



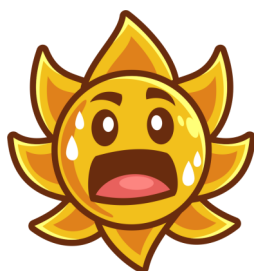
# LAGNIAPPE

## MONTHLY EMPLOYEE NEWS

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

Heat stress is commonly associated with warm weather. It's true that warm weather increases the number of heat-stress injuries and illnesses, but it isn't the only cause. Heat stress can occur any time the surrounding temperature is elevated. Even if the weather is cool, you may work in warm areas, indoors or out. Be alert for conditions which could cause heat stress and take precautions to prevent it. Six main factors are involved in causing heat stress:

- temperature
- humidity
- movement of air
- radiant temperature of the surroundings
- clothing
- physical activity



There are several types of heat stress injuries. Some are mild, but others can quickly lead to life-threatening situations. Knowing what to look out for is important because the more serious heat stress conditions cause the victim to become disoriented and unaware of their condition. The major heat stress injuries and illnesses are:

**Heat rash** is caused by a hot, humid environment and plugged sweat glands. It is a bumpy red rash which itches severely. It is not life-threatening but is very annoying. Dry clothes that help sweat evaporate will reduce the chance of heat rash. Washing regularly and keeping the skin clean and dry will help prevent heat rash.

**Heat cramps** are painful muscle cramps caused by a loss of body salt through excessive sweating. To help prevent heat cramps, drink plenty of non-alcoholic, caffeine-free (caffeine is a diuretic) fluids while working in a hot environment. Anyone suffering from heat cramps should be watched carefully for signs of more serious heat stress. If the cramps persist or other symptoms develop, seek medical attention immediately.

**Heat syncope** (pronounced "sin-co-pay") is sudden fainting caused by a reduced blood flow to the head. The victim's skin will be cool and moist and their pulse will be weak. Immediate medical attention is needed in the event of syncope.

**Heat exhaustion** results from inadequate salt and wa-

ter intake and is a sign the body's cooling system is not working properly. The victim will sweat heavily, their skin will be cool and moist, their pulse weak, and they will seem tired, confused, clumsy, irritable or upset, they may breathe rapidly—even pant—and their vision may be blurred. The victim may strongly argue that they are okay even with these obvious symptoms. If you suspect heat exhaustion, don't let the victim talk you out of seeking immediate medical attention. The heat exhaustion will affect their ability to exercise good judgment. Until medical help arrives, try to cool the victim and offer sips of cool water as long as the victim is conscious. Immediate medical attention is required. Heat exhaustion can quickly lead to heat stroke.

**Heat stroke** is the deadliest of all heat stress conditions. It occurs when the body's cooling mechanism has shut down after extreme loss of salt and fluids. The body temperature will rise, the victim's skin is hot, red, and dry, their pulse fast, and they may complain of headache or dizziness. They will probably be weak, confused, and upset. Later stages of heat stroke cause a loss of consciousness and may lead to convulsions. In the event of heat stroke, immediate active cooling (cool, not cold water applied to whole body) can be lifesaving, and then seek immediate medical attention. Until help arrives, try to cool the victim and offer sips of cool water if the victim is conscious.

The most effective way to prevent heat stress illnesses is to have a healthy lifestyle. A combination of healthy diet, adequate rest, and proper hydration will go a long way toward increasing a person's resistance. Decreasing consumption of alcoholic beverages, sugary sodas, and energy drinks prior to, and during time spent outdoors is recommended.

When time is spent outdoors, it is preferable to relocate activities to shady areas if possible. Temporary structures like collapsible canopies are great for keeping out of direct sunlight. Portable fans are also helpful over long durations of exposure. In addition, take frequent breaks indoors to cool off and ensure adequate cooling.

### June 2024

June 6  
D-Day

June 14  
Flag Day

June 16  
Father's Day

#### What is a Dad?

*A dad is someone who wants to catch you before you fall, but instead picks you up, brushes you off, and lets you try again.*

*A dad is someone who wants to keep you from making mistakes, but instead lets you find your own way, even though his heart breaks in silence when you get hurt.*

*A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail.*

Happy Father's Day!

June 19  
Juneteenth

June 20  
First Day of Summer





## Work is More Natural Than Play

By: Glenda Lofton, Ph.D.

As Father's Day nears, I reminisce about my childhood summers spent at my Great Grandfather Warner's home in Winn Parish. Situated on land homesteaded by his family in the 1800s, the house remained unchanged since its construction nearly a century ago, lacking electricity, running water, or indoor plumbing. Upon my Grandpa's passing in 1955 at the age of 95, the house retained its original charm, as he strongly believed that modern conveniences like electricity would pose a fire hazard. A similar house style can still be observed at the LSU Rural Life Museum in Baton Rouge.

During those summers, I would gather eggs, bring in meat from the smokehouse, pick and shell butterbeans from the garden, churn the milk from the cows milked the night before, into butter. The only job I was not allowed to do was to wash the dishes. As silly as this sounds today, the dishes were washed in a pan of water on the hot wood burning stove. A job too dangerous for a child. I always dreamed of the day I would be grown-

up enough to wash the dishes by myself. Even now, I enjoy washing dishes, although Tommy wishes I had shared the same enthusiasm for cooking.

Although my family ingrained a strong work ethic in me, I had never experienced a traditional job until I crossed paths with Tommy on my first day at LSU. Tommy, who had been working consistently since he started



*Working at my Grandpa's farm instilled a desire to help...to serve.*

delivering newspapers at the age of 11, was juggling a full-time job while pursuing his college degree. Astonished by my lack of prior work experience, Tommy arranged for me to work as a retail clerk at J.C. Penney's where he was employed at that time. This

opportunity gave me a newfound admiration for my mother, who had taken up a similar role in a retail store to support my college education, and for all those who spent hours on their feet during an entire workday.

Recently, our Granddaughter Olivia (Via) Lofton, graduated from U-High which made me think of Sam Ewing's quote, "Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all." Tommy's advice to her is the same principle on which Lofton Staffing was founded on...to have fun and be better. Having fun is not slacking off. It's doing what we do for the joy of it! Via's passion for theatre, dedication, and impressive talent will serve as the driving force propelling her towards success in any endeavor she chooses. If she says her name will be in lights someday...you can be sure it will happen. When you LOVE what you do, work is more natural than play.

Ultimately the way we view work and how we behave is a choice. What does your work say about your character? Is work for you more natural than play? What are you doing to help yourself and others have fun and get the job done? Sometimes, as Tommy reminds us, "We have to work at having fun. If we don't feel it, fake it."

## Lofton Acquires Frazee Recruiting Consultants

We are excited to announce that Lofton has acquired Frazee Recruiting Consultants, LLC, a full-service staffing consulting firm, based in Baton Rouge, LA. With over 25 years of rich experience, Frazee's expertise and track record of serving a diverse range of customers throughout Louisiana will undoubtedly add value to our services.



*Marianne Frazee, Founder and CEO Frazee Recruiting*

Frazee Recruiting and its founder and CEO, Marianne Frazee, have been business allies for years. We've always respected one another, and our approaches to customer service and employee management have always aligned.

This acquisition marks an important milestone for Lofton as we expand our reach throughout the Gulf South. Not only does it solidify our existing relationships, but it also presents us with the opportunity to welcome new members into the Lofton family.

We're thrilled to welcome the Frazee team to Lofton. Marianne will join us as a consultant, bringing fresh insights to better serve our customers, and Stevie Sander will join the Baton Rouge team to manage the transition for Frazee clients and employees to the Lofton team.

Stay tuned for more exciting updates as we embark on this journey together!

## Lofton Receives DOW's 5 Year Safety Award

Lofton Security Service received DOW's Safe and Sustainable, 5 Year Injury Free Award. DOW recognizes those vendors who demonstrate outstanding excellence and commitment to workplace safety based on the effectiveness of their safety efforts in preventing injuries and controlling costs.

Safety is not just a buzz word at Lofton. We are so committed to safety that we are the only staffing & security company that employs an in house Safety Department. We are extremely proud of this accomplishment. We thank our officers, supervisors and our client partner, DOW, for achieving our high safety standards.

Keep up the outstanding work and maintaining our high safety standards!



*Pictured L to R: Luca Balbo, DOW; Claude Pierre, Lofton Field Supervisor; Cory Preatto, Lofton Site Supervisor; and Jerred Bellina, DOW*