Blast generated from firing heavy weapon systems or explosives in combat or training environments. LLB exposure is not the same as a concussion/mild traumatic brain injury.

LLB Exposure May Cause
- Concentration problems
- Irritability
- Memory problems
- Slowed thinking/slow reaction time
- Decreased hand-eye coordination
- Difficulty hearing
- Headaches
- Tinnitus (ringing in the ears)

What Should Service Members Do?

Recognize
- There are specific military occupations at high risk for exposure.
- Certain heavy weapon systems have been identified as generating the most LLB exposure.
- There are ammunition firing limits for the weapon systems that you use.
- LLB exposure can vary depending upon your firing position and other environmental conditions.

Limit
- Limit exposure to as low as reasonably achievable by:
  - Keeping an appropriate distance from weapons being fired
  - Turning in unused ammunition (i.e., avoid SPENDEX)
  - Wearing appropriate protective equipment (e.g., helmet, hearing protection)
  - Adhering to weapon system firing limits

Report
- Symptoms from LLB exposure typically resolve with time.
- If your symptoms persist and impact your daily function, inform your command and medical provider.
- Report to medical provider should include:
  - Duration of exposure
  - Number of blasts
  - Years in high-risk occupation/unit (e.g., MOS/NEC/AFSC)
  - Symptom details and duration
- Refer to health.mil/TBIfactsheets for additional resources
Military Occupations* and Heavy Weapon Systems That Can Expose You to LLB

- Armor, Artillery, and Gunnery
- Combat Engineer
- Breaching Charges
- Shoulder Mounted Weapons
- Explosive Ordnance Disposal
- Special Operations Forces
- Infantry
- Military Training Instructor
- Medical Assets Attached to Expeditionary Units
- .50 Caliber Weapons
- Indirect Fire Weapons

*MOS terminology may vary by service

Research is still emerging on the potential health effects of LLB exposure from heavy weapon systems. This fact sheet guidance is intended to raise LLB awareness and not meant to restrict mission-essential training.