

## YOUR VOTE COUNTS

Election day, November 8, is not too far away and all of us will be affected one way or another by the ballots cast on election day. Your vote can elect the candidate of your choice if you go to the polls, and if you don't vote, you can help elect his opponent. According to all predictions, elections this fall, both state and national, will be very close. One vote could decide the election. In many instances, one vote has decided elections. Five states--Idaho, Texas, California, Oregon and Washington--were made states by just one vote in Congress.

President Rutherford B. Hayes was elected by a majority of just one electoral vote in 1876.

Aaron Burr could have been elected president, instead of Thomas Jefferson, by one vote. When the electoral votes were counted, Jefferson and Burr were tied. The decision was turned over to the House of Representatives, which elected Jefferson.

In 1941, the Draft Act of World War II was saved by just one vote in the U. S. Senate--just 12 weeks before Pearl Harbor.

Of course, it's your business if you're not interested, don't want to take the time, find it inconvenient, or just plain don't care about how your tax dollars are spent, the kind of community you will live in, the kind of nation and world your children will grow up in, the kind of laws which will be made affecting your job--you have the right not to vote. But, make no mistake about it, the candidates who are elected will make the decisions for you.

You must be registered in order to be eligible to vote. If there is any doubt about your being registered, you should contact your registrar.

## HOW TO LIFT AND CARRY

You can make lifting and carrying an easy matter--or, you can break your back. It all depends on how you do it.

First of all, inspect the object that you are going to lift to determine its size, its weight, and if there are any nails or other things that might cause injury.

When you are ready to lift, get a good grip, keep your feet apart and bend your knees. Then, keep your back relatively straight and lift by straightening your legs, in order that your strong leg muscles may do the work rather than the back muscles. When lifting a heavy object, never get in an awkward position, but shift your body until you are in a position to make a straight lift.

Do not try to change the position of the load or to adjust your grip while you are carrying the load. Rest the object against something for support and then make the change. If it is necessary to lift from an elevation, hold the load as close to your body as possible, keep your back straight, and lift with your legs.

Much the same procedure is followed when lifting to shoulder height or above your head. First, lift the load waist high and rest it on a support, change your grip and then bend your knees to give added power from your leg muscles for the final lift.

When you are ready to set the load down, do it by bending your legs. Always set down one corner of the load first and then slide your hands away so that they will not be pinched.

Do not hesitate to call for help if the object is too large or heavy for you to handle. When two or more carry an object, they should decide beforehand how it is to be handled, route and clearances. If they are carrying a long piece, support same on shoulders.

--NSC Rules For Safety