

LOFTON LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Electrical Shock

By: Jeremy Olivier, Lofton Safety Services

Electricity has become essential to modern life because of its practicality. Much of our daily work relies on electricity, whether at an office, retail store, restaurant, construction site, or any other industry. Because it is so familiar, we often tend to overlook the hazards associated with this source of energy. Many people are killed or injured by electricity every year. It may be because of a lack of understanding of how electricity works or not being careful when working with electricity. Understanding its dangers and proper safety procedures will go a long way in preventing injury or death.



The severity of injuries resulting from an electric shock will vary depending on the intensity of the voltage, the current, duration of the electric shock, and a person's internal body resistance. Under

certain conditions, these shocks can be fatal, even at low voltages. The duration of an electrical shock has a great influence on the severity of the injuries. If the duration is short, then it may just cause pain. A longer duration can be fatal, even if the voltage is not very high.

Everyone knows you should not stick your finger into an electrical outlet, but here are some other good practices that can protect you from electrical shock:

- Metal is an excellent conductor. Do not wear rings or other metal jewelry around electricity.
- Don't work in a wet environment (outdoors if it's raining, wet lawns, damp garages, etc.). Make sure your body is completely dry before working with electricity, including sweat. Consider other things like having drinks around your workspace, which can spill and cause accidents.
- Take extra care when working near overhead power lines and make sure you maintain a safe distance. Since metal is such a good conductor, do not use metal ladders around overhead power lines. Remember that even wood ladders might contain metal parts.

- There may be power wires underground. If you plan to excavate, call 811 first to make sure there are no power lines or other utilities that can get damaged.
- Stay away from pad mount transformers (green metal boxes that contain the above ground portion of an underground electrical installation). These transform high voltage electricity to low voltage electricity, which is then carried in insulated underground power lines to your home.

- Never touch a downed wire. Keep at least 50 feet away from fallen wires and call the local utility company to report downed lines.

- Properly maintained tools help protect workers against electrical hazards. It's important to maintain tools regularly because it prevents them from deteriorating and becoming dangerous. Check each tool before using it. If you find a

defect, immediately remove it from service until it has been repaired or replaced.

- NEVER touch a component in a circuit that has power. Turn off all power sources or remove the source from the circuit entirely before touching it. Note that even if the source of current is eliminated, some electricity might remain. Therefore, it is always important to test the circuit before touching it to make sure no energy remains. Never take someone's word that the power is off. Always check it yourself.

If someone receives an electrical shock, dial 911 immediately. Electrical shocks always need emergency medical attention, even if the person seems to be fine afterward. DO NOT touch the person being shocked. If you touch them, the electricity can move from that person's body into yours, shocking you both in the process. If possible, try to remove the source of power. This could be opening a breaker or unplugging an appliance cord. If power was able to be removed, CPR can be administered to the individual while awaiting the arrival of emergency medical personnel.

MAY 2023

MAY 6

National Nurses Day



MAY 14

Mother's Day

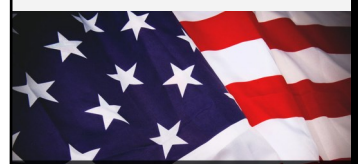


MAY 20

Armed Forces Day

MAY 29

Memorial Day



MEMORIAL DAY

Lofton offices will be
CLOSED on
Memorial Day





That I May Serve

By: Glenda Lofton, Ph.D.

Overlooking the campus at Virginia Tech is an inspirational war memorial and chapel dedicated to the graduates who have given their lives in the service of our country. On the steps leading to the memorial are the thought-provoking words, "That I May Serve."

As I reflect on those words, my thoughts turn to Todd Beamer, one of many heroes who died on 9-11. Todd was one of the top young sales representatives of a giant software corporation, a husband, father of two with a third on the way, a Sunday School teacher, and...a frequent flyer. Many of us are familiar with Todd's last conversation with the GTE Airfone supervisor who prayed the Lord's Prayer with him and listened as Todd quoted Psalm 23 before he and his fellow passengers overpowered the hijackers on Flight 93, preventing an attack on Washington D.C. In a book released in 2002 whose title bears his final words, Let's Roll!, Todd's wife Lisa shares the hope that sustains her and gives inspiring insight into how ordinary people come to show extraordinary courage. Not all

of us are called upon to make the personal sacrifice that Todd Beamer did, but each of us is called to serve.

In a book aimed at helping American businesses succeed economically, Block, back in 1993 challenged us to live out our spiritual and ethical values in the work place, to choose service over self-interest, to choose responsibility over entitlement, and to hold ourselves accountable to those over whom we exercise power. Often, he noted, we substitute real commitment with "the language of service." We say that we serve our country, we choose public service as a profession, and we have committed to serve customers, but do we?

In a training session on Servant Leadership I attended back in 2007 with other members of Lofton Staffing, Jim Hunter, trainer and author of two books on the topic, said that Servant Leadership is an old idea whose time has come, not only in traditional service industries but in the entire business community. At the heart of Servant Leadership, he emphasizes, is the timeless Biblical principle known as the Golden Rule. To those in management positions, Hunter asks, "Would you like to work for you?" To those not in management positions, he would

say, "Most servant leaders are not at the top. Because you can do the job well doesn't mean you can lead. Leadership is character in action. Servant leaders lead not from positions of power but from who they are and what they do—inspiring others to act by meeting their needs, helping them learn and grow, influencing them by their character and actions to enthusiastically work toward goals for the common good. Tommy Lofton says simply "Treat others the way you want to be treated." Be the person you want others to be - patient, kind, humble, respectful, selfless, forgiving, honest, and committed (1 Cor. 13:5-8). Ghandi, who led by influence rather than power, said it this way, "You must become the change you want to see in the world." As a company whose name, Lofton Staffing Service, emphasizes service, this seems a good time to once again evaluate ourselves and our daily interactions with coworkers and clients.

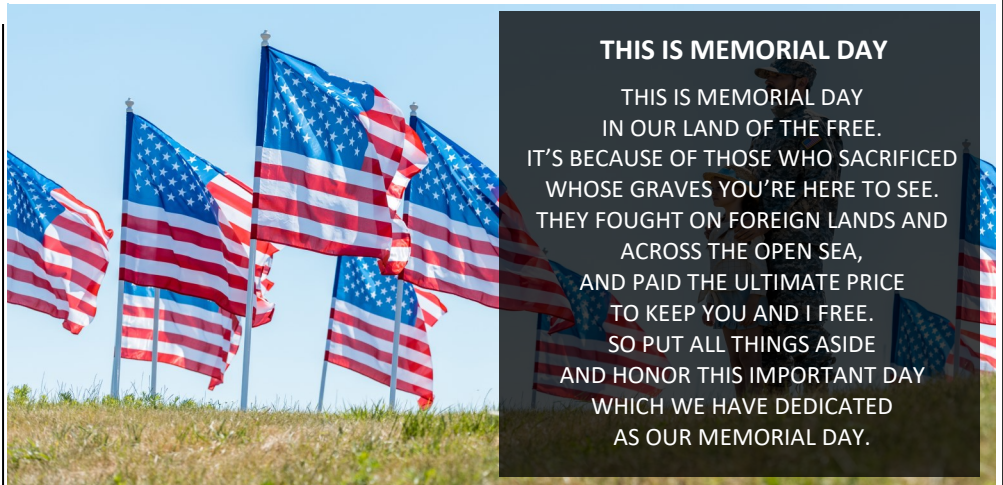
Thankfully, America's history is filled with men and women who, with the help of God, demonstrated the integrity and selflessness on which democracy and success depend—individuals like Todd Beamer who sacrificed "that I may serve."



Eligible employees not participating in the Vitality wellness program still have time to register and take advantage of the many opportunities to a healthier lifestyle, as well as earn discounts on health premiums. Go to www.powerofvitality.com or download the Vitality Today app to get started.

Are you an employee who currently participates in the Vitality program? We now have the Vitality Mall, where you can spend your points on gift cards and many other prizes. For every point earned, you will receive \$1 in Vitality Bucks!

If you have questions or need additional information, please contact the Benefits Department at 225-924-0200 or Benefits@Lofton.jobs.



THIS IS MEMORIAL DAY

THIS IS MEMORIAL DAY
IN OUR LAND OF THE FREE.
IT'S BECAUSE OF THOSE WHO SACRIFICED
WHOSE GRAVES YOU'RE HERE TO SEE.
THEY FOUGHT ON FOREIGN LANDS AND
ACROSS THE OPEN SEA,
AND PAID THE ULTIMATE PRICE
TO KEEP YOU AND I FREE.
SO PUT ALL THINGS ASIDE
AND HONOR THIS IMPORTANT DAY
WHICH WE HAVE DEDICATED
AS OUR MEMORIAL DAY.

Officer Kudos

Shout-outs to **Officers Leroy Ealem and Joeneshia Williams**, Lofton Baton Rouge. Sometimes working outdoor events can be challenging, from maintaining entry to ensuring the protection of property. Officers Ealem and Williams impressed our client with their professionalism and willingness to implement the rules to guests. "Officer Ealem made sure that all vehicles were parked where they needed to be and that none of our client's patrons brought outside food and drinks while keeping a pleasant disposition."

As Glenda Lofton stated above, we are all called to serve. Great job, Leroy and Joeneshia for putting our client's needs first. This is what separates Lofton from the competition! Keep up the excellent service!

Shout-out to Jessica Stevens, Lofton Baton Rouge, who participated in her first 5K run since joining Vitality! Way to go Jessica!