

Take a Load Off Of Your Back

Most of you are aware that there is a right way and wrong way to lift something. However, back injuries and hernias continue to be a major problem—possibly because these injuries often occur over long periods of improper lifting. For example, workers might not feel immediate pain over one box lifted incorrectly, but after lifting many boxes incorrectly for days, months and even years, the chance of injury multiplies.

Here are some steps for minimizing your risk while lifting and carrying heavy or awkward items. *If you are experiencing back pain or hernia, refrain from lifting heavy objects.*

1. Before lifting the object, look it over to determine if you can lift it alone, or if you should have someone help you. A good rule of thumb is: When in doubt, get help! If the item is in a package or box, be sure that the box is stable and sealed. Falling items often land on the feet of the person lifting.

2. Look over the area where you're going to be carrying the object to make sure it's clear of obstacles. Be sure to check for, and avoid, slick or wet surfaces.

3. Get a good footing close to the load to be lifted. Place your feet 8 to 12 inches apart.

4. While keeping your back straight, bend your knees to grasp the load. Bend your knees outward and straddle the load somewhat.

5. Get a firm grip on the load. If you have to handle the load awkwardly, then it isn't ready to lift. (For example, if you need to wrap your arm underneath the load so contained materials don't fall out, secure the load first. See item 1.)

6. Remember, you want to keep the load close to your body as you lift and carry.

7. Lift carefully and smoothly by straightening your legs. Do not jerk the load up, since the weight could suddenly transfer from your legs to your back.

8. If you are carrying the load in areas of pedestrian traffic, be sure to give vocal warning that you are approaching. This will ensure that fellow workers will not bump into you. If you are walking around corners and blind spots, be sure to make wide turns so you can see someone coming into your path.

9. Use your feet to change your direction. Do not twist your body, as this will

shift the burden of the weight to your back.

10. When you reach your destination and are ready to set the load down, simply reverse the lifting steps. Keep your back straight and the load close to your body. Slowly bend your knees. Watch your fingers as you set the load down. If you are setting a load down onto a raised surface such as a table or bench, set the object just over the edge and slide the rest of the load onto the surface.

Lifting Above the Waist

If you are lifting an item above the waist:

- First, follow proper lifting procedures.
- Rest the load on a firm object for support, change your

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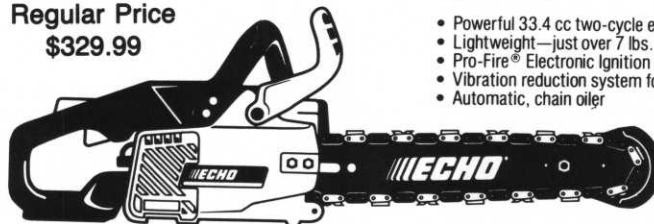
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Scholarships —

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Gardner said that "James has shown a personal commitment to the profession with family responsibilities and work responsibilities being balanced to make his goals come to fruition. James will be an asset to the profession, wherever his goals take him."

Schmitz has a 3.58 GPA at Riverland.

Eric Sundet, 24, a 1988 graduate of Coon Rapids High School, attended Augustana College in Sioux Falls, the University of Minnesota and Anoka Ramsey Community College before enrolling at Michigan State in 1993. He expects to graduate this December.

"My initial interest in pursuing golf course management as a career came under the direction of Jim Nicol at Bunker Hills Golf Course," Sundet said. "After working at Bunker Hills for four years, I found the work to be very gratifying. I also enjoy playing the game as well as working outdoors."

Sundet decided to major in turf management for two reasons.

"The first," he said, "is my ongoing curiosity for why turf reacts to adverse conditions such as lack of fertility, pests, inadequate soils and other detrimental effects made to the turfgrass plant. Secondly, receiving a degree in turf management will allow me to work for the betterment of a game that I am truly interested in."

John Katterheinrich, superintendent at Interlachen where Sundet interned for the past summer, said that "Eric will be a positive influence on the profession as a golf course superintendent."

He has a 3.78 GPA at Michigan State and plans to apply for an assistant superintendent position or possibly a spray tech position upon graduation.

Theresa (Tess) Vyskocil, 28, was graduated from Shakopee High School in 1984 and North Dakota State University in 1989. She worked at Minnesota Valley Country Club and LeSueur Country Club before joining the staff of Hazeltine National in 1992.

She enrolled at Penn State in 1993, currently has a 3.73 GPA and plans to graduate next March.

Vyskocil became interested in golf course management while holding summer positions while going through college. Currently a student member of the MGCSA, she plans on remaining an active member upon graduation.

"Academically, Tess has proven to be a dedicated and high-achieving student," said Patty Knaggs, Hazeltine's head superintendent. "Her grades prove that. She and I remained in contact throughout the academic year, and she frequently supplemented her academics with questions regarding real-life applications."

"Tess has attacked all jobs on the golf course with the seriousness of someone who realizes that their future depends upon their knowledge and skills," Knaggs said. "She is not afraid to get dirty or work overtime, and she is an extremely versatile employee. . . Her prior experiences on golf courses had made her an extremely capable equipment operator and pesticide applicator, and she also has shown

signs of becoming a thorough and patient staff trainer with our junior staff members."

The Stodola Scholarship Program, begun in 1987, provides annual grants to candidates who are interested in golf course management as a career, have high scholastic capabilities and have shown superior performance as an employee of a golf course.

Candidates must be residents of Minnesota or be employed by a member Superintendent of the Minnesota Golf Course Superintendents' Association.

In addition, they must have completed the first year of a two-year turfgrass technical program or completed the second year of a four-year or baccalaureate program with major emphasis in turf management.

Load Off Your Back —

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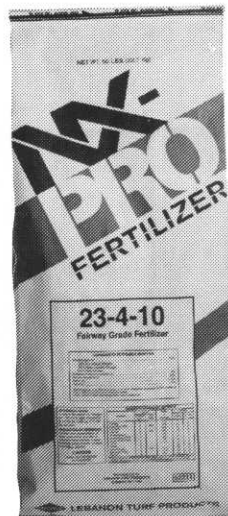
grip and once again bend your knees to get extra leg muscle into the final effort.

- Never attempt to change your grip or the position of your load while you are moving.

Your back is a very important part of your body, but it's easy to forget that you have one until you injure it. Practice these safety tips and keep your back and body operating comfortably.

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