

EAST GATE EDITION

U.S. Army Corps of Engineers Far East District



Far East District achieves a first for U.S.-ROK construction history

The U.S. Army Corps of Engineers Far East District commemorated the successful completion of its latest project, C4I090, a secure facility, with an Acceptance Release Letter ceremony at USAG Humphreys, Pyeongtaek, Republic of Korea, Nov. 5.

FED Commander, Col. Christopher W. Crary gave opening remarks, “I can’t think of a better way to start the weekend than with an ARL ceremony...this has been a model project with few challenges. As with any project, it’s a tribe of communities that gets it done.” [READ MORE](#)

USACE project engineer recognized at Women of Color STEM Conference

Whether she’s picking through building code or picking up her children from daycare, Nicole Hill, the 2021 Women of Color STEM Conference Technology Rising Star awardee and a USACE Far East District project engineer, is a positive force that does not stop. [READ MORE](#)



Far East District experiences 2ID museum through the lens of Native American contributions

Each November, we reflect on the contributions and sacrifices that American Indian and Alaska Native Soldiers, civilians and family members have made throughout U.S. history.

For this year’s National American Indian and Alaska Native Heritage Month observance, U.S. Army Corps of Engineers, Far East District employees trekked to the Second Infantry Division (2ID) and Eighth Army Korea Theater of Operations Museum, located at U.S. Army Garrison Humphreys, Nov. 18. [READ MORE](#)



Growing leaders through the USACE Leadership Development Program

After the relocation of the U.S. Army Corps of Engineers Far East District headquarters, from Dongdaemun to Pyeongtaek in 2018, the outdoor greenspace that once was is alive again, thanks to the 2020-2021 USACE Leadership Development II Program. [READ MORE](#)



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CONGRATULATIONS ARE IN ORDER FOR

DANIEL D. FOLTZ



CHIEF, PROGRAM SUPPORT BRANCH (PSB), PPMD

Dan has served as a senior leader in Engineering Division, Construction Division, and Programs & Project Management Division. Most recently, Dan served a developmental assignment in the role of PSB Chief. His outstanding management skills and technical knowledge make him well-suited to lead this team.



Far East District
GOLF
TOURNAMENT

No one let rain, birdies or pars get in the way of having a good time!
Far East District hit the green to enjoy some good competition during the FED Fall Classic Golf Tournament at the Osan Air Base Golf Course, Nov. 8. Congrats to all the winners!





Happy Thanksgiving



FED KICKED OFF THE HOLIDAY SEASON WITH A THANKSGIVING POTLUCK, NOV. 19. THE FEAST COMPRISED OF FOOD FROM CULTURES AROUND THE WORLD. WE'RE PROUD TO HAVE A DIVERSE WORKFORCE FILLED WITH TALENTED PEOPLE WHO KEEP THE MISSION GOING.

TRUNK OR TREAT



The Far East District Southern Resident Office had a thrilling good time handing out candy at USAG Daegu's Trunk or Treat event, Oct. 30. SRO entertained over 500 attendees, during their walk through the "construction zone." Well done SRO! Way to get out into the community!





FED Safety Gram

November 2021 –Life-saving steps (First Aid)



CE-SOHMS Capability Objective #5 ID #37 (EMERGENCY ACTIONS)

Life-saving steps (Page 1 of 2)

Accidents happen anywhere and anytime. The first response to an accident is the most important. Often times, first aid given at the scene can improve the victim's chances of survival and a good recovery. PRE-EVENT – Be prepared and **know** the following:

- Emergency Numbers
- Your location
- Your activity

NOTE: 911 from your cell phone is the same as dialing 119 and will connect you to the Korean emergency responders. To reach U.S. responders using 911, call from a desk phone (DSN)

When an accident involving injuries or medical event occurs do the follow:

- 1 – Stay calm and take control of the scene
- 2 – Make the area safe for response to reduce secondary accidents (shut off equipment, chock vehicles, switch off electrical gear, and use any other emergency shutoff controls).
- 3 – Have someone call 911 from a desk phone or the local emergency number from a cell phone.
- 4 – If trained to do so, provide first aid to the victims
- 5 – Send flaggers to the major intersections to guide responders to the scene
- 6 – Keep victims calm and assured until emergency responders arrive
- 7 – Preserve the scene for investigation
- 8 – Gather all personnel information (name, unit, contact number, position, and email)



Image by wikihow.com

EMERGENCY RESPONSE	LOCATION	DSN	CELL
	Camp Humphreys	911	031-690-7911
	Area 4 (SRO)		0503-364-5911
	Osan (CRO)		0505-784-9111
	Kunsan (KRO)		063-470-4471
	Off-post	119	

➤ Unconscious Victims

If the victim is unconscious, perform rescue breathing.

1. Ensure that the person is face-up on a firm, flat surface
2. Check for breathing
3. Open the airway – Tilt head to past-neutral position, pinch nose shut and make a complete seal over the person's mouth with your mouth
4. Give 2 rescue breaths - Blow into the person's mouth for about 1 second, ensure that the chest rises
5. Continue 2 rescue breaths until Emergency rescue team arrives

* If the victim's heart has stopped beating, perform cardiopulmonary resuscitation (CPR) if you have been properly trained to do so.



Photo by American Red Cross

➤ Spotting a Heart Attack or Stroke

Have someone call 911 as soon as you recognize the situation, even if it is a potential one. Warning signs of a heart attack include chest discomfort that lasts for more than a few minutes or comes back more than once. This often feels like uncomfortable squeezing, fullness, pressure, or pain. Other warning signs include shortness of breath, cold sweat, lightheadedness, nausea, and/or discomfort in other areas of the body. Warning signs of a stroke include face drooping/numbness, arm weakness, and speech difficulty.



FED Safety Gram

November 2021 –Life-saving steps (First Aid)



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Life-saving steps (Page 2 of 2)

➤ Choking

To perform the Heimlich maneuver:

1. Stand behind the person and lean them slightly forward
2. Put your arms around their waist
3. Clench a fist and place it between their navel and rib cage
4. Grab your fist with your other hand



Image by Johns Hopkins medicine

5. Pull the clenched fist sharply backward and upward under their rib cage in 5 quick thrusts. Repeat until the object is coughed up

* For obese or pregnant persons, perform thrusts around the chest instead of the abdomen.

If someone is unconscious: 1. Place them on their back and kneel over them – 2. Place the heel of your hand slightly above the navel – 3. Place your other hand on top of it – 4. Give quick upward thrusts to dislodge the obstruction

➤ Shock

Shock usually accompanies severe injury or emotional upset. The signs are cold and clammy skin, pale face, chills, confusion, frequent nausea or vomiting and shallow breathing. Until emergency help arrives, have the victim lie down with the legs elevated. Keep the victim covered to prevent chilling or loss of body heat. Give non-alcoholic fluids if the victim is able to swallow and has not sustained an abdominal injury.

➤ External Bleeding

No matter the size of the bleeding, the key is to stop it as soon as possible. First, lay the person down and elevate the site of the bleeding. Apply continuous pressure with a clean cloth or bandage. Do this for 15 minutes. Do not look to see if the bleeding has stopped.

➤ Burns and Scalds

1. Flush the burned area with cool running water for several minutes. Do not use ice
2. Apply a light gauze bandage
3. Take ibuprofen or acetaminophen for pain relief if necessary
4. Do not break any blisters that may have formed
5. **Do not** apply ointments, butter, or oily remedies to a burn
6. Get the victim to a physician or hospital as soon as possible



Image by wikiphow.com

➤ Broken Bones

1. Don't try to straighten it
2. For a limb, use a splint and padding to immobilize it
3. Put a cold pack on the injury, with a barrier between it and the skin to prevent tissue damage. If ice is all that's available, put it in a plastic bag and wrap it in a shirt or towel
4. If it's an extremity, elevate it
5. Give anti-inflammatory drugs for pain

➤ Sprains

1. Immobilize the limb – 2. Apply a cold pack – 3. Elevate the injured part if you can do so safely – 4. See healthcare provider soon for further diagnosis and treatment

➤ Spinal Injuries

Take special care when helping a spinal injury victim. All damage to the spinal cord is permanent, because nerve tissue cannot heal itself. The result of nerve damage is paralysis or death. Do not move the limbs or body of a victim with a suspected spinal injury unless the accident scene is such that there is imminent danger of further injury or unless it is necessary to establish breathing. The victim's body should be stabilized to prevent any movement of the head, neck or body. Be aware that any movement of a victim with spinal injury may result in paralysis or death.