



# LAGNIAPPE

November 2009



## Monthly Employee News

Celebrating 30 Years of Service



Lofton Security Service

### Push or Pull?

From: Fred Mingo, Director of Safety

Equipment that you use on the job may require you to apply pushing or pulling forces. Applying the wrong force, or the right force the wrong way, can result in musculoskeletal injuries.

Most push-pull injuries are muscle strains and sprains, particularly back injuries. But pushing or pulling the wrong way can result in losing control of equipment or materials, resulting in injuries or even death.

How to Protect Yourself: **Whenever possible, push.** Here are four reasons why:

1. You can push harder than you can pull.
2. Facing the direction of travel while pulling means you have at least one arm behind you, twisting your back.
3. Walking backward means you can't see properly and are twisting your back and neck.
4. Walking in front of the load means you're at risk for being run over or crushed between your load and an obstacle.

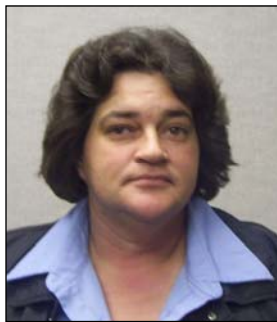
Here are other ways to prevent injury:

- Don't overload yourself or your equipment. If you can't move the load by giving it a gentle shove, break it down into smaller loads. Use powered equipment for heavy or awkward loads.
- Move loads as short a distance as possible. If there are slopes or ramps, get help moving the load down them.
- You should always be able to see over your load. If you can't, have a co-worker "spot" you or reduce the load size.
- When pushing, handles should be at about hip height, near your center of gravity.
- Make sure the equipment is in good condition. Wheels should turn and pivot freely and be free of flat spots or excessive wear. Hydraulics should be leak-free.



### Outstanding Officer

Lofton, Baton Rouge



On 10/24/09, Debra Cook heard an alarm going off at a client's refrigerated trailers that was full of merchandise. She notified her supervisor and members of the Transportation team. A technician was dispatched and

it was discovered that the refrigeration unit on the trailer had malfunctioned. Because Debra took the initiative to report a suspicious incident, the client was able to maintain the proper temperature inside of the trailer and prevent the loss of merchandise.

On 11/1/2009, Debra noticed an employee had 5 packs of Starburst candy inside his jacket pockets as the employee was attempting to leave the client's facility. The employee stated that he had purchased the candy in a vending machine inside. Debra felt the employee was behaving suspiciously, so she contacted the client and checked the vending machines in the break room. Debra discovered that the vending machines do not sell that type of candy. The subsequent investigation concluded that the candy had been stolen. The individual ultimately confessed to stealing the merchandise.

Lofton is very proud to have an officer of Debra's stature. She is an outstanding employee and role model to other officers. Congratulations, Debra, on an outstanding job!

### What's Happening This Month

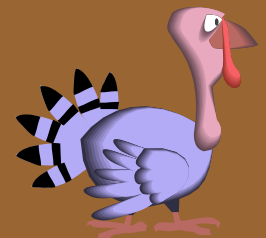
November 3  
Election Day

November 11  
Veteran's Day

November 26  
Thanksgiving Day

**Lofton offices will be CLOSED**  
**November 26 & November 27**

**Have a safe and happy Thanksgiving!**



### Tweet!

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[www.twitter.com/LoftonStaffing](http://www.twitter.com/LoftonStaffing)

# Let Us Remember and Be Grateful

By: Glenda G. Lofton, Ph.D.

When the Vietnam War ended and the prisoners of war were finally released, I was teaching second grade and supervising student teachers at a local elementary school. One of my student teachers was Glenda Jones, wife of POW Neal Jones, an air force pilot who had been shot down over Vietnam early in the war. He was paraded through the streets of Hanoi on national TV and held as a prisoner for over six years. When Neal returned to the United States, his wife, Glenda, invited him to visit our classroom. He told us of being kept in isolation for months with a severely broken arm and other injuries left untreated, of lying helplessly in his bed, and waiting to die. Just when he had given up all hope, there came a tap on the wall from an American in an adjoining cell. In Morse code, his fellow prisoner asked, "Have you prayed?" For him, he said, that was the turning point. He began to pray, and he knew he would make it. The following Christmas after Neal visited my classroom, our family received a Christmas card from the Jones family. On the cover was an American flag and inside the card were the poignant words, "Let us remember and be grateful."

November is typically thought of as a time for gratitude. On the fourth Thursday of the month, our country has set aside a legal holiday for giving thanks. Webster's Dictionary, however, defines gratitude as a **state** of being grateful, implying that gratitude is not a one-time event but an ongoing process. Oprah Winfrey captured its essence nine years ago in an early issue of her magazine when she challenged readers to develop an **attitude of gratitude**. "Being

thankful," she wrote, "is an art to be cultivated and practiced moment to moment...Accept with an open heart whatever is going on in your life right now...and make each day a holiday of thankfulness." A monthly calendar and series of related articles gave concrete, practical suggestions for giving yourself and others the gift of gratitude. Here are some sugges-



*Write down five things you appreciate about another person, and give them the list.*

tions that stood out to me because they were similar to some that have helped me and my students, friends, and family over the years: (1) In a journal, write down or illustrate five things you are grateful for, and share one at the dinner table on Thanksgiving Day. My family members sometimes roll their eyes, but indulge me on this one. (2) Write down five things you appreciate about another person, and give them the list. Try it with a colleague at work, a classmate, friend or family member. My former students recall receiving such

a list from their classmates as a life-changing event for them. At one of our family Thanksgiving dinners, we did a slight variation of this; we drew names at the dinner table, and said two things we appreciated about the family member whose name we drew. I still recall our grandson Samuel's words as he shyly said, "I'm thankful for Papa because he does fun things with me." (3) Write about a special memory and the people you shared it with. Call one of the people to reminisce. After reading this suggestion, I located Glenda and Neal Jones whom I had not talked to in many years. Their attitude of gratitude is still contagious. (4) Watch for opportunities each day to thank someone, including those you do not know, for acts of kindness, service, or a job well done. Be specific. (5) Create your own way to "remember and be grateful," keeping in mind that "silent gratitude isn't much use to anyone." (Gladys Stern) (6) And, last but not least, give thanks to God knowing "Every good gift and every perfect gift is from above, and cometh down from the Father." (James 1:17) This week, Olivia, our three year old granddaughter, eagerly asked to say the blessing at dinner. Her words were simple, sincere and familiar, but powerful, "God is great! God is good! Let us thank him for our food. Amen."

On this 30<sup>th</sup> Anniversary of Lofton Staffing, you make it easy to "remember and be grateful". Thanks for your ongoing caring, commitment, and support.

## Lofton Introduces New Corporate Sales Manager



Lofton Corporation is proud to announce the promotion of Al McClendon from Baton Rouge Sales Manager to Corporate Sales Manager. Al brings a wealth of sales and sales management experience that has not only made an impact in Baton Rouge, but on the company as a whole. An example of that impact is the fact that while the staffing industry is struggling and has declined, Al's efforts and sales leadership has grown the Baton Rouge market every quarter this year.

In Al's new role, he will be a regular part of the sales planning & strategy in each of Lofton's markets. "Al is a definite asset to Lofton. We see him as an integral part of our continued growth and overall development as a company," says Bart Lofton, Co-President of Lofton Staffing Services.

Lofton would like to congratulate Al on his new role and continued success with Lofton Staffing & Security Services.