

Protect Your Back From Injury

By ELLEN SCOTT, R.N.

Your back is an extremely important part of your body but too often we don't do what we should to protect it from injury.

In fact, based on 1988 accident figures, back injuries are the second most frequent type of injury recorded by Adams-Millis employees.

Our back allows us to walk, sit, stand, lift, bend, work, play and sleep. But if we neglect our back the resulting problems can mean pain (lots of it), lost time from work, expense, inconvenience and disability.

However, most people suffer back pain at some time in their lives. Billions of dollars are spent each year on occupational back injuries. Men, women, desk workers, laborers, young and old are affected.

Preventing back injuries is much easier than correcting them.

The back is made up of four primary parts: the spine, spinal cord, nerves and muscles.

The spine includes 33 bones or vertebrae with the upper 24 being separated by discs that act as cushions. The spinal cord is a half-inch thick "cable" of nerves about 18 inches long that controls activities below the neck.

Thirty-one pairs of nerves branch out from the spinal cord, sending information to the brain and orders to the muscles. The back's 400 muscles produce motion in all directions and are attached to the bones by about 1,000 tendons.

Some common problems affecting the back include strain and fatigue, fractured vertebra, ruptured or "slipped" disc and disease.

One contributing factor to back injury is poor physical condition that results from poor posture, lack of exercise or excess weight.

Poor posture such as slouching, rounded shoulders, one hip higher than the other, etc., can cause swayback — excess forward curve in the lower back.

Most back pain is due to underexercise. Weak abdominal and back muscles can't support the spine, leading to swayback and weakened joints.

As for excess weight, a pot belly exerts a constant forward pull on the back muscles and stretches and weakens muscles in the abdomen — a major cause of swayback posture and resulting back problems.

A solution to these problems is to have a checkup and get your physician's advice on how to improve your posture, get in shape and watch your weight.

As for posture, keep your head up, stomach in and hips forward to avoid swayback problems. To shape up try running, swimming, etc. Take it easy and increase exercise gradually. Slow down or stop if it hurts.

Eat a balanced, varied diet. Avoid big, heavy meals and cut down on fats and sweets.

Three simple exercises can be a great benefit to your back.

THE PELVIC TILT: Lie on your back, knees bent, feet flat on the floor. Tense your stomach so that the small of your back

presses against the floor. Squeeze your buttocks together and lift your hips. Hold for a 10 count, relax and repeat.

KNEE-TO-CHEST: Lie flat on your back, legs straight. Grasp one knee and bring it as close to your chest as possible. Hold for a count of 10 then relax and repeat. For a more difficult exercise, draw both legs up at once.

BENT-LEG SIT-UPS: Lie flat on the floor, knees bent, feet flat on the floor. Arms may be at your sides or folded across your chest. Raise your head, chest and shoulders off the floor. Relax and repeat.

Another cause of back problems is chronic strain due to work position that can weaken your back. Any job that requires sitting or standing partly bent over for long periods can cause excess stress on muscles, less resistance to strain as well as general fatigue, tension and weakness.

The solution is to prevent or



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relieve fatigue and strain with some simple procedures.

Change position frequently, if possible. Shift weight by alternating feet on a footrest during standing jobs.

Stretch. Clasp hands behind your head, bring elbows back, then bend forward until back is horizontal.

Adjust working heights to prevent slumping or excess reaching.

Relax. Let shoulders and neck muscles go limp. Swivel head and let it droop all the way forward.

Promotions

Harold Mooney has been promoted to Industrial Engineer Manager at Plant 3. Most recently he was Standards Manager for Plants 2, 11 and 12.

Joe Smith, Project Engineer for Adams-Millis, has assumed responsibilities for Plant 10 and implementation of material handling, bar coding and new packing requirements related to the new K mart distribution system.

Lori Browning has been promoted from Standards Techni-

cian to Plant Industrial Engineering Standards Manager for Plant 6.

Mark Hutton has been promoted to Sample Department Manager. Previously he was Sample, Shipping and Receiving Clerk. He and his wife, Susan, live in Trinity.

Nancy Bethea, formerly Sheer Division Sample Lady, has been promoted to replace Hutton as Sample, Shipping Receiving Clerk.

Gail R. Hogan, formerly

Assistant Shipping Manager at Plant 3, has been promoted to Traffic Manager, reporting to Customer Service Manager Carol Upton.

Linda Autry has been appointed Manager of Administration, reporting to M. Neel Harrison, Senior Vice President-Finance. Her duties include managing the Thomasville office, including coordinating the United Way campaign and other employee activities.

Autry also will be responsible

for cash management and for company wide coordination with the travel agency. She has been administrative assistant and cash manager.

Lynda Lamb has been appointed Financial Planning Manager for Adams-Millis Corporation, responsible for coordinating and assisting in development of financial plans required by Sara Lee.

Frances Saintsing will assume Lamb's responsibilities as Payroll Manager.

Pack Your Camera

It's time to dust off your camera and make sure you take it with you on vacation this year. The photos you shoot could win a prize in the third annual Amco News Vacation Photo Contest.

Enter your best photo shot during your 1989 vacation and submit it for consideration.

Top prize will be a \$150 gift certificate from Belk's. Second prize will be a \$100 gift certifi-

cate from Belk's and third place will receive a \$50 gift certificate.

Photos can be of scenery or activities you enjoy during your vacation. Just share your vacation with us through your photos.

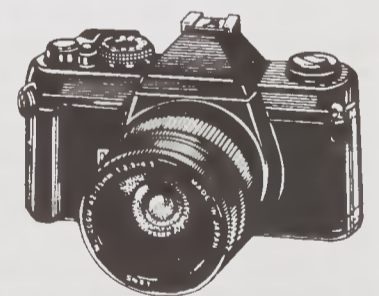
Submit your photos to Linda Leach, P.O. Box 2650, High Point, N.C. 27261 or through company mail. Entry deadline is August 15, 1989.

Cindy Cline's shot of Magnolia Gardens in Charleston, S.C., won the top prize last year.

Entries should include a brief description of the photo as well as your name, plant and department.

As many of the entries as possible will be published in the October 1989 issue of Amco News.

Have a good vacation and Happy Shooting!



Sara Lee Acquires Champion Products

Sara Lee Corporation, Adams-Millis' parent company, has acquired Champion Products, Inc., a Rochester, N.Y., manufacturer of athletic, recreational and leisure wear. Sara Lee paid \$77 per share in cash.

Champion will continue as a wholly owned subsidiary of Sara Lee.

In addition to its own brand of apparel which is sold nationally in department, sporting goods and specialty stores, Champion

also sells to educational institutions including college bookstores and other organizations. The company reported sales of \$219 million in 1988.

Champion employs approximately 4,000 in facilities in Weaverville, Asheville, Clayton and Wendell, N.C., Genesco, Livonia and Norwich, N.Y., and Fitzgerald, Ga. It operates distribution and imprinting centers in Clayton, Perry, N.Y., and Los Angeles.



Top Collector

Jason Hoyle, 8, son of Carroll Hoyle, Division Quality Manager at Silver Knit, was one of the top collectors during a recent paper drive for his school, Liberty Drive Elementary School. Funds raise from the project will benefit the school and the medical fund of Curtis Blevins, a young cancer victim.