

HYDRAFLOW QUARTERLY

Issue 95

Keeping you informed

July 2025

In this issue:

Happenings.....1

Safety Page.....2

Hydraflow Happenings

Earlier this month Hydraflow took over Dave and Buster's for the annual family picnic! Attendees spent the day enjoying food, fun and winning prizes!

Hydraflow's next luncheon will be on Friday, August 22nd. The menu will include chipotle chicken, beef enchiladas, and chimichurri salmon!

Vitality will be onsite on Wednesday, August 27th for a lunch and learn. We will help employees enroll, review what rewards are available to members, celebrate high achievements, play games and enjoy lunch. If you haven't registered for Vitality yet, it's a great time to do it! We have lots of challenges scheduled for this fall, and one challenge winner will get tickets to an upcoming Rams game! RSVP information will be sent out in August.

Hydraflow is brining back the "Salsa-Off". The competition will be held on Friday, September 5th in the lunchroom. You provide the salsa, Hydraflow provides the chips.... Winners will be crowned for each lunchbreak!



1881 W. Malvern Ave., Fullerton, CA 92833

Ph. 714-773-2600

Fax. 714-773-6351

SAFETY PAGE

Lifting Safety Talk

By: ICW

THE RISK OF INJURY

Lifting, handling, or carrying objects at work can result in musculoskeletal injuries (MSIs), including sprains and strains and other injuries. The risk of injury increases when bending, twisting, heavy loads, and awkward postures are involved. Effective ergonomic controls can reduce the risk and prevent injuries.

WHAT'S THE DANGER

Injuries from lifting and handling of loads can occur in many occupations. Workers are exposed to risk when they lift, lower, or carry objects. Risk factors include:

- The weight of the load.
- How close the load is to the body.
- A load lifted far from the body imposes more stress on the back than the same load lifted close to the body.
- The size and shape of the load.
- The distance the load has to be carried.
- The initial height of the load and the vertical distance lifted.
- Lifting in combination with twisting.
- How long the load has to be carried.
- The number and frequency of lifts performed.

Injuries and Conditions can Include:

- Muscle sprains and strains
- Injuries to muscles, ligaments, intervertebral discs and other structures in the back
- Injuries to soft tissues such as nerves, ligaments and tendons in the wrists, arms, shoulders, neck legs
- Abdominal hernias
- Chronic pain



or

HOW TO PROTECT YOURSELF

To prevent manual handling injuries in the workplace, avoid such tasks as far as possible. However, where it is not possible to avoid handling a load, employers must look at the risks of that task and put sensible health and safety measures in place to prevent and avoid injury.

For any lifting activity always take into account:

- Individual capability.
- The nature of the load.
- Environmental conditions.
- Training.
- Work organization.

Proper Lifting Procedures:

THE LIFT

1. Plan the Lift: By planning a lift, one can completely eliminate the risk of injury. If possible, use mechanical means to lift, move, and lower the materials, such as: forklifts, loaders, vehicles (transporting materials), and dollies. If it is not practicable to use mechanical means, ask for assistance to help lift or move the load, or break the load down into smaller lifts. If this still is not practicable, ensure that you are capable of safely lifting the load, and ensure there are no trip or slip hazards along the path you plan on carrying the load, then use proper lifting procedures.
2. Make the Lift
 - Face the load, stand with feet shoulder width apart with one leg ahead of the other.
 - Ensure you have a good firm grip before lifting.
 - Lift with your leg's, and not your back and keep your back as straight as possible.
3. Move the Lift
 - Avoid reaching out. Handle heavy objects close to the body. Avoid a long reach out to pick up an object
 - Avoid unnecessary bending. Do not place objects on the floor if they must be picked up again later.
 - Avoid unnecessary twisting. Turn your feet, not your hips or shoulders. Leave enough room to shift your feet so as not to twist.
4. Lower the Lift
 - The same technique used for lifting the load should be used for lowering the load.
 - Watch your fingers for pinch points when lowering the load.