



# LAGNIAPPE

## MONTHLY EMPLOYEE NEWS



### Safe Lifting

By: Jeremy Olivier, Lofton Safety Services

Lifting an object, whether it is a paper clip on the floor or a box of office supplies on a shelf, is something that we do every day. And, because it is something we do so often, we often tend to do it without thinking. At least we do until we strain a muscle or otherwise hurt our backs. In fact, according to the Bureau of Labor Statistics, back injuries account for one of every five injuries and illnesses in the workplace. So, it is important to always be mindful while lifting things on the job, no matter how small. The following tips may help save your back:

**Size up the load.** Look it over, decide if you can handle it alone or if you will need help. When in doubt, ask for help. Moving an object that is too heavy for one person to lift safely is not worth strained and sore back muscles.

- Never try to lift an item weighing over 50 pounds by yourself.
- Always use mechanical equipment like a dolly to lift heavy objects, if at all possible.
- Can you slide it instead of lifting it? If so, Push, don't pull.
- Is the load height located inside your "safe lifting zone"? The safe lifting zone is between knees and shoulders. If the load is below knee level – bend your knees and lift with your legs. If the load is above your shoulders – use a stool or ladder. Better yet, rearrange the contents on the shelves so that heavier and more frequently needed items are placed on the mid-level shelves.
- If you are not in good physical shape, enough to handle the load, get help.

**Inspect the area.** Check the surroundings in which you will be handling the object. Make sure the path is clear of obstructions and you are facing the direction of the travel prior to lifting.

**Limber up** before attempting the lift – do some stretching exercises.

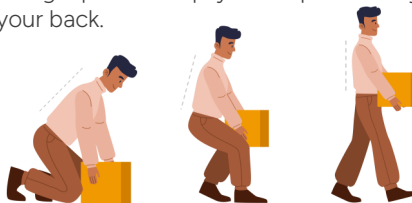
**Plant your feet firmly.** Good foot position allows you to keep your balance and use your leg muscles. The larger muscles of your legs are much more powerful and durable than your relatively weaker back muscles. Let your leg muscles do the majority of the work – they can handle it.

#### When lifting:

- Bend at your knees – not your waist – to reach the object.
- Get a good grip on the object – use both hands.
- Tighten your abdominal muscles to support your spine.
- Keep the load close to your body. By keeping the load close to your body, you reduce the amount of stress placed on your lower back.
- Keep the back as straight as possible while lifting.
- Lift with your leg muscles, not your back. Push straight up, like an elevator.
- Lift steadily and smoothly without jerking.
- Breathe. If you must hold your breath to lift the object, it is too heavy – GET HELP.
- Do not twist your upper body while carrying the load. Twisting compounds the stresses and forces of lifting and carrying an object. It affects your center of balance. Once you have established a good foundation with your feet, use them to turn and change direction.

#### Practice team lifting when lifting with someone else.

- Teamwork is critical when someone is helping you lift and carry a load. Both of you should discuss and decide, in advance, how you're going to handle the load.
- Decide and communicate your route.
- Lifting, carrying and lowering should be done in unison.
- Communicate with your lifting partner; let him or her know what's happening.
- If you feel that your grip is slipping, warn your partner. Set the load down if possible. Let it fall if not – don't try to stop it. Following these lifting tips will help you to prevent injury to your back.



### May 2025

May 1

Lofton Founded

May 5

Cinco de Mayo

May 6

National Nurses Day

May 11

Mother's Day



May 17

Armed Forces Day

May 26

Memorial Day





## Those Who Served

By: Glenda Lofton, Ph.D.

Serving in the military is a profound commitment that embodies courage, dedication, and an unwavering willingness to protect the freedoms we hold dear. Each year, over 180,000 brave men and women enlist in the U.S. armed forces, driven by a sense of duty and patriotism.

These individuals sacrifice precious time with loved ones, often missing milestones and celebrations, to stand at the forefront of global peace and security. Military service demands not only physical endurance but also emotional resilience, as individuals face the stark realities of conflict and loss.

Not all members return home. Whether in battle or training, the death of a service member is a profound loss that reverberates throughout a nation, leaving an indelible mark on both the military community and our society as a

whole. Each fallen hero represents not just a missing piece of a unit or a family, but a void in the collective spirit of a nation that values freedom and security. The loss is felt deeply by comrades who shared the rigors of training and the dangers of deployment, by families who endure the heart-wrenching absence of a loved one, and by a nation that mourns yet another life given in service to its ideals.

This sacrifice underscores the true cost of liberty and serves as a stark reminder of the human price paid to maintain peace and safeguard our values. In honoring their memory, the nation is called to reflect on the bravery and dedication of those who serve, ensuring that their sacrifice is neither forgotten nor in vain.

This Memorial Day, while enjoying time with family and friends, take a moment to pay tribute to these brave individuals who paid the ultimate price for freedom. As for Lofton, a company founded and driven by service, we are dedicated in building a future that honors their legacy and uphold the values they so bravely defended.

We can never repay their sacrifice,



but we can honor those who gave their lives for our freedom.

## \*\*\*\*\*IMPORTANT OPEN ENROLLMENT NOTICE\*\*\*\*\*

Open enrollment for American Worker will be held June 2, 2025, through June 13, 2025, for an effective date of July 7, 2025. Postcards and enrollment guides will be mailed to eligible employees. American Worker offers, mini-medical, dental, vision, critical/care and a \$20,000 life benefit, as low as \$2.25 per week for employee only coverage. All staffing employees are eligible for these offerings, as there are no minimum hourly requirements. If you are currently enrolled and do not want to make changes, there is no action required as your benefits will automatically renew. Employees are encouraged to participate, as these benefits will not be offered again this year.

If you have questions, feel free to reach out to the Benefits Department: [benefits@Lofton.jobs](mailto:benefits@Lofton.jobs) or 225-924-0200

## You've Been Caught!

Congratulations **Officer Alonzo Walker**, Little Rock.

Recently, one of the tenants had an issue with a vagrant who continued to knock on the door, even after he was asked to leave. Office Alonzo handled the situation like a pro! He was able to escort the vagrant off property without incident.

This prompted the client to express, not only their gratitude for how he handled it, but his overall performance.

"He is extremely polite and helps direct visitors to the correct office. He also ensures the ladies of the offices get through the parking lot and building safely. If there's anyway to continue to keep him scheduled at our building, we would greatly appreciate it."

Outstanding Alonzo! It's officers like you that make Lofton the difference in Security protection! Thank you, for everything you do!



## Nurses Week

National Nurses Week begins each year on **May 6th and ends on May 12th**, Florence Nightingale's birthday.

Nurses care for their patients with integrity, vision, and teamwork often in the most complex and challenging environments. They inspire others through action, advocacy and unwavering dedication. Long hours and changing shifts, Nurses take on every challenge with care and compassion.

Thank you, to every nurse who chose to serve others in their most vulnerable of times. We may not say it often, but we truly appreciate everything you did, are doing and will do for us!



## Mother's Day



To the moms who love their kids more than anything, but on some days, feel so heavy and overwhelmed, you feel you are failing.

For the tears you cry in secret.  
For the days you hide in the bathroom - just for a few minutes of silence.  
For the endless questions you have repeatedly answered, and will continue to answer.  
For the days you seek help - any help - but it's not there.  
For the homework that you just don't understand, but help anyway.  
For the nights the kids won't go to bed when you want a few minutes to yourself.

You are not failing. You are human. You are not alone.

Happy Mother's Day! You deserve it and you are doing better than you think!