

# LOFTON LAGNIAPPE

## MONTHLY EMPLOYEE NEWS



### Cold Stress By: Jeremy Olivier, Lofton Safety Services

Cold weather and environments pose many hazards to those who work in these conditions. A cold environment forces the body to work harder to maintain its temperature. What is considered "cold" can vary by region and individual. The following are some situations which need to be analyzed and addressed to ensure safety.

**Frostbite** is an injury to the body that is caused by freezing. It causes a loss of feeling and color in the affected areas and most often affects the extremities, e.g., nose, ears, cheeks, chin, fingers, or toes. Frostbite can lead to permanent damage or amputation of the affected areas. First aid for frostbite: Get the victim into a warm area immediately. Do not walk on frost-bitten toes or feet, because this will cause more damage. Use warm, not hot, water to warm the affected areas.

**Trench foot**, also known as immersion foot, is an injury of the feet resulting from prolonged exposure to wet and cold winter weather. Trench foot can occur at temperatures as high as 60 degrees if the feet are constantly wet. Wet feet lose heat 25 times faster than dry feet. To prevent heat loss, the body constricts blood vessels to shut down circulation in the feet. Skin tissue begins to die because of lack of oxygen and nutrients and due to the buildup of toxic products. First aid for trench foot: Remove any wet socks or boots. Dry feet and do not walk on them, as this can cause more damage if already affected.

**Hypothermia.** When exposed to cold temperatures, your body begins to lose heat faster than can be pro-

duced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. First aid for hypothermia: Alert someone and get medical help immediately. Move the victim into a warm area. Warm the center of their body first- chest, neck, head, and groin area-using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets. If the victim is not breathing, begin CPR until the paramedics arrive on the scene.

#### Safe Work Practices for Cold Environments

- Eliminate or limit work as much as possible when extremely cold temperatures are present.
- Allow for acclimatization to cold environments or weather. If the weather is extremely cold for the area or time of year, you will not yet be used to it and are more susceptible to succumbing to a cold-related illness.
- Layer up on clothing and keep clothes dry. It is important to remove any wet clothing or boots and put on dry items when working in a cold environment.
- Take breaks in warm areas or vehicles as needed.
- Drink warm beverages to help warm up your core temperature.
- Monitor the condition of others around you. If you notice something could be wrong, get them into a warm area and get immediate medical assistance.

### Year End W-2s

It's that time of year again - W-2's! It's important to review your paystubs this month to make sure the following are correct: **Your address, State and federal withholdings, Your social security number.**

If you worked for more than one division, i.e. Security, Staffing, Industrial, Energy or Medical, you will receive a W-2 for each. If you need to make any changes (address, etc.), log into your account through the employee login on the Lofton website; answer yes to automatically update the **Check Mailing Address** as well when prompted, or contact your local office immediately. **Changes must be submitted to Lofton by January 10th.**

**W-2(s) will be mailed no later than the last day in January.** W-2's can also be printed from your Lofton online account (employee paystubs link) around mid-January.

JANUARY 2023

JANUARY 1

New Year's Day



HOLIDAY HOURS

**CLOSED NOON**

**Friday, Dec. 30th**

**CLOSED**

**Monday, Jan. 2nd**

JANUARY 16

Martin Luther King Day

*"I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident; that all men are created equal. I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."*

**August 28, 1963, Lincoln Memorial Washington D.C.**

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## The Power of Positive

By: Glenda Lofton, Ph.D.

Recently I was invited by my Delta Kappa Gamma Education Sorority to be the keynote speaker at our November meeting. Delta Kappa Gamma is an organization to promote professional and personal growth as educators and to unite women educators of the world in a genuine spiritual fellowship. I was asked to speak on “the power of positive affirmations in education.” Happily, I went online and found a book with the title, The Power of the Positive: Achieve Fulfilment, Success, and Happiness Using Powerful, Positive Affirmations by Colleen Archer.

Archer defines affirmations as “short, positive, present tense statements about yourself, your life, and the world, that are meant to create positive change in your life.” Archer also emphasizes that to truly gain the rewards of affirmations, you need to create a regular focused practice of saying positive affirmations, so that the power will become internalized, and your negative thought processes will take a turn for the positive.

As I read the book, I found myself singing an old tune I had learned many years before, “You’ve got to accentuate the positive, eliminate the negative, latch on to the affirmative, and don’t

mess with ‘Mr. In-between!’” It was a song I grew up singing, a song published in 1944, when I was only three. My dad was fighting in World War II and sustained a severe head injury on Guam. The music was written by Harold Arlen and the lyrics by Johnny Mercer. It won the Academy Award in 1945 after being used in the film, “Here Come the Waves.” Thankfully, my dad modeled and sang the lyrics to me when he returned from the war, spent months in the VA Hospital in New Orleans, worked to overcome severe headaches, and later attended college at Northwestern in Natchitoches to become a teacher and coach who made a difference in the lives of his students.



*“I’m good enough. I’m smart enough, and doggone it, people like me.” - Stuart Smalley*

Happily, my husband, Tommy Lofton, the founder of Lofton Staffing Services, also modeled for me the power of the positive and a strong work ethic when I met him my first day at LSU. He was a senior and I was a freshman who had been valedictorian of my high school class, but had never had a job. Sadly, Tommy’s dad, a 52-year-old construction

worker had died unexpectedly in his sleep of a heart attack the summer Tommy finished high school, leaving behind Tommy’s mom, an invalid sister, and an older sister overseas with her husband who was serving in the army. Life had not been easy for his family. Construction work was declining before his dad’s death, and Tommy had started working as a paper boy when he was only 11 years old. He couldn’t believe I’d never had a job, and he first had me work holidays with him at J. C. Penny’s and then helped me get a job working at LSU.

When Tommy finished LSU, he, like my dad, became a teacher. He loved teaching Algebra 2 at Istrouma High School where he had graduated, but decided to take a job in industry for a few years to earn enough money to make a down-payment on a house and then go back to teaching. However, he proved to be so successful in improving human relationships in industry that they made him Human Resource Director and moved him from one plant to another in Geismar. His success also brought him national recognition, and he later became Human Resource Director at a new plant in Macon, Georgia. He then returned to Baton Rouge to begin Lofton Staffing, which has grown to 10 offices with employees working in multiple states, and happily, with our two sons, Bret and Bart, as Co-Presidents! Again, this confirmed for me the power of the positive!

## Lofton Lifestyle is Vitality™

2022 proved to be a **Vitality** year! Lofton employees participated in various incentives and programs throughout the year to promote good health. Not familiar with **Vitality**? The purpose of Lofton Lifestyle is to help improve health and save 30% on your insurance premiums. Earn points through the **Vitality** app, and complete the wellness form by your primary physician. Sign up today to start 2023 in Lifestyle!



Jessica Haygood earned a \$200 Gift Card for winning the corporate Lofton Lifestyle competition, earning 11,370 **Vitality** points for the year!



The Lafayette office was the first to participate in a Lofton Lifestyle 5k event earning 250 points each.



Janet Thibodeaux was the first to earn GOLD status and Angelle Hollier to earn PLATINUM.



Jessica Stevens proved that little victories can add up by winning the Plank Challenge, Water Challenge AND the 12 Days of Wellness!

### START 2023 with Vitality

- Log into the Vitality website at [PowerofVitality.com](http://PowerofVitality.com).
- Complete the Vitality Health Review.
- Visit the Points Planner to plan your Personal Pathway to better health.