



LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Computer Ergonomics By: Jeremy Olivier, Lofton Safety Services

It is estimated that Americans spend between six and seven hours per day staring at screens of some type. It is important to understand how this screen time can affect your health. Musculoskeletal disorders (MSDs) are injuries that affect the body's muscles, tendons, and nerves. Often, they are caused by overexertion, awkward postures, and repetitive motions. They can result in pain, discomfort, and even long-term disability. Poor posture can cause headaches, neck pain, shoulder pain, and stiffness. For example, if a desk or chair is at the wrong height, it can cause you to hunch over, leading to poor posture and pain over time. Poor placement of a computer monitor or inadequate lighting can cause eye strain, headaches, and even vision problems. One extremely common example of a MSD is carpal tunnel syndrome, a condition where nerves become compressed at the wrist.

The tips below are for optimizing safety, comfort, and reducing the risk of injuries in both the workplace and home office. While they mostly apply to screen time behind a desk, most can be effectively applied to the use of phones and tablets as well.

- **Chair Height.** Improper chair height can cause discomfort and pain in the hips, legs, and lower back. To achieve a proper sitting posture, individuals should raise their chair high to allow the feet to rest flat on the floor, thighs to be parallel to the floor, and hips to be level with the knees.
- **Desk Height.** To avoid wrist strain, which can lead to carpal tunnel syndrome, users should maintain desks at a height that allows them to keep their forearms parallel to the floor and their wrists in a

neutral position. In the event the desk is too high, the user should utilize a footrest to adjust the seating position. If multiple individuals with different heights share a desk or workstation, a height-adjustable desk could be an ergonomic solution.

- **Monitor Placement.** Position the computer monitor so the top of the screen is at or slightly below eye level, which will help reduce neck and eye strain.
- **Keyboard and Mouse Placement.** Place the keyboard and mouse in a position that allows elbows to be at a 90-degree angle and wrists to be straight. Avoid placing these items too far away, which can cause overreaching and shoulder strain.
- **Lighting.** Use adjustable lighting to reduce glare and prevent eye strain and discomfort. Avoid positioning a screen in front of a bright light source.
- **Ambient Noise Reduction.** Ambient noise can be distracting and cause stress in the workplace. Consider using noise-canceling headphones or white noise machines to reduce distractions.
- **Frequent Breaks and Stretching.** It is critical to take periodic breaks from your screens. At least once every hour, you should stand and stretch for a few minutes. This will allow you to release any tension building up in your muscles and tendons. It has the added benefit of giving your eyes time to recover from strain as well.

Lofton LSU Scholarship Endowment

Lofton is proud to announce this year's scholarship recipient is **Harold Perkins Jr.**, LSU's electric all-around outside linebacker.

Since 2012, Lofton Staffing & Security has provided an endowed scholarship for LSU football student-athletes ensuring these individuals the opportunity to win in the classroom, in competition and ultimately in life. Lofton's annual scholarship endowment is named in honor of Rudy Niswanger, offensive lineman, who played on the 2003 National Championship team and was a two-time First Team Academic All-American. Other past recipients include # 77 Ethan Pocić, #64 Will Clapp, and #79 Lloyd Cushenberry III.



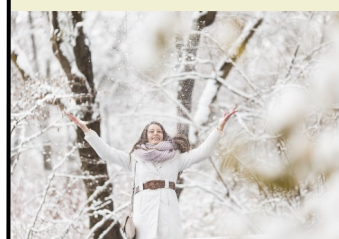
Presentation of Lofton Scholarship Endowment in Tiger Stadium with Rudy Niswanger, his wife and daughter and members of the Lofton family.

December 2023

December 7
Hanukkah Begins



December 21
First Day of Winter



December 24
Christmas Eve

December 25
Christmas

**LOFTON OFFICES
WILL BE CLOSED**

**Monday
Dec. 25th**





Recapturing the Wonder of Christmas

By: Glenda Lofton, Ph.D.

"The Herdmans were absolutely the worst kids in the history of the world. The six Herdman children - Imogene, Ralph, Claude, Leroy, Ollie, and Gladys are juvenile delinquents notorious for their rowdy misfit behavior, including cigar smoking, cussing, drinking jug wine, and shoplifting. They talked dirty, hit little kids, cussed their teachers, took the name of the Lord in vain, and set fire to Fred Shoemaker's old broken-down tool house. We figured they were headed straight to hell by way of the state penitentiary...until they got mixed up with the church, my mother, and our Christmas pageant". So begins one of my all-time favorite books, The Best Christmas Pageant Ever by Barbara Robinson.

Reading and rereading this humorous and heartwarming book has become a Christmas tradition at the Lofton house, and we have given away at least 100 copies.

For most of the children in the annual Christmas pageant, hearing the Christmas story read again was a *"pain in the neck because (they) knew the whole thing backward and forward.*

But to the Herdmans, you would have thought the Christmas story came right out of the FBI files, they got so involved in it— wanted a bloody end to Herod, worried about Mary having her baby in a barn, and called the Wise Men a bunch of dirty spies. And they left the first rehearsal arguing about whether Joseph should have set fire to the inn, or just chased the innkeeper into the next county."

As might be expected the Herdmans kids, pretty much take over the Christmas pag-



nant. While the result is somewhat nontraditional, the natural and personal response of six stringy-haired kids to the Christmas story has helped my family and me to recapture the wonder of Christmas. Hearing the story of Jesus for the first time and how it changes the hearts and minds of the Herdmans kids is a reminder of how God's word touches the Holy Spirit within each of us.

"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." (Luke 2:8-12)

As we approach the Christmas season, I encourage you to read the book with your family, or you watch an adaptation on YouTube starring Lorretta Swit (1983), and let it become a family tradition in your home. It seems the book is making a comeback as Dallas Jenkins, the creator of The Chosen, is directing a full length adaptation to be released late in 2024.

Have a very Merry Christmas!

Year-End W-2s

It's almost 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 name as it appears on your social security card/Your address / Your social security number

If you worked for more than one Lofton division, i.e. Security, Staffing, Energy or Medical, you will receive a W-2 for each corporation. If you need to make any changes (address, etc.), log into your account through the employee login on the Lofton website, or contact your local payroll department immediately. Changes must be made prior to the end of the year. W-2(s) will be available on the Lofton employee portal no later than the last day in January.

Health Savings Account

During the month of December, employees enrolled in one of the qualified high deductible plans (Plan A or C) are able to change their deductions for the 2024 plan year effective January 1, 2024.

Contribution limits are as follows:

- Maximum individual contribution \$4,150
- Maximum family contribution \$8,300
- Catch up contribution \$1,000 (addl for age 55 or older)

If you are interested in changing your contributions or would like to open a health savings account, please contact the Benefits Department at Benefits@lofton.jobs.

REMINDER

The deadline to earn the premium incentive through the wellness program is December 31, 2023.

www.powerofvitality.com



Lessons From Santa

There is something special about Christmas. It's a time of giving, receiving and good cheer. Why does it seem that this spirit only happens once a year? Wouldn't it be nice to operate with a generous heart in all that we do? What does Santa do that we could live by...all year long?

Santa Wants Us to be Our Best. Have you been good all year? He reminds us that making the effort to share kindness, compassion and generosity everyday always leads to a happier life.

Santa Makes His Gifts. How many of us have over-spent on Christmas? Santa knows the most important thing about a gift is the love and feeling behind it, not the price tag.

Santa Has a Positive Support System. Santa is surrounded by a collaborating team that takes an insurmountable task and turns it into an accomplishment. They are

goal focused and are #bettertogether.

Santa Teaches Us to Believe. Although you can't see Santa, you can feel his Christmas spirit throughout the season. He teaches us to believe in something you can't see or touch. To believe in something greater than ourselves.

Santa Loves His Work. Santa is the perfect example of finding joy in your work. He spends all year preparing for one night, without pay. But Santa does it with a smile on his face, a twinkle in his eye and a jolly "Ho, Ho, Ho." The only way to do great work is to LOVE what you do.

Santa Gives. Santa knows it's better to give than to receive. No matter how much or how little, you have the power to touch the life of another person. As Tommy Lofton would say, "When we help others, we in turn, help ourselves."

If we kept Santa's spirit all year long, what a world we would live in!