



LAGNIAPPE

MONTHLY EMPLOYEE NEWS



UV Radiation: Risks & Protection

By: Jeremy Olivier, Lofton Safety Services



In the coming months, many will be spending large amounts of time in the sun both at work and at leisure. Often, discussions are had about heat stress illnesses and the importance of staying hydrated. But very seldom are discussions had about the damage associated with exposure to the sun.

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is one type of skin damage. Tanning is also a sign of the skin reacting to damaging UV radiation by producing additional pigmentation to provide some protection against sunburn. Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for sunburn and other harmful effects of UV radiation but be especially careful if you have pale skin. People with blond, red, or light brown hair, those who have been treated for skin cancer, or those who have a family member who has had skin cancer are at increased risk. Some medications may increase sun sensitivity, so consult your doctor. Even on an overcast day, up to 80 percent of the sun's UV rays can get through the clouds. Stay in the shade as much as possible.

You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats.
- Using broad spectrum sunscreens with an SPF value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection

against UVA and UVB rays, two types of the sun's ultraviolet radiation.)

- Reading the label to ensure you use your sunscreen correctly.
- Consulting a health care professional before applying sunscreen to infants younger than 6 months.

Keep the following in mind when applying sunscreen:

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (avoid putting it inside your mouth and eyes).
- Reapply at least every two hours. Apply more often if you're swimming or sweating. (Read the label for your specific sunscreen.)
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof.

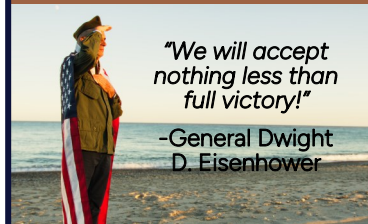
UV radiation can also damage the eyes. Sunlight reflecting off sand, water, or even snow further increases your risk of developing eye problems. Certain sunglasses can help protect your eyes.

- Choose sunglasses with a UV400 rating or "100% UV protection" on the label. These sunglasses block more than 99% of UVA and UVB radiation and provide the most protection against UV rays.
- Do not mistake dark-tinted sunglasses for having UV protection. The darkness of the lens does not indicate its ability to shield your eyes from UV rays.
- Consider large, wraparound-style frames, which may provide more UV protection because they cover the entire eye socket.
- Know that pricier sunglasses don't ensure greater UV protection.
- Even if you wear UV absorbing contact lenses, wear quality sunglasses that offer UV protection.
- Even when you wear sunglasses, a wide-brim hat and sunscreen can help further protect you from sun exposure.

June 2025

June 6

D-Day



June 14

Flag Day

June 15

Father's Day



June 19

Juneteenth



June 20

First Day of Summer



STAY CONNECTED





Fathers Through the Generations

By: Glenda Lofton, Ph.D.

Father's Day is a poignant reminder of the indispensable role that fathers play in shaping not only families but the broader fabric of society. Fathers provide the bedrock on which family traditions are built, passing down values, wisdom, and love from one generation to the next. They are the unsung heroes whose influence often extends beyond the family home, touching the very heart of the community. As we delve into the story of the Lofton family, we explore how the legacy of fatherhood has been a driving force, shaping lives and local communities across generations.

The Lofton family history is a testament to the indomitable spirit of fathers who have navigated challenges with grace and determination. The journey began with Leonard "Loftin," who, in 1636, embarked on a voyage that would set the course for generations to come. Leonard's arrival in Pennsylvania marked the beginning of a legacy characterized by faith and resilience—a legacy that would see his descendants play pivotal roles in the growth of a new nation.



L to R: Bart, Michelle, Tommy, Bret, Glenda, and Cindy Lofton

Fast forward to Mississippi 1902, where Tommy Lofton's father, Sam was born. Sam was one of nine children in a family that cherished music and faith. Sam's life was a tapestry woven with the threads of faith, music, and community service—a testament to the rich legacy he inherited and expanded upon. His decision to leave a lucrative job in Tennessee for a life enriched with faith in Baton Rouge speaks volumes about his values.

In the heart of Baton Rouge, the Lofton family became a symbol of integrity and community spirit when Tommy Lofton acquired a local branch of a national staffing franchise. Lofton Staffing's success was deeply tied to the community's support and encouragement. Neighbors, friends, and fellow church members gathered around Tommy, forming a supportive network that bolstered the family's determination. This communal backing helped Lofton navigate economic challenges, ensuring the continuation of the Lofton family legacy through Bret and Bart, who are fathers themselves.

As we celebrate Father's Day, it's essential to reflect on the impact fathers have had across generations. The Lofton family story is just one of many that illustrate the profound influence of fathers on family and community. Their legacy of faith, resilience, and community service continues to inspire and guide future generations.

In a world that often feels fragmented, the enduring power of fatherhood reminds us of the importance of connection and continuity. Fathers, through their steadfast love and unwavering support, are the pillars upon which legacies are built. As we honor them, let us also commit to nurturing the values and traditions they have passed down, ensuring that their legacy of love and service endures for generations to come.

Important Open Enrollment Notice

By: Mary Dixon, Benefits Coordinator



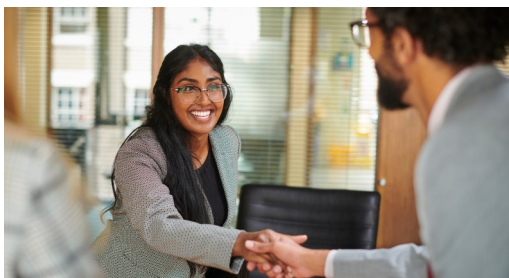
Open enrollment for American Worker will be held June 2, 2025, through June 13, 2025, for an effective date of July 7, 2025.

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 at Benefits@Lofton.jobs.

First Impressions on a New Job

By: Julie East, Corp. Marketing & Recruiting



When embarking on a new job or assignment, initial impressions of co-workers and supervisors can significantly shape long-term perceptions and reputations. The first impression you make about yourself and your potential can greatly influence your future success within the organization.

How can you enhance your chances of making a lasting impression when starting a new role? Here are 20 valuable tips to help you shine:

1. Maintain a positive attitude.
2. Dress professionally and blend in with your coworkers.
3. Demonstrate team spirit by collaborating effectively with team members.
4. Quickly learn your coworkers' names.
5. Ask questions and seek help when needed.
6. Take notes and participate in orientation sessions.

7. Be a self-starter and take initiative.
8. Learn everything you can about your new employer.
9. Work full days and avoid leaving early.
10. Establish a strong attendance record.
11. Steer clear of office politics and gossip.
12. Minimize personal matters during company time.
13. Engage in after-hours activities to connect with colleagues.
14. Listen more than you speak.
15. Keep track of your accomplishments.
16. Express appreciation for assistance and support.
17. Seek out a mentor for guidance.
18. Stay organized and set clear goals.
19. Keep your boss informed about your progress.
20. Network and meet key individuals within the organization and industry.

By implementing these strategies, you can lay a solid foundation for your career at your new job. Remember, building a positive reputation takes time and effort, but the rewards are well worth it. Not only will you foster a productive and harmonious work environment, but you'll also open doors to new opportunities and personal growth. As you embark on this new journey, embrace the chance to learn and grow, and remember that every interaction is a chance to make a memorable impression.