



# LAGNIAPPE

## MONTHLY EMPLOYEE NEWS



### Lifting Safety By: Jeremy Olivier, Lofton Safety Services

Every year, two million back injuries occur across the U.S.; roughly half of them – one million – are back injuries sustained in the workplace. Back pain becomes chronic and disabling in roughly 5% of cases, and up to 44% of people who initially recover have a reoccurrence within a year. Individuals having two episodes of back pain in a year are three times more likely to experience the third episode.

In attempting to eliminate these injuries and more safely lift objects, we can break a lifting operation down into several stages and discuss best practices for each stage.

**Stage 1 – Preparation:** First, evaluate the lifting task for safety. Know how much you can safely lift and ensure the load doesn't exceed it. Assess whether the object is too large or awkward to lift and carry safely. You need to know where you're putting the object ahead of time. Ensure the path is unobstructed, the floor is dry, and the distance you must carry the load isn't too great. If the load is too heavy, will obstruct your vision, needs to be carried too far, or must be lifted overhead, you'll need to find a safe alternative. Is it a two-person job? Is a hand truck, dolly, pushcart, or another tool required? Could gloves give you a better grip? In addition, always stretch and warm up the muscles before lifting.

**Stage 2 – Lifting the Load:** You should never bend forward to lift a heavy object. Instead, you should squat, secure the load, and stand by straightening your legs while keeping your back straight or slightly arched. The best practices for lifting are to:

- Stand as close to the load as possible.
- Plant your feet shoulder-width apart with one foot slightly ahead of the other.
- Bend at the hips and knees only until you're deep in a squatting position.

- Keep your head up and straight with your shoulders back to keep your back straight.
- Hold the load close to your body at waist height.
- Engage your core muscles as you push against the ground and straighten your legs.

While lifting, you should never twist your torso. Twisting while lifting is one of the leading causes of injury. Never lift a heavy item above shoulder level or carry a load that obstructs your vision.

**Stage 3 – Carrying the Load:** As you carry the load to its destination, you want to maintain good ergonomics by holding the load as close to your body as possible. Keep your shoulders in line with your hips as you move and don't twist the trunk. Turn with your feet if it is necessary. Take small steps and keep a good grip on the load with all your fingers.

**Stage 4 – Setting the Load Down:** Setting down a heavy object is just as dangerous as picking it up. You'll want to reverse the lifting process, following the same ergonomic lifting principles:

- Keep the load close to your body and your back straight or slightly arched.
- Squat down, bending only at the knees and hips.
- Tighten your stomach muscles (engage your core) as you lower yourself.
- Kneel on one knee, if necessary

Remember not to rush the lifting process or carry too heavy a load. Also, keep in mind that the most dangerous lifting tasks are repetitive and for sustained periods. You need to monitor your exertion level and take breaks. Stop before you become too tired to lift safely.

### March 2024

March 10  
Daylight Saving Time Begins



March 17  
St. Patrick's Day



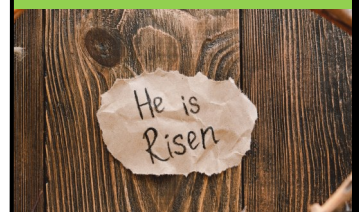
March 19  
First Day of Spring

March 29  
Good Friday

LOFTON OFFICES  
WILL BE CLOSED



March 31  
Easter



### You've Been Caught!

Lofton's Houma office received a phone call from our client that **Officer Melissa Rodriguez** does an outstanding job. The client hosts various meetings at the site, and Officer Rodriguez was praised by attendees and board members on her professionalism and the friendly way in which she greets visitors to the facility.

Congratulations Officer Melissa, "You've Been Caught" for providing exceptional Customer Service! Thank you for all your hard work!

Will you be the next officer to get caught?





## The World is Full of Beautiful People and Everyone Has a Story

By: Glenda Lofton, Ph.D.

Stephen Covey once wrote that as members of the human family, we share the universal need to "live, love, learn, and leave a legacy." Tommy Lofton, I am proud to say, had similar thoughts in mind when he developed the system of beliefs on which Lofton Staffing was founded: "Remember...life is a temporary assignment. Have a good day; you won't get it back. Treat others the way you want to be treated. We are all called to serve. When we help others, we help ourselves."

This week, some of these principles were reinforced for me as Bret attended the funeral for Gene Lemoine, Sr., the father of Gene Lemoine, Area Manager of the Lofton New Orleans and Covington offices. Bret stated that Gene Sr. and Tommy had similar views on life and his list of Gene-isms was reflective of Tommy's "I believe" statements. Two men with a lot in common - Loving life and helping others.

Gene's brother, Barry Lemoine, a prominent independent writer in the New Orleans area, wrote and delivered the eulogy. It's hard to summarize the life of a man, especially one as distinctive as Gene Sr. His obituary, summarizes his extraordinary life and Gene-isms on his basic rules for life.

"Gene Arthur Lemoine Sr. loved learning. A proud member of the Mensa Society, his approach to life was analogous to an appetizer platter at a Chinese Restaurant - he wanted a little taste of everything. Over the years, he was a master clock repairman, a crafter in both macramé and crochet. He took art classes and had a special board built so that he could learn to tap dance. During his life, he owned a convertible, a motorboat, a sailboat, a motorcycle, and a pair of trucks to haul gravel for a small business he started. He coached Little League baseball and like most things, he taught himself. He was big on motivation and reminded everyone of the importance of teamwork. That commitment was also a part of his success in work. Over the years, he worked his way up from a clerk to the Vice President of a concrete company. By the time he was 50 and his kids were out of the house, Gene took on a new set of challenges. On that milestone birthday, he quit both his job and smoking and jumped out of a plane. Soon after he began working in the world of finance, becoming one of the oldest Rookie Agents of the Year. He used his newfound expertise to help others plan ahead. His success also afforded him the opportunity to travel, and he took great pride in having visit-

ed every state in the U.S. and multiple European countries. The source of much advice and inspiration, Gene had a bevy of quotes and stories to illustrate his teachings."



"We grow old when we stop playing."  
- Gene Lemoine, Sr.



Like Tommy, Gene Sr. compiled a list of **Gene-isms** that we all can take to heart and live by:

- The world is full of beautiful people and everyone has a story.
- Failure is not taking action you know needs to be taken.
- Stop complaining you don't have enough time. We all have the same amount.
- We grow old when we stop playing.

- Laugh and dream each day.
- We regret what we didn't do - Not what we did.
- The best way to judge a person's future actions is by looking at his past ones.
- There are wonderful people everywhere.
- Always read stuff that makes you look smart in case you die in the middle of it.
- Love is never lost - Not even in death.
- Too soon old, Too late smart.
- Most problems can be solved using logic and deduction.
- Life is too short to waste time hating anyone.
- No one is in charge of your happiness, but you.
- Life isn't fair, but it's still good.
- The sun will come out tomorrow.
- I've learned that I still have a lot to learn.
- Making one person's day better makes my day.
- Ignoring facts doesn't change the facts.
- People reveal themselves in action more than words.

And finally, Barry Lemoine's closing statements of his eulogy, quoted a song - Gene's love of music. "They say that the sense of hearing is the last thing to leave a person as they are transitioning, so during the last days with my dad, we were always playing music, and one of his favorite songs was a tune called "Life is Beautiful," and I think that's an appropriate and good way for me to end this eulogy as it truly encapsulates what he believed and how Dad lived. The song goes like this:

So easily forgotten are the most important things  
Like the melody and the moonlight in your eyes  
And a song that lasts forever, and keeps on gettin' better  
All the time  
'Cause life is beautiful Life is wonderful  
Every star above is shining just for us Life is beautiful on a stormy night  
Somewhere in the world, the sun is shining bright  
So easily forgotten, the most important thing  
Is that I love you, I do  
And I want to spend my days and nights  
Walking through this crazy world with you."

Like Tommy, Gene's motivation was in trying to help others, and he flourished both professionally and personally. His sense of humor and love of life is summarized in the closing statements of his obituary - "A good man with good family and friends, Gene Sr. had a good life and said he's only sorry he only will miss his funeral by a few days - he heard it was going to be nice. In lieu of flowers, in Gene's memory, please perform a random act of kindness, read to a child, or share a joke. He'd appreciate it."