

## PREFACE

This manual is designed to help unit leaders identify, counter, and minimize the degrading effects of fatigue and stress on unit operations.

It describes what must be done to prepare for deployment, night operations, and continuous operations (CONOPS). It addresses soldier readiness and unit preparedness during training, deployment, combat, and post-combat operations. It presents methods to sustain soldier, team, and unit effectiveness during CONOPS.

The proponent of this publication is the Directorate of Training and Doctrine, US Army Soldier Support Center, Fort Benjamin Harrison, IN. Send comments and recommendations on DA Form 2028 (Recommended Changes to Publications and Blank Forms) directly to Commander, Soldier Support Center, ATSG-DT, Fort Benjamin Harrison, IN 46216-5590.

Unless this publication states otherwise, masculine nouns and pronouns do not refer exclusively to men.

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## **ACKNOWLEDGMENT**

The Effects of Continuous Operations Upon Military Performance of the Infantryman (Exercise "Early Call II"), Haslam, Diana Dr, UK Army Personnel Research Establishment, 1978.