

# L A G N I A P P E



**LOFTON SECURITY SERVICE INC.**

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ENERGY SERVICES MEDICAL SERVICES SAFETY SERVICES

## MONTHLY EMPLOYEE NEWS

October 2018

### Steps For a Safer Office

By: Steve Ham, Lofton Safety Services

According to the Bureau of Labor Statistics, 80,410 private-industry office and administrative workers suffered on-the-job injuries in the past decade. Many of these injuries could have been prevented had workers or supervisors recognized the risks and implemented simple workplace modifications to help mitigate them. Below are a few steps you can take to reduce the risk of injury at the office:

- Reduce the amount of clutter, i.e. paper, boxes, materials, etc. left in hallways and high traffic areas.
- Avoid using office chairs (especially rolling chairs) as step stools.
- When using a ladder or stool, never climb higher than the step indicated as the highest safe standing level.
- Maintain a clear line of vision. Workers can collide when making turns in the hallways and around blind corners.
- Use caution when walking on wet tile and marble floors. Place carpets in entryways where workers are likely to come in with wet or icy shoes.
- Speaking of carpets, be sure to replace torn or frayed area rugs and carpets in high traffic carpet areas.
- Be sure to close drawers after use. Open drawers are notorious for attacking shins and causing falls.
- Don't over stack boxes or materials to an unsafe height. Overloaded stacks can fall and cause injuries.
- Adjust computers and chairs to fit accordingly. If needed, ask for a foot rest to raise legs to keep backs straight in the chair.
- Don't attempt to move large pieces of office equipment alone. Ask for assistance.
- For frequent typists, use a document holder to reduce neck strain.
- Take the stairs...carefully. Taking the stairs is great for staying in shape, but are famous for trips if in a hurry.
- Coffee is hot! Microwaved items are hot! Enough said.

### New Prescription Provider

By: Mary Dixon, Benefits Coordinator

Lofton provides healthcare coverage for all your medical needs through UMR. To help keep costs as low as possible, we have partnered with **SouthernScripts First Choice** to be your prescription provider. Members utilizing a First Choice pharmacy will receive much larger discounts on prescriptions over those received by using an out-of-network pharmacy. Check out some of the First Choice Pharmacies included in your plan!

CVS/Target	Kmart
Albertsons	Kroger
Brookshire's	Brookshire Brothers
Fred's	Hy-Vee
Kmart	Publix
Winn-Dixie	Sam's Club
Walmart	Local Independent Pharmacies

Remember, if you have any questions, feel free to reach out to us. [benefits@loftonstaffing.com](mailto:benefits@loftonstaffing.com)



### Officer Kudos

We would like to thank the many, many, many Officers who have worked the three LSU home games so far this season. With special kudos to Officers **April Kirsh** and **Tatum Wolfe** who made the front page of The Advocate.

### LSU fraternity tailgating looks much different Gruver's hazing death, new rules

BY JACQUELINE DEROBERTIS | Special to the Advocate - SEP 22, 2018 - 6:41 PM (4)



People line up to be checked in for the tailgating party at the Theta Xi house. The Parade Grounds are sparse since LSU fraternities are required to tailgate at their houses Saturday Sept. 22, 2018, in Baton Rouge, La. LSU fraternities in the post-Gruver era are required to register their tailgate parties for Saturday football games and are forced to hold them at their respective houses, rather than on the Parade Grounds.

### What's Happening This Month

**October 8**  
Columbus Day

**October 16**  
Boss's Day

**October 31**  
Halloween



Become a fan of **Lofton Staffing**, **Lofton Security**, **Lofton Energy**, or **Lofton Medical**. Stay on top of current job openings, get great tips on job hunting, and stay in contact with some of your Lofton friends!

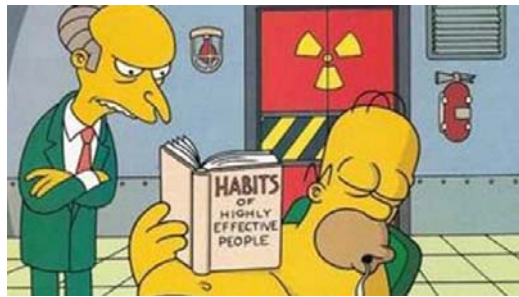




## All Kinds of Workers

By: Glenda Lofton, Ph.D.

As I watched the hearings for the new Justice of the Supreme Court, I was reminded of a poem I wrote back in the 70's, with the help of my second graders, for a class on supervision. (The poem was inspired by the text: Supervision for Better Schools, Wiles, 1967.) Thankfully not many of us will be subjected to federal hearings, but as Dr. Seuss reminded us "People are people no matter how small." The challenge for all of us is to first assess ourselves and then think about how we can grow stronger together.



### All Kinds of Workers, by Glenda Lofton

There are all kinds of workers. What kind of worker are you? OR—if you're the supervisor or co-worker, what do you do...to help workers like these?

#### The Lazy Worker

Meet Lazy Mazie as she runs out the door. She puts in her day, but not one minute more! New ideas! Who needs more? Staff meetings and training sessions?

What a bore!

As she gets in her car and is driving away, One last comment she's heard to say, "Look there's the car of Miss Goody 'what's her name,' Always working overtime—what a goofy dame! Doesn't she know that our salary's the same?"

#### The "Colorless" Worker

Here's Miss Muffle. (My second graders gave that name.) She's not mad, but sad, And this is about the most cheerful look she's ever had. Her voice, her actions have little variety. Yet she's as conscientious as she can be. Work is serious—no time for wit— And she lacks friends because of it.

#### The Older Worker

Experienced workers are sometimes best, But here is one who deserves a rest. She's served her time with laughter and tears. Just grant her peace these last few years. If she hasn't learned it by now— Why it's too late to try. As for those new-fangled ideas— "I've watched lots of them die!"

#### The Undemocratic Worker (not related to politics)

Now meet a most difficult dictator worker. She will tell you what to do and how to do it, too. She'll even tell you what to think. No need for opinions from you! Teamwork and democratic values and skills? She doesn't have time for those foolish "frills."

#### The Worker Who Disagrees

Anything you can do, she can do better. She can do anything better than you. Violently or quietly—her resistance still comes through! Supervisors or coworkers seem to be— Someone with whom you disagree.

#### The Failing Worker

Alas and alack, we're sad to say This worker's a failure in many a way. Her knowledge and skills are really low. Without some help, she'll have to go!

#### The Creative Worker

Her education and experiences have served her well. Her workplace is not restrictive—it's plain to tell. To be creative, she doesn't have to stand on her head. (That's what my second graders said.) She's never completely satisfied! There are always things left to be tried! She strives for perfection—but never gets there And helps others learn because she cares. She leads by example, and inspires me and you. She gets the job done and has fun, too!

Over 40 years of research has found that organizations that sustain growth and make significant contributions to others, started with the choice of one person, whose moral authority—character and competence—inspired and lifted others. This one person was often not the formal leader but a worker who by changing and motivating himself lifted others. As stated, there are all kinds of workers, but the question is not what kind am I, but...what kind do I choose to be?

## Ghost Stories

It's Halloween time, and what's better than telling scary stories. Read ahead...if you dare!

#### You Can't Get Out

One dark, windy night, the town drunk was making his way home after the bar closed. Somehow he got turned around and ended up walking through the churchyard instead of taking the road home. The wind picked up, and he thought he could hear a voice calling his name. Suddenly, the ground opened up in front of him, and he fell down, down into an open grave! He could hear the voice clearer now, calling to him. He knew it was the devil, coming for him just like the preacher said, on account of him being the town drunk.

The hole was very deep, and inside it was pitch black. His eyes adjusted to the darkness after a few moments, and he made out a form sitting in the darkness with him. It called his name, and

he scrambled away in fear, trying to climb out of that terrible grave. Then the figure spoke, "You can't get out," it said. The drunk gave a shout of pure terror and leapt straight up more than six feet. He caught the edge of the hole in his hands, scrambled out, and ran for home as fast as he could go. Inside the open grave, his neighbor Charlie sighed in resignation. He'd fallen into the hole a few minutes before his friend and had thought that together they might help each other climb out. Now he was going to have to wait until morning and get the mortician to bring him a ladder.

#### The Ghostly Tenant

A young couple, low on money, had heard about an apartment that a previous tenant had died in and the realtor was desperate to rent. They anxiously took the apartment with little concern for a would-be ghost. The girl had a small dog that would bark

occasionally at...nothing. One day, she was taking a shower when her dog started barking loudly. She turned, looked around the room, but there was no one there. She told her boyfriend about the dog barking and he told her she was being silly.

One night, the couple had friends over watching a late night movie. The lights were out, and the only light in the room was from the soft glow of the television. As the couple sat on the sofa together, the boy started gasping for breath. The girl turned to see what was wrong. His eyes were wide open, his skin ashen...frozen. "What's wrong?," asked the girl. "I just saw a fat man walk from the kitchen to the bedroom...and he looked right at me!" When the couple asked the realtor about the man who had died, she said that he was a large man that stayed to himself and played games on his computer in his bedroom.