

# 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](https://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



Explosive  
Ordnance Disposal  
Special Operations  
Forces



Shoulder  
Mounted  
Weapons



Infantry  
Military Training  
Instructor



.50 Caliber  
Weapons



Medical Assets Attached  
to Expeditionary Units



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.**



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