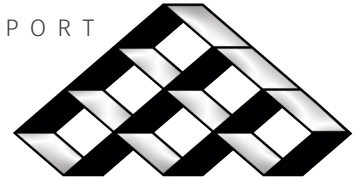


# COASTAL-FMC CURRENTS

NEWS AND HAPPENINGS FOR COASTAL & FMC TRANSPORT

## ISSUE 61



Katie Montgomery, Editor | January-February 2022 | [www.coastal-fmc.com](http://www.coastal-fmc.com)

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## COASTAL ENERGY PRESIDENT NAMED TO HALL OF FAME

FROM STAFF | [KIM.R@COASTAL-FMC.COM](mailto:kim.r@coastal-fmc.com)

**C**oastal Energy President and CEO David Montgomery has been inducted into the 2022 Hall of Fame for the Missouri Asphalt Pavement Association.

The MAPA Hall of Fame honors individuals who have made significant and lasting contributions to the asphalt industry in Missouri. MAPA says Hall of Fame inductees are those individuals who displayed a dedication, commitment, and undeniable passion for asphalt.

David was named to the Hall of Fame along with Phil Hocher of Pace Construction and Brady Meldrem with Norris Asphalt Paving.

The MAPA Hall of Fame includes individuals who have helped mold the industry, reshaping and improving the manner in which the industry operates. MAPA also honors individuals who have unselfishly and generously served MAPA and the asphalt industry; those who have demonstrated a consistent high standard of ethics; and individuals who have made outstanding contributions of time and or ideas to the industry.

David was born and raised in West Plains, Missouri, graduating from West Plains High School in 1967. He then attended Missouri State University and graduated with a bachelor of science in accounting. Following his graduation from college, David worked for Venture Stores in Springfield and then moved back to West Plains to work as an accountant for Paul Schwegman, CPA.



***Coastal Energy Corporation president and CEO David Montgomery, with his wife, Brenda.***

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In 1977, David made a career move that would ultimately determine the course of his professional life when he took a position with Southern Missouri Oil Company/Energy Sales as General Manager. After four years, David was able to purchase the company's assets, marketing and transportation operations. He renamed the new company Coastal Energy, and the rest, as they say, is history.

David and his wife, Brenda, relocated to Willow Springs along with the company in 1987. They have one son, Erik and his wife Katie, along with two granddaughters. In his free time, David loves being outside and working with the cows and horses on his farm.

## OPERATIONS UPDATE: MANY PROJECTS FOR NEW YEAR

FROM SHANE LEE | SHANE@COASTAL-FMC.COM

**T**he new year is up and running. Did you set any goals for yourself in the new year? I know I set a few personally that aren't necessarily new, but things I need to work harder at doing.

Some are professional goals, some personal, and some are just crazy hair-brained thoughts – like I will work out more and get in better shape. We all know that last one never works out! I don't do this for a "New Year's Resolution," but rather for a reference point or starting point for the year. I look for places I can improve my life and hopefully those that I care about. It's not like you will get the new year, new me thing, as in the end, I don't really want to change that much.

This winter, we have been working on many projects to make 2022 a better year for everyone. Here are a few of those updates:

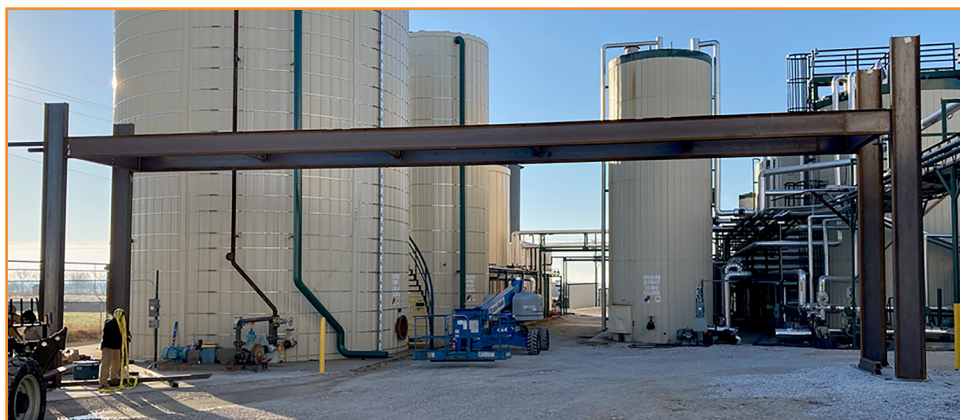
### Clinton, OK

A new generator was installed late in 2021 and fired up for the first time in January 2022. This generator is big enough to keep our plant running in the event of an area-wide power outage for any reason. This will help us



***A new generator was installed at the Clinton, OK facility in December.***

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***The new piping bridge was completed for Tank 59 at the Miller facility in January as well. This project will help prepare the facility for future growth.***

to ensure operations continue in the winter months if ice or snow become an issue. This also will allow for continued operations during the on-season for our customers, regardless of the local power grid.

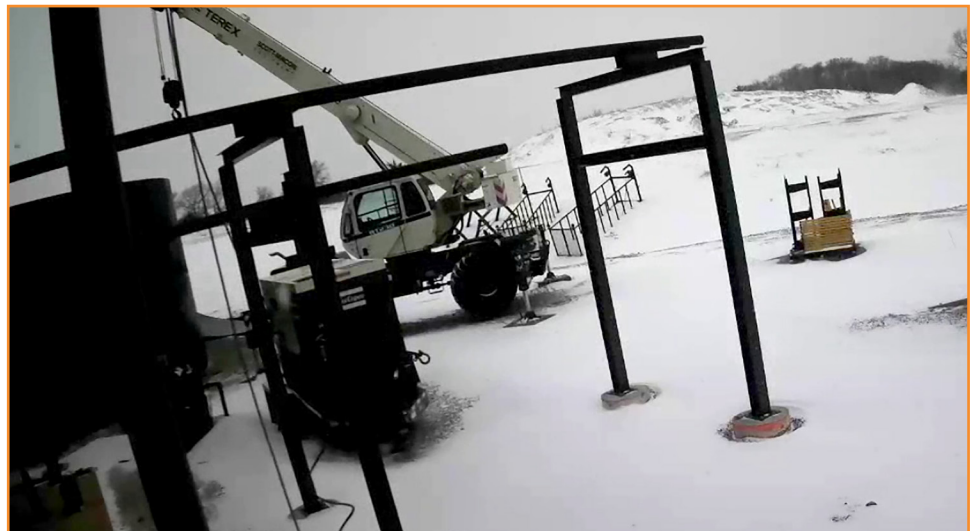
Additionally, two new tanks were started in January 2022. These new tanks will enhance our ability to store products and allow for greater diversity of products for our customers. The process will take about three and a half months to complete from start to finish, and we will be operational by the time season is ready to start.



***Above, two new tanks are under construction at the Clinton facility. The new piping bridge is pictured below.***

#### **Miller, MO**

A new piping bridge was installed along with steam and product lines to tank 59. This project has been part of a multi-year program to add storage and prepare for future growth. Work was done between December 2021 and the end of January 2022.



#### **Willow Springs, MO**

The new SBF tanks were finished at the end of January and will be ready for service as soon as electrical is complete and mixers are installed. This is a great improvement to the facility in Willow Springs, as it expands our storage capacity and also frees up additional tanks for asphalt storage.

#### **Yellville, AR**

Training on the transloader was done in January at the Willow Springs Rail Spur, and the property in Yellville has been prepped for the first product to arrive. Finishing touches are being put on everything now for an expected use early in February. We are all very excited about the new location, as it not only expands our coverage area for LPG, but also allows us to strategically place trucks for better service to the customer and means less empty miles to the trucks.

For all those who have been involved in these projects, a big thank you is needed. You have worked tirelessly through heat, cold, rain, and snow to get these projects done. You are very appreciated!

2022 looks to be a busy year on all fronts. We are looking forward to these new additions to the facilities being completed and seeing how they help. One of the biggest additions we need now is a few more drivers. Don't forget we have a referral bonus for anyone that can bring a new driver to the group.

We need everyone's help on this as we have work there, trucks to run, and customers to serve. If you know someone who might be interested, make sure to let one of us know. In addition to needing drivers, we are looking for some help at the Rail Spur, Tire Center, and Shop. If you or someone you know is interested, come see me and we can talk. We need everyone's help to keep on track!

# BENEFIT UPDATE: PLAN ON PREVENTIVE CARE THIS YEAR

FROM PHILIP CHAFIN | [PHILIP@COASTAL-FMC.COM](mailto:PHILIP@COASTAL-FMC.COM)



ello, everyone. I can't believe 2021 is gone and we're already into February. Time does not stand still and seems to be flying by. The new year is a time of new beginnings, and some have made New Year's resolutions. While you are thinking about changes (a new diet, healthier lifestyle, and better decisions), this would also be a good time to get a physical, eye exam, or dental exam.

## Physical exam

Physical exams are covered at 100% if they are billed as preventive. The best choice to ensure you will not incur any extra cost is at a Cox or SEMO Hospital facility. Clinics in these two networks are in our EPO and do not have a deductible or coinsurance. The only expense you could have is your maximum out-of-pocket amount of \$1,000, and that can only be reached by copays. The First Health PPO is your next best option, and feel free to contact me if you are not sure about a hospital or doctor. A physical at a PPO will be covered at 100% unless they do something that is not considered preventive. This could be an MRI, X-Ray, or some other procedure. These would fall under deductibles (\$1,000) and coinsurance (80/20) up to \$3,500 out-of-pocket. If you go out of network and they do a procedure that is not preventive, the first \$5,000 is your responsibility, and any balance billing would also be your responsibility. Please see the list below for preventive care benefits.

## Eye exam

Our Vision Insurance is through KCL and is called Davis Vision. This is a once-a-year type of coverage for an eye exam, glasses, or contacts. The closest doctor for Willow Springs is Matt Pigg at Wal-Mart in Mountain Grove and Houston. The best way to find who is in network is by visiting [KCLGroupBenefits.com](http://KCLGroupBenefits.com). Please let me know if you are having trouble finding an in-network doctor. You can go to a doctor that is out of network, but Davis Vision will only pay them a predetermined amount. You can also choose glasses and contacts that are not from Davis Vision, but you will have to pay any extra cost. Please see the following page for reasons to get an eye exam.

## Dental exam

Dental insurance is through KCL, and they have a broad network. Dental providers can also be found on [KCLGroupBenefits.com](http://KCLGroupBenefits.com). Cleanings are included in your premium for KCL at an in-network provider unless they have paid \$1,000 toward your dental work in the plan year. After they have paid \$1,000, you will not have additional coverage until the next plan year begins. You can increase this amount to \$1,500 per year if you complete the following: have one cleaning per year for two years straight and earn an additional \$250 per year. In the third year, you will have \$1,500 to spend toward your dental work. Please let me know if you have any questions about increasing your benefit. The health of your teeth can be a huge factor in the health of your whole body. See the following pages for reasons to have a dental checkup.

Confucius says: "The gem cannot be polished without friction, nor man perfected without trials."

Stay Healthy, Philip

# PREVENTIVE CARE BENEFITS FOR ADULTS

PROVIDED BY PHILIP CHAFIN | [LIST FROM HEALTHCARE.GOV](http://LIST.FROM.HEALTHCARE.GOV)



he following is a general list of preventive care items covered by most healthcare plans like our Coastal-FMC health insurance. If you have a question about preventive care, especially anything not listed below, ask Philip at [philip@coastal-fmc.com](mailto:philip@coastal-fmc.com).

1. Abdominal aortic aneurysm one-time screening for men of specified ages who have ever smoked.
2. Alcohol misuse screening and counseling.
3. Aspirin use to prevent cardiovascular disease and colorectal cancer for adults 50 to 59 years with a high cardiovascular risk.
4. Blood pressure screening.
5. Cholesterol screening for adults of certain ages or at higher risk.
6. Colorectal cancer screening for adults 45 to 75.
7. Depression screening.
8. Diabetes (Type 2) screening for adults 40 to 70 years who are overweight or obese.
9. Diet counseling for adults at higher risk for chronic disease.
10. Falls prevention (with exercise or physical therapy and vitamin D use) for adults 65 years and over, living in a community setting.

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11. Hepatitis B screening for people at high risk, including people from countries with 2% or more Hepatitis B prevalence, and U.S.-born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.
12. Hepatitis C screening for adults age 18 to 79 years.
13. HIV screening for everyone age 15 to 65, and other ages at increased risk.
14. PrEP (pre-exposure prophylaxis) HIV prevention medication for HIV-negative adults at high risk for getting HIV through sex or injection drug use.
15. Immunizations for adults — doses, recommended ages, and recommended populations vary:
  - Chickenpox (Varicella)
  - Diphtheria
  - Flu (influenza)
  - Hepatitis A
  - Hepatitis B
  - Human Papillomavirus (HPV)
  - Measles
  - Meningococcal
  - Mumps
  - Whooping Cough (Pertussis)
  - Pneumococcal
  - Rubella
  - Shingles
  - Tetanus
16. Lung cancer screening for adults 50 to 80 at high risk for lung cancer because they're heavy smokers or have quit in the past 15 years.
17. Obesity screening and counseling.
18. Sexually transmitted infection (STI) prevention counseling for adults at higher risk.
19. Statin preventive medication for adults 40 to 75 at high risk.
20. Syphilis screening for adults at higher risk.
21. Tobacco use screening for all adults and cessation interventions for tobacco users.
22. Tuberculosis screening for certain adults without symptoms at high risk.

## FIVE REASONS TO HAVE A QUALITY EYE EXAM

PROVIDED BY PHILIP CHAFIN | ARTICLE FROM [THEEYEASSOCIATES.COM](http://THEEYEASSOCIATES.COM)



our New Year's resolution may have included self-care and preventive care. One place to start is with a comprehensive eye exam, like those covered by the Coastal-FMC insurance plan offered through Davis Vision/Kansas City Life. The following are five reasons to have an exam.

**1) Even if you don't wear eyeglasses, you still need an eye exam.** Some sight-threatening eye diseases do not have early warning signs, and many can only be detected during a dilated eye exam. Some cataracts affect vision in such a gradual way that you do not notice the decreased vision. Half of all people with glaucoma are unaware that they even have the disease. Also, diabetics with diabetic retinopathy often do not experience symptoms when the disease is at its most treatable stage. Remember, the key to keeping good vision for a lifetime starts with early detection during an eye exam and early treatment.

**2) Eye exams detect other health problems too.** Most people don't know that many general health problems are often first detected during a routine comprehensive eye exam. The reason is that the eye is the only place where blood vessels can be viewed in their natural state without a surgical procedure. Changes in the blood vessels of the eye or fluctuations in vision sometimes lead to the first diagnosis of common diseases such as diabetes, high blood pressure, atherosclerosis (hardening of the arteries) and high cholesterol. Graves' disease is often first noticed as protruding eyes and double vision. Neurologic diseases such as MS may be first suspected when an eye doctor finds changes in the eye and the optic nerve. Even cancer and brain tumors, although rare, are sometimes detected during an eye exam.

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**3) Good vision increases safety.** Poor vision can have an adverse effect on many life issues, such as depression, increased car accidents, and drug-related errors, but none of these are more concerning to life than a fall. Falls are among the leading cause of death of people age 65+, and people with low vision are at even greater risk. Reduced contrast sensitivity, decreased depth perception, and a reduction in the field of vision can inhibit balance and one's ability to detect environmental hazards. Increased safety is one of the most compelling reasons to have an annual eye exam.

**4) Vision affects a child's success in life.** Did you know that 80% of all learning is through the visual system, and decreased vision can significantly affect educational success, athletic ability and even social interaction? Countless children receive poor grades simply because they cannot see the blackboard; causing them to lose a desire to learn, and even stunting their social skills. While most parents recognize the value of routine dental care, they often underestimate the importance of testing a child's vision.

**5) Changing eye-care technology.** We are living in a time when sight-saving technology is changing at an astonishing rate. Conditions once considered untreatable are now able to be corrected with cutting-edge technology. Just a few years ago, someone with wet macular degeneration would have lost most, if not all

their vision, but now they may be helped with sight-saving medications. A cataract surgery patient who has worn glasses their entire life now has a choice of a high-tech lens implant so they never have to wear glasses again. These are just a couple of examples of what is offered today.

*If you have questions or need more information about vision coverage through the Coastal-FMC insurance plan, contact Philip Chafin at [philip@coastal-fmc.com](mailto:philip@coastal-fmc.com).*



***There are many reasons to get regular eye exams, which are covered by the Coastal-FMC insurance plan.***

## TAKE CARE OF YOUR SMILE WITH REGULAR EXAMS

PROVIDED BY PHILIP CHAFIN | ARTICLE FROM [SARAH PALMER DDS.COM](https://sarahpalmerdds.com)

**S**elf-care and preventive care also includes dental health and regular exams. The health of your mouth is important to your overall health. For information about coverage under the Coastal-FMC dental insurance through Kansas City Life, contact Philip Chafin at [philip@coastal-fmc.com](mailto:philip@coastal-fmc.com).

**1. Check for cavities.** Don't wait until you're in unbearable pain before seeing the dentist. Your next dental exam appointment is the perfect opportunity for your dentist to detect cavities in their early stages. If left untreated, cavities can cause health complications like abscesses or even dangerous infections in your bloodstream. It's recommended that individuals visit the dentist at least twice a year so they can check for cavities and help you maintain good oral health.

**2. Save money with preventive dentistry.** The idea of preventive dentistry is to stop tooth decay, gum disease, and other oral health issues from happening in the first place. Dental exams provide regular opportunities for dentists to check your teeth for signs of tooth decay. That way, they can start treatment sooner to save your tooth. Preventive dentistry costs less because less work has to be done to repair teeth. The American Dental Association (ADA) recommends that most people visit the dentist at least once every six months. However, your dentist may recommend you visit more often if you have teeth or gum issues that need monitoring. It's much cheaper to pay for a routine dental exam to prevent oral health issues than to treat the issues themselves.



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**3. Get your teeth cleaned.** The ADA recommends that you brush your teeth twice a day and floss daily to remove dental plaque from your teeth. However, you'll still need to have your teeth professionally cleaned every six months. A dental hygienist can remove plaque and tartar hidden between teeth or along the gum line. If plaque has hardened into tartar, only a dental professional will be able to remove it from your smile using special tools. Teeth cleanings and dental exams go hand in hand at the dentist's office. If you schedule an appointment every six months as recommended, the dentist will be sure to give your teeth a thorough cleaning while they also check on your oral health.

**4. Prevent gum disease.** Not getting your teeth cleaned puts you at risk for gum disease such as gingivitis or the more serious periodontitis. If left untreated, gum disease can irritate or inflame your gums, often resulting in bleeding and swelling. Dentists should treat your gingivitis as soon as possible to prevent more advanced gum disease. Periodontitis is irreversible, so catching gum disease in its early stages is key to a full recovery. By seeing dentists regularly, they can monitor the health of your gums and help you adopt good oral hygiene habits to protect you from gum disease.

**5. Promote your overall health.** Did you know that your family dentist can detect early signs of diabetes, heart disease, and other health conditions? The health of your mouth is connected to your overall health. For example, people with diabetes are more likely to have cavities and gum disease due to high blood sugar. During your routine dental exam, dentists can also check for oral cancer.

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## VALENTINE'S DAY, FEBRUARY 14

*My command is this: Love each other as I have loved you. – John 15:12*

*Do everything in love. – 1 Corinthians 16:14*

*Above all, love each other deeply, because love covers over a multitude of sins. – 1 Peter 4:8*

*And now these three remain: faith, hope, and love. But the greatest of these is love. – 1 Corinthians 13:13*

*Love must be sincere. Hate what is evil; cling to what is good. – Romans 12:9*

*Be completely humble and gentle; be patient, bearing with one another in love. – Ephesians 4:2*

MY love for you  
WILL NEVER  
be shaken.  
— ISAIAH 54:10 —

January 2022

THE LATEST NEWS IN HEALTHCARE COMPLIANCE

## Biden Administration Requirement Over-The-Counter (OTC) COVID-19 Tests



This update is published by 90 Degree Benefits to provide a summary of significant development to our clients. It is intended to be information and does not constitute legal advice regarding any specific situation. Please consult with legal and/or tax advisors before applying this information to your situation. Confidential & Proprietary information of 90 Degree Benefits Company.

Under President Biden's action plan, over-the-counter (OTC) COVID-19 Tests are covered by your health plan starting January 15th. Please see the information below regarding your coverage options for OTC COVID-19 Tests.

Your Prescription Benefit Manager (PBM), Southern Scripts, has established a Direct Coverage Program that became effective on January 15th. You have the ability to present your pharmacy identification card to a contracted network pharmacy. Network pharmacies may then submit a claim for OTC COVID-19 tests through their point-of-sale system, which will result in a paid claim at no cost to you. Please note that this does not ensure a network pharmacy has tests available nor does it ensure the pharmacy has implemented operations to support claims submission and for this reason your PBM will also support reimbursement of OTC COVID-19 Tests purchased outside of the Direct Coverage Program through their standard manual claims process.

### **To complete the online form:**

1. Visit <https://portal.southernscripts.net/member/claim?direct=true>
2. Complete the form
3. Upload the receipt for the OTC COVID-19 Test
4. Submit form online.
5. You can also download the blank PDF form (<https://mypbm.net/ClaimReimbursementForm>) and fax the completed form to (318) 214-4190. Additional support is available via phone (800) 710-9341 or email [support@southernscripts.net](mailto:support@southernscripts.net). **Manual claims reimbursement is capped at \$12 per test and a max of 8 tests per person per 30 days.**

For detailed information about OTC COVID-19 Test coverage, we suggest reviewing the FAQs <https://www.cms.gov/files/document/FFCRA-Part-42-FAQs.pdf>. If you have any questions or concerns, please do not hesitate to contact Southern Scripts at (318) 214-4190, or 90-Degree Benefits Customer Care at (844) 341-7878.

■ ■ ■ The Right Turn For Your Benefits

***If you have questions about obtaining a COVID test  
or getting reimbursed for a test, please contact Philip  
Chafin at [philip@coastal-fmc.com](mailto:philip@coastal-fmc.com).***

# DOING IT RIGHT

Each month, many of you will experience Roadside Inspections. Congratulations to the following drivers who received an inspection with no violations!

## October

Bob Ferguson                      Level 2

## November

Danny Campbell                      Level 2

James Sullivan                      Level 2

Todd Nieznay                      Level 1

Jim Carter                      Level 1

## December

Bruce Batesel                      Level 3

Mike Goatcher                      Level 2

Patrick Lemmer                      Level 2

**GOOD  
JOB!**

# FMC DRIVER TRIVIA WINNERS



**John Saylor recently won a \$100 gift card in FMC Transport's driver trivia. Bruce Ervin and Mike Sullivan also are winners for January and February.**



# HUNTERS SEE SUCCESS

**At left, Stan Wood and his son, Bill, were "dressed" in holiday attire in December. They are pictured with the hog Bill killed.**

**Have a photo you'd like to share with the Coastal-FMC family in our monthly newsletter? Please send it to [kim.r@coastal-fmc.com](mailto:kim.r@coastal-fmc.com). Add as much information as you can, including the basic elements of who (who's in the photo), what (what's happening), when (when did it occur), where (where were you?), why (is there a specific reason?), and how (if applicable).**



## KNOW YOUR RISK FOR HEART DISEASE

FROM AMERICAN HEART ASSOCIATION | [HEART.ORG](https://www.heart.org)

**Y**ou can take steps to lower your risk for heart disease by changing the factors you can control. Several health conditions, your lifestyle, and your age and family history can increase your risk for heart disease. These are called risk factors. About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking. Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control.

### What health conditions increase the risk of heart disease?

**High blood pressure.** High blood pressure is a major risk factor for heart disease. It is a medical condition that happens when the pressure of the blood in your arteries and other blood vessels is too high. The high pressure, if not controlled, can affect your heart and other major organs of your body, including your kidneys and brain. High blood pressure is often called a “silent killer” because it usually has no symptoms. The only way to know whether you have high blood pressure is to measure your blood pressure. You can lower your blood pressure with lifestyle changes or with medicine to reduce your risk for heart disease and heart attack.

**Unhealthy blood cholesterol levels.** Cholesterol is a waxy, fat-like substance made by the liver or found in certain foods. Your liver makes enough for your body’s needs, but we often get more cholesterol from the foods we eat. If we take in more cholesterol than the body can use, the extra cholesterol can build up in the walls of the arteries, including those of the heart. This leads to narrowing of the arteries and can decrease the blood flow to the heart, brain, kidneys, and other parts of the body.

There are two main types of blood cholesterol: LDL (low-density lipoprotein) cholesterol, which is considered to be “bad” cholesterol because it can cause plaque buildup in your arteries, and HDL (high-density lipoprotein) cholesterol, which is considered to be “good” cholesterol because higher levels provide some protection against heart disease.

High blood cholesterol usually has no signs or symptoms. The only way to know whether you have high cholesterol is to get your cholesterol checked. Your health care team can do a simple blood test, called a “lipid profile,” to measure your cholesterol levels.

**Diabetes mellitus.** Your body needs glucose (sugar) for energy. Insulin is a hormone made in the pancreas that helps move glucose from the food you eat to your body’s cells for energy. If you have diabetes, your body doesn’t make enough insulin, can’t use its own insulin as well as it should, or both.

Diabetes causes sugar to build up in the blood. The risk of death from heart disease for adults with diabetes is higher than for adults who do not have diabetes. Talk with your doctor about ways to prevent or manage diabetes and control other risk factors.

**Obesity.** Obesity is excess body fat. Obesity is linked to higher “bad” cholesterol and triglyceride levels and to lower “good” cholesterol levels. Obesity can lead to high blood pressure and diabetes, as well as heart disease. Talk with your health care team about a plan to reduce your weight to a healthy level.

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### **What behaviors increase the risk of heart disease?**

Your lifestyle can increase your risk for heart disease. Eating a diet high in saturated fats, trans fat, and cholesterol has been linked to heart disease and related conditions, such as atherosclerosis. Also, too much salt (sodium) in the diet can raise blood pressure.

Not getting enough physical activity can lead to heart disease. It can also increase the chances of having other medical conditions that are risk factors, including obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your risk for heart disease.

Drinking too much alcohol can raise blood pressure levels and the risk for heart disease. It also increases levels of triglycerides, a fatty substance in the blood which can increase the risk for heart disease.

Women should have no more than 1 drink a day.

Men should have no more than 2 drinks a day.

**Tobacco use** increases the risk for heart disease and heart attack:

- Cigarette smoking can damage the heart and blood vessels, which increases your risk for heart conditions such as atherosclerosis and heart attack.
- Nicotine raises blood pressure.
- Carbon monoxide from cigarette smoke reduces the amount of oxygen that your blood can carry.
- Exposure to secondhand smoke can also increase the risk for heart disease, even for nonsmokers.

### **How do genetics and family history affect the risk of heart disease?**

Genetic factors likely play some role in high blood pressure, heart disease, and other related conditions. However, it is also likely that people with a family history of heart disease share common environments and other factors that may increase their risk.

The risk for heart disease can increase even more when heredity combines with unhealthy lifestyle choices, such as smoking cigarettes and eating an unhealthy diet.

### **Do age and sex affect the risk of heart disease?**

Heart disease is the number one killer of both men and women. Heart disease can happen at any age, but the risk goes up as you age.

### **Do race and ethnicity affect the risk of heart disease?**

Heart disease and stroke can affect anyone, but some groups are more likely to have conditions that increase their risk for cardiovascular disease. Heart disease is the leading cause of death for people of most racial and ethnic groups in the United States, including African Americans, American Indians and Alaska Natives, and white people. For Asian Americans and Pacific Islanders and Hispanics, heart disease is second only to cancer.

## HEART HEALTH MONTH: WORKPLACE SAFETY

FROM STAFF | [KIM.R@COASTAL-FMC.COM](mailto:kim.r@coastal-fmc.com)

 In one year alone, 475,000 Americans die from a cardiac arrest. The American Heart Association says cardiac arrest claims more lives globally than colorectal cancer, breast cancer, prostate cancer, influenza, pneumonia, auto accidents, HIV, firearms, and house fires combined. And each year, there are about 10,000 cardiac arrests in the workplace in the United States, according to a report from the U.S. Occupational Safety & Health Administration.

### **CPR is critical**

CPR – or cardiopulmonary resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest. CPR is crucial to keep the blood flow active – even partially. This helps extend the opportunity for a successful resuscitation once trained medical staff arrive on site.

**Hands-Only CPR** is CPR without mouth-to-mouth breaths and is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting (such as at home, at work, or in a park). Hands-Only CPR consists of two easy steps: Call 9-1-1 or send someone else to do so; and push hard and fast in the center of the chest.

For healthcare providers and those who have been trained, **conventional CPR** means using chest compressions and mouth-to-mouth breathing by giving 30 compressions, then 2 breaths. In adult victims of cardiac arrest, it is reasonable for rescuers to perform chest compressions at a rate of 100 to 120/min and to a depth of at least 2 inches for an average adult, while avoiding excessive chest compression depths (greater than 2.4 inches).

### AEDs are a valuable tool

Despite the number of cardiac arrests at workplaces each year, the American Heart Association says only 50 percent of people can locate an automated external defibrillator (AED) at work. With 10,000 cardiac arrests annually in the workplace, knowing this small piece of information has the potential to save thousands of lives. Coastal Energy-FMC Transport has AEDs at many of its locations – including the breakroom at Coastal-FMC headquarters, Willow Rail Spur breakroom, and near the first aid cabinets at the Miller, Clinton, and Bear Crossing Truck Wash & Tire facilities. If you are uncertain where the first aid cabinets and AEDs are, ask the plant/facility manager or contact the compliance office.

Individuals at each of these facilities have been trained to administer CPR and to use the AED. Each AED also has step-by-

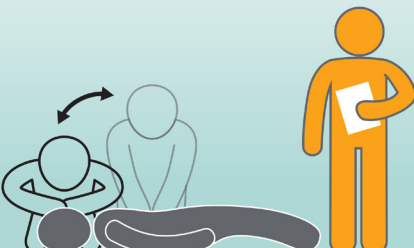
step instructions designed to show anyone how to use the device in an emergency. If you would like to receive first aid, CPR, and AED training but haven't, please contact the compliance office.

# CPR Guide

*Hands-Only CPR vs. CPR with breaths*



**American Heart Association®**  
life is why®

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h2 style="color: red; text-align: center;">HANDS-ONLY CPR</h2> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><b>CALL 911</b></p> </div> <div style="text-align: center;">  <p><b>PUSH HARD AND FAST<br/>IN THE CENTER OF THE CHEST</b></p> </div> </div> <p>Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.</p> <p><b>Will not meet requirements if you need CPR for your job.</b></p> | <h2 style="color: red;">CPR Training</h2> <div style="text-align: center;">  <p><b>COMPRESSIONS + BREATHS</b></p> </div> <p>Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.</p> <p><b>Often necessary for people who need CPR training for work.</b></p> |
| <h3>How does it work?</h3>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <p>Chest compressions are good for the <i>first few minutes</i> someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.</p>                                                                                                                                                                                                                                                                                                                |
| <h3>Who can I use it on?</h3>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <p>Adults and teens.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>Anyone who is in cardiac arrest, including: adults and teens, infants and children, and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.</p>                                                                                                                                                                                                                                        |
| <h3>How do I learn?</h3>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <p style="text-align: center;">Go to<br/><b>heart.org/handsonlycpr</b><br/>to learn the steps of Hands-Only CPR.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p style="text-align: center;">Go to<br/><b>heart.org/cpr</b><br/>and click on FIND A COURSE<br/>to find a class online or near you.</p>                                                                                                                                                                                                                                                                                                      |

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## Did you know?

First aid, CPR, and AED training has to be repeated every two years! Coastal-FMC is committed to keeping training up to date for our employees!



## JANUARY-FEBRUARY BIRTHDAYS

|             |                                            |
|-------------|--------------------------------------------|
| January 6   | Bruce Blankenship                          |
| January 7   | Taylor Kalama                              |
| January 16  | Gretchen Evins, Brian Bailey, Bobby Hale   |
| January 18  | Brent Merrick                              |
| January 21  | Roger Rush                                 |
| January 23  | Ron Gudermuth                              |
| January 24  | Ron Pringle                                |
| January 25  | Brandon Caswell                            |
| January 26  | Todd Nieznay, Melissa Rinde                |
| February 1  | Marion Quick                               |
| February 5  | Victor Justice                             |
| February 6  | Jason Osborn, Aaron Simpson, Byron Nickels |
| February 10 | Tommy Havens                               |
| February 11 | Dylan Campbell                             |
| February 12 | Tom Cummings                               |
| February 15 | Gary Roberts                               |
| February 17 | Douglas Melton                             |
| February 18 | Scott North, David Montgomery              |
| February 20 | Dave Peters                                |
| February 23 | Patty Spitser                              |
| February 26 | Jasmine Decker                             |
| February 28 | Jake Slayton                               |
| February 29 | Jenni Rothermich                           |

## FMC TRANSPORT FUELING LOCATIONS

Each month, we will feature a list of preferred fueling location as we work to negotiate better fuel savings with various fuel stops. This list will hopefully continue to grow!

1. Miller FMC Transport Fuel Island
2. Sapp Brothers – Harrisonville, MO
3. Love's T/S – Willow Springs, MO
4. Love's T/S – All other locations
5. Casey's Travel Centers
6. Lamarties Travel Center

