



LAGNIAPPE

MONTHLY EMPLOYEE NEWS

Cold Stress

By: Jeremy Olivier, Lofton Safety Services

Cold weather and environments pose many hazards to those who work in these conditions. A cold environment forces the body to work harder to maintain its temperature. What is considered "cold" can vary by region and individual. The following are some situations which need to be analyzed and addressed to ensure safety.

Frostbite is an injury to the body that is caused by freezing. It causes a loss of feeling and color in the affected areas and most often affects the extremities, e.g., nose, ears, cheeks, chin, fingers, or toes. Frostbite can lead to permanent damage or amputation of the affected areas.



First aid for frostbite: Get the victim into a warm area immediately. Do not walk on frostbitten toes or feet. This will cause more damage. Use warm water to warm the affected areas up.

Trench foot, also known as immersion foot, is an injury of the feet resulting from prolonged exposure to wet and cold winter weather. Trench foot can occur at temperatures as high as 60 degrees F if the feet are constantly wet. Wet feet lose heat 25 times faster than dry feet. To prevent heat loss, the body constricts blood vessels to shut down circulation in the feet. Skin tissue begins to die because of lack of oxygen and nutrients and due to the buildup of toxic products.

First aid for trench foot: Remove any wet socks or boots. Dry feet and do not walk on them, as this can cause more damage if already affected.

Hypothermia. When exposed to cold temperatures,

your body begins to lose heat faster than can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well.

First aid for hypothermia: Alert someone and get medical help immediately. Move the victim into a warm area. Warm the center of their body first-chest, neck, head, and groin area-using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets. If the victim is not breathing, begin CPR until the paramedics arrive on the scene.

Safe Work Practices for Cold Environments

- Eliminate or limit work as much as possible when extremely cold temperatures are present.
- Allow for acclimatization to cold environments or weather. If the weather is extremely cold for the area or time of year, you will not yet be used to it and are more susceptible to succumbing to a cold-related illness.
- Layer up on clothing and keep clothes dry. It is important to remove any wet clothing or boots and put on dry items when working in a cold environment.
- Take breaks in warm areas as needed.
- Drink warm beverages to help warm up your core temperature.
- Monitor the condition of others around you. If you notice something could be wrong, get them into a warm area and get immediate medical assistance.

Vitality Wellness Program

Congratulations to everyone that earned Silver, Gold and Platinum status for the 2023/2024 Vitality program year. Be on the lookout for information on the 2024/2025 program year soon.

FEDlogic

FEDlogic is a resource that educates employees on benefits available to them, such as Medicare/

Medicaid, survivor benefits, children benefits, disability, major illnesses and much more. FEDlogic can also assist with enrollment. Monthly webinars are held the last Wednesday of each month. Scan the QR code below to register. This benefit is only available to employees enrolled in major medical.

SCAN TO REGISTER FOR WEBINAR SERIES



January 2025

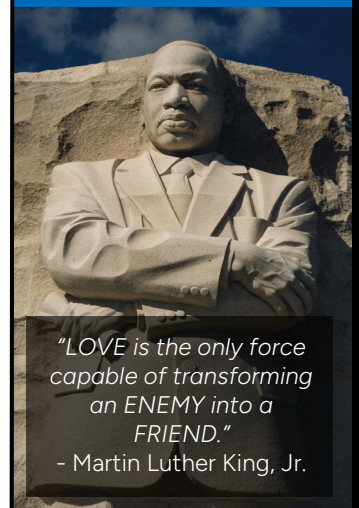
January 1
New Year's Day

LOFTON OFFICES
WILL BE
CLOSED
WED. JAN 1ST



Happy New Year!

January 20
Martin Luther King
Day



"LOVE is the only force capable of transforming an ENEMY into a FRIEND."
- Martin Luther King, Jr.





What On Earth Are We Here For?

By: Glenda Lofton, Ph.D.

expect fair pay, fair treatment, and an opportunity to learn; where people are told what to do and not how to do it so that they can amaze you with their ingenuity; where relationships are built one on one; where problems are viewed as opportunities to build relationships and trust; where we help others and thereby help ourselves; where people feel better when they leave than when they came; where people learn

Further illuminating Lofton Services' purpose are recent posts on the Lofton Facebook page, titled *Winning Wednesday*. Each Wednesday, Lofton showcases a team member and their contributions to the company and the community. A recent highlight focused on our customer-centered approach in Lafayette; another celebrated personal relationships with our clients (with a special shout-out to my grandson Sam); and yet another showcased the teamwork between our branch offices as they collaborated to staff a large sporting event in Baton Rouge (Geaux Tigers).

Reflecting on the past year often raises a profound question that has intrigued humanity for centuries: What on earth are we here for? This thought-provoking inquiry serves as the subtitle for the best-selling book, *The Purpose Driven Life* by Rick Warren. Why do we exist? Ultimately, this is a question that each individual must contemplate. In considering Warren's insights alongside my own research on successful businesses, I believe it's a question that organizations must also address.

Warren identifies five key purposes of life: worship (loving God), fellowship (connecting with fellow believers), discipleship (spiritual growth), ministry (serving others), and mission (sharing the Gospel).

So, what about Lofton Services? What is our purpose? Tommy established a set of core beliefs that form the foundation of Lofton, titled "I believe." When he began in 1979, he envisioned a purpose that *extended beyond merely filling jobs*. "I believe," Tommy often reminds us, *"in a workplace where people can have fun and be better, where people*



What on earth are we here for? For Lofton, our manual for Lofton Security encapsulates our purpose beautifully: *"Our purpose is to be the best service possible....We study train and work, not only to serve our clients but to serve each other, understanding that if we help each other to improve, we have already improved ourselves."*

Successful individuals and organizations don't merely document their purpose; they embody it. So, how can you lead a purposeful life? Remember to stay authentic, seek growth, nurture meaningful relationships, embrace resilience, and practice gratitude. Your journey is unique, and these principles will guide you toward a fulfilling and meaningful life.

to love Mondays; where people are reminded that life is a temporary assignment and to have a good day because you won't get it back; and where people do what they do for the joy of it."

Year-End W-2s It's important to review your paystubs 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 Lofton office immediately. W-2(s) will not be mailed, but will be available on the Lofton employee portal for download no later than the last day in January.

Smart Phone Etiquette

By: Julie East, Corporate Marketing

Smartphones are fantastic tools! They help us stay connected with family and friends, keep us informed about current events, and provide entertainment during those tedious moments in waiting rooms. However, they can also lead us to overlook common courtesy and the essential customer service mindset we owe one another.

Consider a time when you were at the checkout, and the cashier was engrossed in her phone while processing your order. Did that make you feel ignored? Did you feel undervalued? Remember, your phone doesn't need to be on at all times, and you aren't obligated to respond immediately.

Here are some guidelines for navigating your smartphone use in public settings:

- During face-to-face conversations, refrain from using your phone for any reason—this includes texting, answering calls, or even glancing at it. Switch it to

- silent mode to avoid interruptions.
- Be mindful of your language, especially in public spaces where others might overhear.
- Speak softly.
- Avoid discussing personal or confidential matters in public areas.



- If your phone must remain on and may disturb others, set it to silent and step away to talk.
- Avoid making calls in libraries, stores, churches, or on public transportation.
- In a theater, do not use your phone at all;

- that "phone glow" is more noticeable than you might think.
- Refrain from talking on your phone while seated at a restaurant; step outside instead.
- When interacting with a cashier, don't engage in phone conversations—it's simply impolite.
- Silence your phone if you receive multiple notifications; the sounds can be distracting during conversations.
- Avoid using speaker mode in public; no one wants to hear both sides of your discussion.
- In meetings or classes, resist the urge to check your phone; it's obvious when you do.
- Be cautious with your ringtones; what you find acceptable might not be for others.
- NEVER use your phone while driving.

Let's all strive to be more considerate of those around us when using our phones. Stay aware of your surroundings and keep your etiquette instincts sharp.