

## For Your Own Well Being Lift And Carry Safely; Suggestions Are Listed

In his article in the last issue of the Mill Whistle, Dr. J. A. Sanford, Medical Director, pointed out the dangers of improper lifting. He showed that certain muscles in the body are large and strong, capable of handling heavy loads. Other muscles, he explained, are much weaker and are not intended for heavy work. Improper use of the abdominal muscles can easily cause a strain and is a most frequent cause of hernia.

All of us at work, at home, and at play are continually lifting things, picking them up and putting them down as a part of our daily activities. Whether we use correct lifting practices or whether we are among the thousands who receive strains or hernias each year depends upon our learning the proper lifting habits and exercising good judgment and care in all lifting operations.

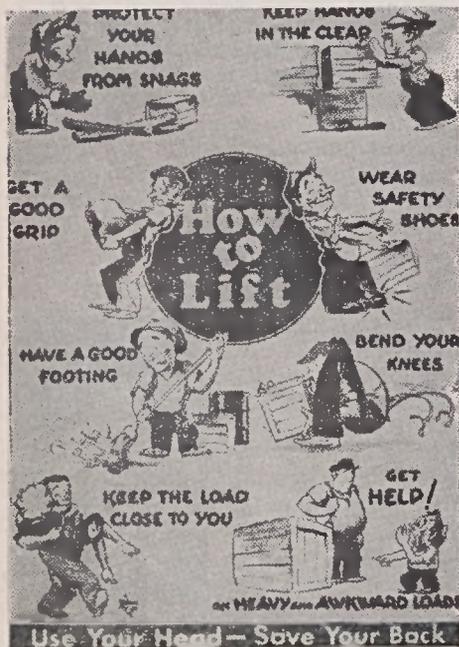
### Rules Listed

Here are a few simple rules that will help us form correct lifting habits:

1. Look over the object to decide the best way to grasp it.
2. Place your feet close to the object to be lifted.
3. Get a good grip on the load.
4. Bend your knees—keep your back straight.
5. Keep the load close to your body.
6. Be sure you can see past the load.
7. Get help for large or heavy objects.
8. In team lifting—cooperate with your buddy.

### Carry Properly

After you have grasped and lifted



the object in the proper manner, it is then of importance how you walk with

## A. D. Weaver, Rayon Mill, Completes 45 Years



A. D. Weaver (center), one of the long-service champions at Fieldcrest Mills, is shown as he received congratulations on his 45th anniversary of continuous service. Shortly after his shift began on the anniversary date, Tuesday, August 8, Mr. Weaver was paid a surprise visit in the weave room at the Rayon Mill by Harold W. Whitcomb, assistant general manager and Howard Barton, mill superintendent. Mr. Weaver was presented with a box of candy and a letter from the management expressing the Company's appreciation for loyal and valuable services for 45 years.

A native of Patrick County, Va., Mr. Weaver worked for short periods in the Carding Dept. at the Woolen Mill and in the Weaving Dept. at the Lily Mill (now Rayon) early in 1905. He began work in the Weaving Dept. at the Rhode Island Mill August 8, 1905, and has never been off the payroll since that time. He has been a loomfixer for about 35 years, at the Rhode Island Mill and the Rayon Mill where he has worked since August, 1930.

it when carrying the object from one location to another. Here are some points you will find worth keeping in mind when carrying materials in your department:

1. Always carry the load close to the body.
2. Keep the back as straight as possible.
3. Lift with the leg and arm muscles.
4. Always have a clear vision over the load.
5. If the load interferes with normal walking—get help.
6. Never be afraid to ask for help in handling a load.
7. Bring in suggestions when you think some type of mechanical equipment will do a better job.
8. Housekeeping is important. Tripping hazards or objects on the floor can cause persons carrying a load to fall and be seriously injured.

## Sheeting News

(Continued from Page Four)

announce the arrival of a daughter, Lois, July 28.

Mr. and Mrs. George Allen, Jr., spent Sunday with the former's parents, Mr. and Mrs. George Allen, Sr.

Mr. and Mrs. Clarence Bruffy announce the arrival of a daughter, Sisley Doloros, July 29 at Leaksville Hospital. Mrs. Lilly Ramsey is the proud grandmother.

Mr. and Mrs. Wayne Hall, Laverne Hall and Mrs. Thelma Shelton visited Mr. and Mrs. Oliver Turner at Aberdeen Sunday. Mrs. Hall remained for a week with her parents.

Mr. and Mrs. Claude Horsley, Mr. and Mrs. Bruce Robertson, and Mrs. Blanche Hall motored to the Skyline Drive Sunday.