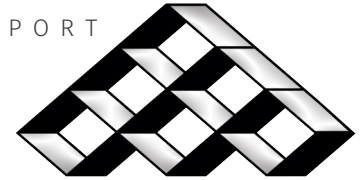


COASTAL-FMC CURRENTS

NEWS AND HAPPENINGS FOR COASTAL & FMC TRANSPORT

ISSUE 64



Katie Montgomery, Editor | July-August 2022 | www.coastal-fmc.com

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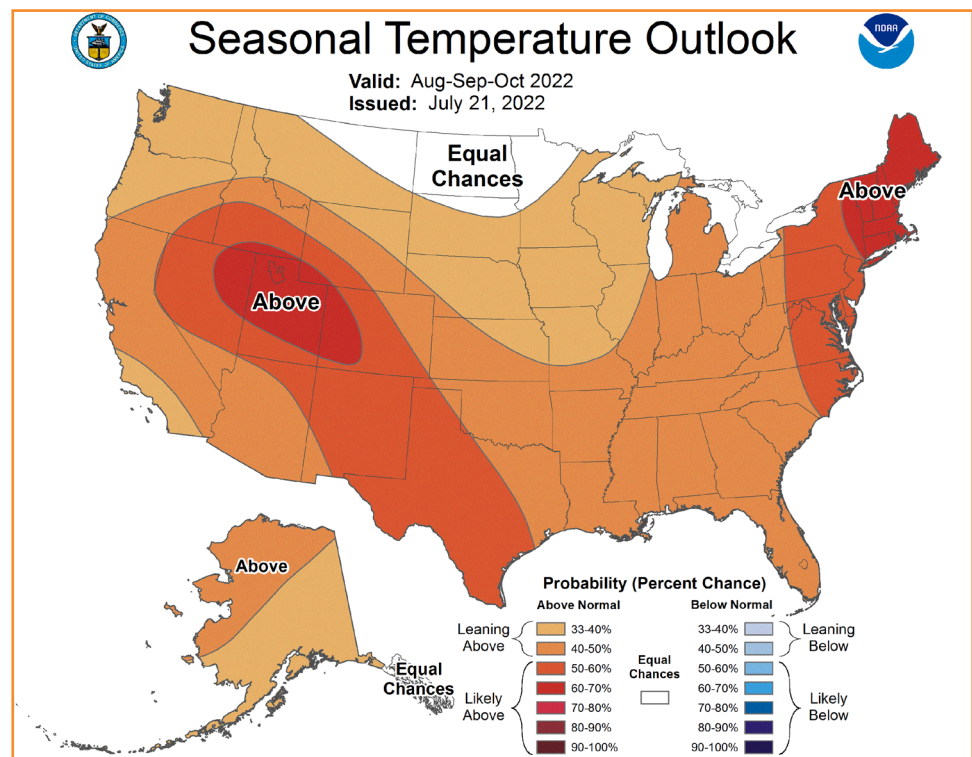
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HEAT MAY PERSIST; FOLLOW SAFETY GUIDELINES

FROM KIM RICH | KIM.R@COASTAL-FMC.COM

It's no secret we've seen an extremely hot summer, with many of our locations in drought conditions. At this writing, we're hoping for a little relief from the 100-plus temperatures and heat indices, but we're also certain to see a few more hot days before asphalt season is over.

The National Weather Service is predicting that we'll likely continue to see above-normal temperatures through October. As always, it takes our entire Coastal-FMC family working together to stay safe and healthy during the season.



What some of you may not know, however, is that the Occupational Safety and Health Administration (OSHA) is working toward a new safety rule that will govern how we, as a company, react and work toward safety in the heat. As they work toward that rule, OSHA has put in place a National Emphasis Program, meaning they are doing increased inspections of work sites in what they call high-risk sectors, such as manufacturing, wholesalers, automotive repair, retail, bakeries, sawmills, landscaping, and construction.

The White House announced on July 20 that OSHA "has already conducted 564 heat-related inspections (since April), which are focused on over 70 high-risk industries across 43 states. On days when the heat index is 80 degrees F or higher, OSHA inspectors and compliance assistance specialists are engaging in proactive outreach and technical assistance to help stakeholders keep workers safe on the job."

PLEASE SEE NEXT PAGE

CONTINUED FROM PREVIOUS PAGE

Some of the goals of the OSHA program, according to a recent article by Jackson Lewis P.C., include:

- Ensuring new workers or those returning from a break in employment or vacation are acclimatized, gradually building up to a full workday in the heat.
- Monitoring ambient temperature and levels of work exertion at the work site, categorizing physical exertion levels as low, moderate, and heavy.
- Providing access to cool water for hydration and ensuring workers are drinking enough fluids.
- Ensuring that workers have sufficient water and rest breaks.
- Providing access to shade for rest periods and air conditioning or other cooling systems if feasible.
- Considering using a buddy system to have workers monitor one another for symptoms of heat illness.
- Training workers to identify the signs and various stages of heat illness, how to report signs and symptoms, when first aid is required, and when and how to contact emergency personnel.

At Coastal-FMC, we are working to meet these goals especially since, as we all know, temperatures in asphalt season are often above 80 degrees. Some of the steps we've taken thus far include:

- Hydration stations at each facility. We've endeavored to ensure each location provides Gatorade in addition to cold water. We've purchased Gatorade in bulk, along with drink coolers. Hydration is one of our most important defenses against the heat.
- Disposable thermometers. Each facility's first aid box has a packet of disposable thermometers. Not only will the thermometers assist employees who may be experiencing illnesses such as influenza or COVID, they can be used as an indicator of heat-related illness as well. Each packet is marked with the following warning: "100.4 temperature equals heat exhaustion. 104+ temperature equals heat stroke – Call 911!"
- Each facility has at least one air-conditioned break location where individuals may cool down.
- Work site posters and general information on heat-related illnesses have been provided and will continue to be provided. Additional training will be included moving forward, as well.

There are several personal risk factors for heat stress, according to OSHA. Some of those include:

- Obesity (body mass index ≥ 30 kg/m²)
- Diabetes
- High blood pressure
- Heart disease
- Lower level of physical fitness
- Alcohol use
- Use of illicit drugs such as opioids, methamphetamine, or cocaine
- Use of certain medications such as diuretics (water pills) and some psychiatric or blood pressure medicines
- Some medications can result in the inability to feel heat conditions and/or the inability to sweat, so symptoms of heat stress may not be evident

All employees are encouraged to do all they possibly can to stay hydrated and care for themselves during periods of extreme heat.



BE AWARE OF SYMPTOMS FOR HEAT ILLNESS

FROM OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION | OSHA.GOV

Several heat-related illnesses can affect workers. Some of the symptoms are non-specific. This means that when a worker is performing physical labor in a warm environment, any unusual symptom can be a sign of overheating.

Heat stroke – **This is a medical emergency. Call 911 immediately!**

- Confusion
- Slurred speech
- Unconsciousness
- Seizures
- Heavy sweating or hot, dry skin
- Very high body temperature
- Rapid heart rate

Heat exhaustion

- Fatigue
- Irritability
- Thirst
- Nausea or vomiting
- Dizziness or lightheadedness
- Heavy sweating
- Elevated body temperature or fast heart rate

Heat cramps

- Muscle spasms or pain
- Usually in legs, arms, or trunk

Heat syncope

- Fainting
- Dizziness

Heat rash

- Clusters of red bumps on skin
- Often appears on neck, upper chest, and skin folds

Rhabdomyolysis (muscle breakdown)

- Muscle pain
- Weakness
- Dark urine or reduced urine output

Employers and workers should become familiar with the heat symptoms. When any of these symptoms is present, promptly provide first aid. Do not try to diagnose which illness is occurring. Diagnosis is often difficult because symptoms of multiple heat-related illnesses can occur together. Time is of the essence. These conditions can worsen quickly and result in fatalities. **When in doubt, cool the worker and call 911.** First aid for heat-related illness involves the following principles:

- Never leave a worker with heat-related illness alone. The illness can rapidly become worse. Stay with the worker.
- Take the affected worker to a cooler area (e.g., shade or air conditioning).
- Cool the worker immediately. Use active cooling techniques such as:



1. Immerse the worker in cold water or an ice bath.
2. Create the ice bath by placing all of the available ice into a large container with water, standard practice in sports. This is the best method to cool workers rapidly in an emergency.
3. Remove outer layers of clothing, especially heavy protective clothing.
4. Place ice or cold wet towels on the head, neck, trunk, armpits, and groin
5. Use fans to circulate air around the worker.

Confusion, slurred speech, or unconsciousness are signs of heat stroke. When these types of symptoms are present, **call 911 immediately** and cool the worker with ice or cold water until help arrives.



Join the Coastal-FMC
family for a fall BBQ

SEPTEMBER 17
AT 5:00 PM



Pine Meadows Venue
1449 State Route 76
Willow Springs, Missouri

Our annual company dinner looks a little different this year, and we couldn't be happier. First of all, we are so excited to be able to include your whole family in the night's celebrations! There will be activities like hay rides, carriage rides, and bonfires with s'mores, just to name a few.

Look for more info coming in the mail at home!



Western Attire

BRAKE SAFETY WEEK IS AUG. 21-27

FROM COMMERCIAL VEHICLE SAFETY ALLIANCE | CVSA.ORG

The Commercial Vehicle Safety Alliance (CVSA) has announced Aug. 21-27 as the dates for this year's Brake Safety Week. Brake Safety Week is an annual commercial motor vehicle brake-safety inspection, enforcement, and education initiative conducted by law enforcement jurisdictions in Canada, Mexico, and the U.S. During Brake Safety Week, inspectors will conduct their usual North American Standard Level I and V Inspections and capture and report brake-related data to CVSA. The results will be released in the fall.

Brake-related violations comprise the largest percentage of all out-of-service vehicle violations cited during roadside inspections, and according to last year's three-day International Roadcheck data, brake systems, and brake adjustment violations accounted for 38.9% of all vehicle out-of-service violations, the most of any category of vehicle violations.

To address this, CVSA's Brake Safety Week seeks to:

- Identify and remove commercial motor vehicles with critical vehicle inspection violation items identified in the North American Standard Out-of-Service Criteria from roadways.
- Conduct inspections and identify and acknowledge commercial motor vehicles that do not have critical vehicle inspection violations by affixing those vehicles with a CVSA decal.
- Encourage proactive vehicle maintenance in advance of the week.
- Highlight the hard work and commitment to safety by inspectors, drivers and motor carriers.
- Remind drivers and motor carriers about the importance of proper brake maintenance and vehicle pre-trip and post-trip inspections.
- Provide an opportunity for outreach and educational brake-safety efforts by inspectors.

During the brake portion of a vehicle inspection, inspectors will look for missing, non-functioning, loose, contaminated or cracked parts on the brake system, and non-manufactured holes (such as rust holes and holes created by rubbing or friction), and broken springs in the spring brake housing section of the parking brake. They will listen for audible air leaks around brake components and lines, and ensure the air system maintains air pressure between 90-100 psi (620-690 kPa). Inspectors will also check for S-cam flip-over and measure pushrod travel.

They will check that slack adjusters are the same length (from center of S-cam to center of clevis pin) and the air chambers on each axle are the same size. They will also inspect required brake-system warning devices, such as ABS malfunction lamp(s) and low air-pressure warning devices. In addition, inspectors will ensure the breakaway system is operable on the trailer, and inspect the tractor protection system, including the bleed-back system on the trailer.

In addition to reporting total inspections and brake-related out-of-service violations, inspectors will also capture and provide data on brake hose/tubing chafing violations – the focus area for this year's Brake Safety Week.

"Poorly maintained brake systems can reduce the braking capacity and stopping distance of large trucks and motorcoaches, which poses a serious risk to driver and public safety," said CVSA President Capt. John Broers with the South Dakota Highway Patrol. "In those split-second



Coastal-FMC drivers should check brake hoses during pre-trip and post-trip inspections.

BRAKE SAFETY WEEK: 10 BRAKE HOSE AND TUBING TIPS

FROM COMMERCIAL VEHICLE SAFETY ALLIANCE | CVSA.ORG

Brake Safety Week's focus is on maintaining brake components and brake adjustment; however, recent campaigns also have emphasized the importance of proper brake hose and tubing installation, inspection, and maintenance. Brake hose chafing is one of the more common vehicle violations and one that can affect a motor carrier's safety rating. Here are some tips from commercial motor vehicle inspectors to help ensure brake hoses and tubing have no issues.

1. Inspect brake hoses and tubing as part of your pre-trip and post-trip inspections.
2. Report any issues in your driver vehicle inspection reports (DVIR).
3. Look for brake hoses that are making contact with steering, suspension, brake or other components, or the tires or frame.
4. Listen for air leaks, identify the location of the leak, and make the necessary repairs before leaving.
5. Brake hoses should not be kinked or improperly repaired.
6. Air lines should not hang down and touch the tractor deck or frame.
7. When you find air hoses or tubing making contact with other components, check for abrasion wear, and protect, secure, or move the hose to prevent wear.
8. If a hose or tubing is chafing and has caused a reduction in diameter or, on thermoplastic hoses, the secondary white color is visible, a violation exists.
9. If a hose is worn so that the reinforcement ply is cut or abraded, this is an out-of-service condition and should be replaced immediately.
10. Make sure all repairs are consistent with manufacturer's requirements and guidelines.



NEW TO THE COASTAL-FMC FAMILY

**Cade Holdt from Bear Crossing
Truck Wash & Tire Center and
wife Constance welcomed
a baby girl on Friday, July 8.
Parklynn Rose Holdt weighed
5 pounds, 11 ounces,
and was 19 inches long.**

**Please share your work-related
or family photos with the rest
of the Coastal-FMC team.
Email photos to kim.r@coastal-fmc.com.**



Emily Scarbrough

NEW HIRE - EMILY SCARBROUGH

POSITION: BEAR CROSSING TRUCK WASH, NIGHT SHIFT SECRETARY

Emily's past employment includes working for two years at a daycare, along with serving as a lifeguard for two years. She currently also is employed at the Willow Springs YMCA.

Her family includes her parents, Rick and Mandy Scarbrough, along with younger siblings Rylee and Braden. Her hobbies include reading; working out; and hanging out with her family, boyfriend Devin, and puppy Toby.



Brenden Ferguson

NEW HIRE - BRENDEN FERGUSON

POSITION: IT INTERN

Brenden's former employment includes working as a lifeguard at Willow Springs City Pool during the summer of 2021.

He said he lives in a farming household, and that both parents, Jason and Michelle Ferguson, have worked hard to get it to the point it is at today. Siblings Gavin and Dylan Ferguson both spend much of their time outdoors and aspire to run their own farms when they get older.

Brenden's hobbies include drawing, listening to music, and working with computers.

NEW HIRE - CARSON SMITH

POSITION: BEAR CROSSING WASH BAY

Carson previously worked at Jasper and at DRS. He has three children and one on the way.



Wes Kearns

NEW HIRE - WES KEARNS

POSITION: DIESEL TECH, FMC TRANSPORT

Before joining FMC, Wes spent 11 and a half years with WCA, along with work at Cabool Schools and O'Reilly Auto Parts. He is married with four children – daughters who are ages 8 and 4, and twin boys who are 18 months old. His hobbies include hunting and fishing, playing guitar, and spending time with his family.

NEW HIRE - DOMINIC FISHER

POSITION: SUMMER HELP, WILLOW RAIL SPUR

Dominic has joined the crew at the Willow Springs Rail Spur for the summer, working to help out with whatever tasks are thrown his way. His hobbies are hunting and fishing.

At right, Dominic Fisher



Zachary Wick

NEW HIRE - ZACHARY WICK

POSITION: DIESEL TECH, FMC TRANSPORT

Prior to joining FMC, Zachary worked as a life guard for two years. His family includes his mom and dad, who works at Emerson. His hobbies include off-roading, shooting skeet, and hunting.





CLINTON STAFF PLAYS IN GOLF TOURNAMENT

The crew from the Clinton plant played in the annual Fire on the Fairway golf tournament June 11 at Clinton Riverside Golf Course. Pictured above, Ken Sasse, Kent McAbee, Brandon Caswell, Tony Craig, and Robert Cline. Below, Kent McAbee, Erik Montgomery, Alex Martin, and Brandon Caswell. The tournament raised funds for the Clinton fire department.



TRUCK WASH GIVES TO DIAPER RESOURCE CENTER



Bear Crossing Truck Wash & Tire Center was a sponsor of the annual ORN Cares Golf Tournament, held July 29, in West Plains. Sponsored by Ozark Radio News, the tournament benefits a different charity each year, with this year's proceeds going to the Diaper Resource Center in West Plains. The center provides diapers to other nonprofit distributing agencies for at-risk families in the area. Pictured from left, Joe Blankenship; Tammy Schulz, marketing consultant at Ozark Radio News; Erik Montgomery; and Vanessa Williams, office manager/traffic manager for Ozark Radio News.

We are now on Facebook! 



Coastal-FMC

@CoastalFMC · Transportation Service

We have created a new Facebook page for the company. This page will have posts pertaining to Coastal Energy and all companies under the umbrella of Coastal Energy. If you haven't already found it, check it out, like and share it! We hope this will be a great tool to reach employees, people in the community and prospective employees.

ON THE FLOOR DANCERS IN PARADE



Dancers from On The Floor studio in Willow Springs were dressed in their patriotic best for the annual Fourth of July parade. The parade is held the morning of July 4, winding through downtown Willow Springs.

SUNRISE AT CLINTON FACILITY



The Clinton stormwater retention pond under an Oklahoma morning sky in June.

ANNUAL FIRE EXTINGUISHER TRAINING

Employees at the Willow Springs and Miller facilities participated in annual fire extinguisher training in June and July. The training is required each year and is conducted by Marmic Fire & Safety of Springfield.



Above, Roger Blevins takes his turn at the Miller facility.

At left, Ashley Colley puts out the fire as part of training at Miller, held July 20.



At right, Jennie Rothermich extinguishes flames in the practice pan. Training in Willow Springs was held June 16.



At left, Chris Thomas utilizes an extinguisher to put out the blaze during training in Willow Springs.



DOING IT RIGHT

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

May

Ron Pringle	Level 3
Jim Whitehead	Level 2

June

Tye McCoy	Level 2
Martin Beljean	Level 2
Mike Goatcher	Level 2
Jim Whitehead	Level 2



FROM THE COASTAL- FMC FAMILY

The Montgomery family had the opportunity to visit the southernmost point of the continental United States in Key West, Florida, in July. Pictured from left are Katie, Sydney, and Sophie Montgomery, along with Katie's mother, Susan James.



Share your photos with the rest of the Coastal-FMC family. Email photos to kim.r@coastal-fmc.com.

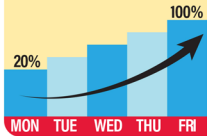


Prevent Heat Illness at Work

Outdoor and **indoor** heat exposure can be dangerous.

Ways to Protect Yourself and Others

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New and returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

1

» **CALL 911 IMMEDIATELY**

2

» **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**

3

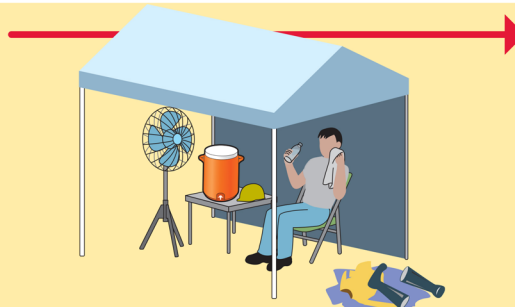
» **STAY WITH THE WORKER UNTIL HELP ARRIVES**



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

Headache or nausea
Weakness or dizziness
Heavy sweating or hot, dry skin
Elevated body temperature
Thirst
Decreased urine output



Take these actions:

- » Give water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care if needed



OSHA® Occupational
Safety and Health
Administration

**For more information: 1-800-321-OSHA (6742)
TTY 1-877-889-5627 www.osha.gov/heat**

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for information about how to file a confidential complaint with OSHA and ask for an inspection.



AUGUST-SEPTEMBER BIRTHDAYS

August

August 4 – Allen Eggert

August 9 – Wesley Drew, James Sullivan

August 13 – Cynthia George

August 16 – Wayne Johnson

August 18 – Scott Altermatt

August 20 – David Cox

August 23 – Christopher Chapman, Jacob Gandy

August 25 – David Swindle

August 26 – Stephen Sanders

August 28 – Brandon Hagel

August 30 – Kenny Crafton, Robert Ferguson

September

September 1 – Bruce Batesel

September 3 – Victoria Bledsoe

September 6 – Michael Goatcher

September 10 – Matthew Alcorn

September 24 – Brenda Montgomery, Lynn Sweetwood

September 26 – Tony Craig

September 29 – John Patton

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

