

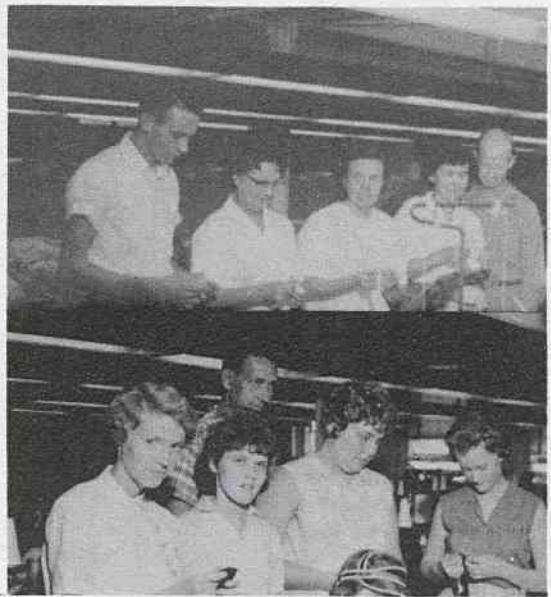


J. W. Bean, left, chairman of the North Carolina Industrial Commission, congratulates John Stockton on his slide film presentation of Problems of Lifting at the safety talk contest sponsored by the Piedmont Safety Council. Stockton, supervisor of Adams-Millis Corporation's Plant #4 Finishing Department in Kernersville, is a former weight lifting champion of North Carolina.

In his talk, Stockton pointed out that lifting injuries do not often come from a person trying to lift too much weight; strained back muscles and other injuries from lifting are results of improper methods of lifting. Slides illustrated the proper position of facing the load you are about to lift, lifting with muscles of the leg instead of lifting with stomach muscles, and the importance of keeping the back straight while lifting, whether from a stooped or standing position. "Too many men are injured from failure to get help with lifting a load that is awkward to handle," Stockton noted. "We can lift 100 pounds much easier and safer using the power lifts than we can lift a much lighter load in the wrong manner."

Chairman Bean noted that Stockton's subject was most appropriate as the major injuries reported to the Industrial Commission are back injuries, most of which come from lifting.

Stockton was also the speaker for the Adams-Millis Safety Committee annual outing at Millbrook Farm where he presented his slide film talk. His slides were made in the Kernersville plant and featured actual lifting problems in our plants. He is now presenting the film to the materials handlers in all Adams-Millis plants.



The Quality Control Committee of Plant #1 checks the stockings in the Greige Goods Department; they check the hose in the many steps of production and report their findings to the responsible supervisors.

In the top photo are, left to right: Donald York, knitter; Edna Teal, knitter; Carrie Coble, clipper; Ruby Smith, clipper; and Roy Hayes, knitter.

In the bottom photo are, left to right: Kay Johnston, finisher; Joyce King, seamer; Lynda Starnes, boarder; and Judy Smith, inserter. In the background is Ray Lee, supervisor.