

A SAFETY REMINDER

brought to you by your friends at the
Sporting Arms and Ammunition Manufacturers' Institute, Inc. (SAAMI)

Q: Is it safe to shoot 5.56x45mm/5.56/5.56 NATO ammunition in a firearm chambered for 223 Remington (223 Rem)?

A: **No!** It is **not** safe to shoot “5.56” “5.56 NATO” or “5.56x45mm” (we’ll call these all simply “5.56”) ammunition in a firearm with a barrel marked as being chambered in 223 Remington for a number of reasons. The main reason being that a barrel marked as chambered in 223 Remington will have a shorter throat into the rifling than a “5.56” barrel which will cause increased pressure when the “5.56” ammunition is fired in it.

Q: Is it safe to shoot 223 Remington ammunition in a firearm chambered for 5.56?

A: **Yes.** It **is** safe to fire SAAMI-compliant 223 Remington ammunition in a firearm with a barrel marked as chambered in “5.56.”

As a rule of thumb always match the headstamp on the cartridge to the markings on the barrel. If you are unclear about which ammunition is appropriate to safely use in your firearm, consult the firearm’s owner’s manual, and/or contact the manufacturer for further guidance.

For further information please go to saami.org

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SPORTING ARMS AND AMMUNITION MANUFACTURERS' INSTITUTE, INC.
SINCE 1926

11 Mile Hill Road
Newtown, CT 06470-2359
saami.org