



Safety today means "Action" tomorrow

APRIL, 2011, NEWSLETTER

EMPLOYEE NEWS



SPOT LIGHT on SAFETY

SAFETY CREW OF THE MONTH!

This month's Safety Spotlight goes to **Paul Chatham and his crew**

Management would like to thank Paul and his crew for their never ending efforts towards job site safety. Paul's openness towards taking suggestions and discussing safety with his employees on his job in Batesville proved to be an asset to the company's safety program. Paul's willingness to be open minded with the employees allowed them to work out situations that may otherwise have turned out to be disasters.

Congratulations to Paul and his crew for their outstanding safety record proving once again that by working together there is no unattainable goal!

John Kennedy
Director of Risk Management

Raymond and Irene Easley would like to thank everyone for their generous donations after the devastating fire to their home.

Congratulations to Hayden Hughes and Ray Thompson for passing the journeyman's test!

GRANDMA AGAIN! Debbie Jones' daughter and son-in-law are due with their 2nd child in early December



April Birthdays and Anniversaries

OUR OWN CELEBRITIES

Joel Culpepper
Franklin Bailey
Ray Fryar
Alan Adamson
Eugene Ibison
Josh Koch
Ron Wright

Carlos Garcia
Adam Harper
Steve Grammer
Grant Mortenson
Maurice Hurt
Clint Elliott

OTHER CELEBRITIES

Alec Baldwin
Robert Downey Jr.

Eddie Murphy
Jackie Chan

ANNIVERSARIES

- April Fool's Day
- Easter
- Child Abuse Awareness Month
- Earth Day



FEDERAL AND ARKANSAS TAX DEADLINE—APRIL 18, 2011



ACTION UPCOMING EVENTS

- * 30 YEAR CELEBRATION—2011
- * Apprentice Training—June 18, 2011
- Barling-layout strategies—work attire required

SAFETY IN ACTION



Always look after
number ONE and if
you need help—
just ask

"OUCH! Why did I try to lift that much weight on my own?"

Did you ever ponder those words after you hoisted something heavy, or lifted from an awkward position? These incidents are well known causes of back strain, but you might not have considered other "underlying" factors that lead to back injury. Several conditions influence your "back health."

The cause of most back problems is poor posture, loss of flexibility, stressful living/working habits and above all, a general decline in physical fitness. Surprised? You shouldn't be. When you "let yourself go," (and most of us do with age) the *first* thing to *go* can be back strength. Along with correct lifting techniques, we should also work on our overall physical condition.

Nutrition--is an important key to staying physically fit! As we grow older, our metabolism slows down. To counteract this natural event, we have to eat the right types of food-and not too much of it-or the pounds come on quickly! Now, what does nutrition have to do with a healthy back? For one thing, a healthy back is correctly balanced on your spine. With a "sway" back, that balance is lost-and those darned potbellies cause sway backs. Carrying around excess weight puts tremendous strain on back tissues, so lifting even a small extra load may cause an injury.

Exercise--plays an important role as well. A form of exercise as simple as walking 30 minutes a day can raise your heart rate and burn enough calories to help keep you lean. Flexibility is another condition that changes as we grow older, if we don't work to retain it. It's true, as they say-"Use it or Lose it!" Without flexibility, we lose our body's full range of motion. Then, when a sudden, physical demand takes a muscle or joint further than it's used to, the risk of injury is high. You can do stretching exercises every morning to keep yourself flexible and ready for the physical demands of work. After all, don't athletes warm up before a game to prevent injury?

Fixed positions--not moving *enough*--can also cause back problems. Staying in a fixed position for too long can lead to muscle spasms. We feel it as stiffness, but by the time discomfort from "static" muscle contractions is experienced, low level tissue damage has begun. Take stretch breaks between Matthew Hardaway call John Kennedy to claim your prize long standing or sitting periods to improve circulation and prevent back strain.

Poor body mechanics and bad lifting habits usually "trigger" a back injury-and are more likely to do so if overall physical condition is poor. Remember these techniques to help escape injury:

- Avoid using fast, jerking motions when lifting.
- Avoid bending and twisting at the same time.
- Avoid handling a load too far away! Keep the load close to your body.

Teamwork! If the load is too heavy, two persons should carry the load.

Emotional Stress leads to mental distraction, so that things other than proper body mechanics are on your mind. Stress and back pain seem to go together. Low back pain has been called "a tension headache that slipped." Solving our personal problems isn't always easy to do, but it often takes away back pain and helps prevent repeated injuries.

In Conclusion: Improper lifting isn't the *only* thing that causes back injuries. People who do not also stay in good physical and mental condition are at high risk for back problems.

It's Up To You--Take Good Care Of Your Body and Save Your Back!

Preventing Motion Injuries

Taking the time to think about everyday tasks and their affects on our bodies is a good way to prevent injuries. The following scenarios will demonstrate how inadequate planning leads to pain and disability, affecting on- and off-the-job activities.

At the breakfast table you rush to clean everything up before going to work. You stretch awkwardly across the table to lift your infant baby out of the highchair. Half standing, you start to lift your baby, but then stop, reacting to a sharp pain in your back. Instead of using your leg muscles to lift, you used your back muscles and are consequently suffering back pain.

In the warehouse, you notice some boxes on the floor. These boxes are in the way of pedestrian traffic and so you proceed to move them. You know that the boxes could be heavy but you do not want to bother anyone to help you. You bend over at the waist to lift one box but have to stop because the load is too heavy and you feel a sudden pain in your back. As a result, you strain your back muscle -- an injury that may keep you off the job for several days. In this next scenario, you are a production-line worker who packs boxes as they pass by on a conveyor. Throughout the day, you perform the same set of lifting and twisting motions with your arms. You begin to experience pain in your forearms and sometimes it aches so much that you can't sleep. The repetitive nature of your work has stressed your arm tendons, muscles and nerves.

What could have been done to avoid the motion injuries mentioned above? You could have thought about the task at hand and applied the Take Two principle (Talk, Actions, Knowledge, Equipment) checklist: Talk to your supervisor about how to perform the job safely. Think about how your actions will affect safety. Know the right rules and procedures for the job. Use the proper equipment and keep it in good condition.

Keeping the above scenarios in mind, ask yourselves and your co-workers these questions:

- 1) Do we always think carefully about posture and proper techniques when lifting?
- 2) Why do we sometimes ignore our body and safety?
 - Busy work schedule
 - Think that "it won't happen to me."
 - Lack of knowledge
 - Under stress
- 3) What is the procedure for lifting safely?
 - Make sure you are close to the object and are not bending over to lift
 - Keep back straight and use leg muscles to lift
 - Don't twist or stretch excessively.
- 4) How can we help prevent repetitive motion injuries?
 - Take breaks to stretch and relax
 - Rotate work stations; change positions

Living in a stressful society where time is money and deadlines are of the utmost importance, it is easy to get so caught up in what you are doing that you forget about taking care of your body. But think about the consequences of having an injury where you can't work, play, or spend any time with your family and friends. Think of how badly an injury makes you feel (physically and emotionally) and all the extra work and lost wages you have to make up for when you come back to work. Isn't your body worth an extra few minutes to do the tasks correctly and safely?





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Goin' to Kansas City....

Worlds of Fun opens for the 2011 season on April 16th, and Oceans of Fun opens May 27th. Both parks are located in the Kansas City area. I have discount coupons with four different types of offers per coupon:

- Worlds of Fun Spring (April 16—June 12) - Save \$10 on regular tickets
- Worlds of Fun—Save \$8
- Oceans of Fun—Save \$3.50
- Ride & Slide (both parks, same day) - Save \$5
- Added bonus, welcome the PEANUTS characters into their new home with \$9.99 Junior and Senior admission every operating day, April 16-12.
- One coupon can be used to purchase up to four admissions at one time
- For more information on the park(s) check out their website at www.worldsoffun.com

If you're interested in a discount coupon, you can either stop by my office in Barling, call me at 479-452-5723 or e-mail me and I'll mail it to you.

Debbie Morris



April Fruit Fool

Dating as far back as the sixteenth century, this classic British dessert has seen its popularity ebb and flow. A Fruit Fool is a delicious mixture of pureed fruit, sweetened, and then folded into whipped cream. If you make the puree a day ahead, it should be a little thicker and will fold easier. If you use fresh fruit, you'll need to add sugar and taste it to make sure you have the right amount. Here's a recipe for a Strawberry Fool:

3 cups strawberries, frozen sweetened
 1 cup whipped cream
 1/4 cup sugar

For the puree: Thaw the strawberries. Place the strawberries in a food processor or blender and process until the berries are pureed. For the whipped cream: Place mixing bowl and whisk attachment in the refrigerator or freezer for about 15 minutes or until very cold. Whip the cream until soft peaks form. Add the sugar and continue to whip until stiff peaks form.

With a rubber spatula gently fold the fruit puree into the whipping cream leaving some white streaks showing. Pour the fool into individual long stemmed parfait or wine glasses. Cover and refrigerate until serving time. Garnish with fresh fruit. If you want a smaller portion serve your fool in a single or double shot glass.