

COHOON'S CORNER

○ October is a big month for golf tournaments in the Mid-Atlantic. In addition to the annual tournament to be held at Queenstown Harbor, there will be two additional tournaments geared to the turf industry:

On Tuesday October 19, at the University of Maryland GC, the sixth annual **Turfgrass Research Golf Tournament** will be held. This tournament benefits the University of Maryland Turfgrass Research Center. This tournament is vital in assuring that the tremendous research done at this center can continue. As government funding is being reduced, it is up to us to insure that this important research can continue. For more information call Bernie Beavan at 301-475-8070.

On Monday October 10 at Green Spring Valley Hunt Club, the eighth annual John Deere Team Championship will be held. For each team that participates \$20 will be donated to the GCSAA Scholarship and Research Fund. The winner of the tournament qualifies for the national tournament held November 10-13 in Palm Springs, Ca. Contact Ray Finch at 410-876-2211 for additional information.

Both of these tournaments benefit the turf industry and your support is greatly needed and appreciated. Without events like these the important research and development needed to improve the quality of our golf courses could not be done. Please try and attend one or both of these tournaments and help those who are helping you.



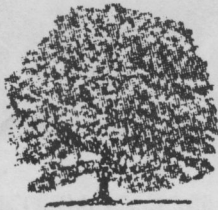
Take a load off your back

Most are aware 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 10 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.*

See Back Safety, page 7

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Back Safety, from page 6

1. Determine whether you can lift the object alone; when in doubt, get help! If the item is packaged, be sure the box is stable and sealed.
2. Check the area where you are going to be carrying the object to make sure it is 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 contents 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. When setting a load 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.

To lift an item above the waist:

1. Follow proper lifting procedures.
2. Rest the load on a firm object for support, change your grip and once again bend you knees to get extra leg muscle into the final effort.
3. 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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