



# 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.

Severity of the injuries caused by an electric shock vary depending on the intensity of the voltage, the current, duration of the electric shock, and a person's internal body resistance. Electric shocks, under certain conditions, 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. Metal is an excellent conductor, so do not use metal ladders around overhead power lines (be aware 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 2024

[May 5](#)

Cinco de Mayo

[May 6](#)

National Nurses Day

[May 12](#)

Mother's Day

[May 18](#)

Armed Forces Day

[May 27](#)

Memorial Day



*In solemn silence, we gather near, to honor heroes we hold dear. Their courage and sacrifice we recall, on this Memorial Day, we stand tall. They fought for freedom, gave their all, answered duty's unwavering call. Their memory we cherish, hearts embrace, with gratitude, love, and solemn grace. For the fallen, our gratitude will never fade, on this day, their sacrifice forever displayed. In their honor, we solemnly pray, remembering them on this Memorial Day.*





## We Are All Called to Serve

By: Glenda Lofton, Ph.D.

As Memorial Day approaches, I think back to a post on the bulletin board at our Bible Study Class, "Freedom, Faith = Sacrifice." As I often do during this time, I think back on people in my life who answered the call to serve.

My father had just turned 24 when he was called on May 30, 1944 to serve in World War II. Like so many World War II veterans who choose not to talk about their experiences, Dad failed to mention that he had sustained a life-threatening head injury that left him temporarily blind. His fellow "Seabees" found him with the left side of his skull missing and were uncertain as to whether he had been ambushed by Japanese snipers or hit by dynamite fragments from a nearby blast.

After the war, Dad's injuries prevented him from returning to his job on the railroad. Classified as 100% disabled, he went to college on the GI bill. When his classification was changed to 50% disabled, his doctor begged him to let him write a letter to get full disability reinstated. "You'll never be able to work and support your family

for the rest of your life," he said. But Dad said, "No. My country has helped me get a degree. I can work." Dad was diagnosed with Parkinson's Disease at age 45 which doctors said could be related to head trauma and later died at age 69. During his life, I never heard him complain or ask, "Why me?"

Like dad, my thoughts turned to countless heroes of September 11th who answered the call to serve in a different way. Among them was Todd Beamer. Todd was a young sales representative of a giant software corporation, husband, father of two with a third on the way, Sunday School teacher, and frequent flyer. He and his fellow passengers overpowered the hijackers on Flight 93, preventing an attack on Washington D.C. In the book, 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 many of us will be called upon to make the personal sacrifice that Todd Beamer did, but each of us is called to serve.

In the book, Block, the author challenges us to live out our spiritual and ethical values in the workplace:

- to choose service over self-interest;
- to choose responsibility over entitlement, and;
- to hold ourselves accountable to those over whom we exercise power.

Often, it notes, we substitute real commitment with the language of service. "We serve our country, we choose public service as a profession, we have committed to serve customers."



America's history is filled with men and women who, with the help of God, demonstrated the integrity and selflessness upon which democracy and success depend.

For a company who bears the name of Lofton Staffing & Security Services, a name which in itself emphasizes service, Memorial Day is a good time to evaluate ourselves and our daily interactions with our coworkers and our clients. America's history is filled with men and women who, with the help of God, demonstrated the integrity and selflessness upon which democracy and success depend. Countless individuals who sacrificed "that I may serve."

## New Lofton Website

Lofton Staffing & Security is excited to announce the launch of our new website, [Lofton.jobs](https://lofton.jobs). The fresh, modern design not only makes navigating the site easier, but brings our users more content to help connect job seekers with employment. Whether it's informative blogs to provide insight to staffing industry trends and standards, tips for job seekers to help gain employment, to an easily navigated job board that exceeds industry expectations. We match top talent with top employers in the area.

What you can expect from the new website:

### A New Look

With cleaner corners, splashes of Lofton blues, and improved page layouts... we think you'll like it.

### Easier Navigation

Whether you are browsing the site for open jobs, searching for informative blogs, or looking for a Lofton branch near you...we take our website as seriously as connecting job seekers with open positions.

### Improved SEO

A successful website is as good as being able to find it on the internet. Our improved SEO will ensure local communities see Lofton opportunities - first!



## FEDlogics Private Seminar

Have you ever wondered about federal and state benefits that may be available to you and family members? We've got you covered.

Lofton has partnered with **FEDlogics** to host a private seminar to educate major health plan participants on resources for them and eligible family members. **FEDlogics** provides tools for individuals approaching Medicare age, information on Social Security benefits, resources for you or a member of your family that has been diagnosed with a major illness and much more. If you register and attend the seminar, you will be awarded **100 Vitality points!**

Don't miss this opportunity to learn what this program can offer to you and your family members. Mark your calendars for **Tuesday May 14, 2024, at 2:00 pm**. Links for the seminar will be sent via text.

**NOTE:** This benefit only applies to employees and dependents enrolled in major medical (UMR).