

Northwest Championship Holstein Show Photo Report



Grand champions, youth show. From left, Tammy Menke, Mercer Co. dairy princess; Chris Hill, judge; Katie McKissick, reserve grand champion; Matthew Bean, grand champion; and Kristen Morgan, Beaver/Lawrence dairy princess.



Junior champions. From left, Tammy Menke, Mercer Co. dairy princess; Joseph Parker, reserve junior champion; Heather Morrell, junior champion; Chris Hill, judge, and Beckie Ruffaner, Armstrong Co. dairy princess.



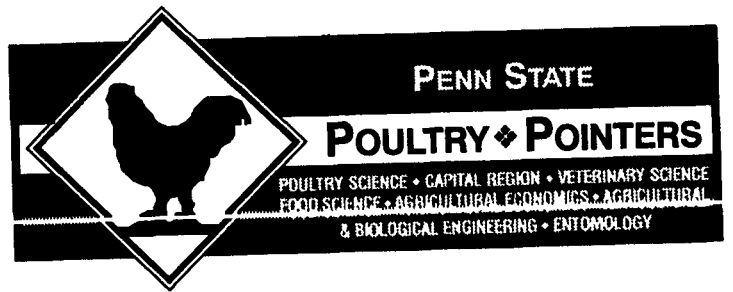
Plum-Line Holsteins were premier breeder. From left, the Carey family: Beth, Ryan, Patrick holding Patrick, Heather holding Courtney, and Michael.



Campbell Run Holsteins took premier exhibitor honors. From left, Jason Ruffaner, Doug & Lindsay Beatty, David, Mark, Dona, Mark, Rachel, and Sarah Campbell, and Kaitlyn Claypoole.



Matthew Bean had the best bred and owned in both the youth and open show.



Safe Lifting And Back Strain

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Back-breaking days filled with strenuous lifting are all but history in the poultry industry. Most of this work is now performed by forklifts, skid steers, conveyor belts and automated feeding systems. But instances do occur, however infrequently, when workers need to physically lift heavy loads in the poultry house. That is why it's a good idea for everyone involved to familiarize themselves with "safe" lifting techniques to prevent back strain and absenteeism caused by back injury.

Because lifting isn't a regular part of the job, poultry workers can be more susceptible to muscle strain and overexertion when lifting is necessary. Often they are also either unfamiliar with proper lifting techniques, or simply lift and move items the quickest way possible. The proper method of lifting objects—what's known as the "safe" lift—is to bend at your knees, and, holding the load firmly to your body, lift with your legs, not your back.

There are other times when using the safe lifting technique is impossible because the object is either located on a shelf or platform above you, too bulky, awkwardly shaped, or in a hopper or a crate on the floor. Following are a few suggestions for lifting items in these kinds of situations.

Attempting to lift an object that is on a shelf or platform above your upper torso requires that you use a step ladder or other stable base to raise yourself so you can hug the object to your chest as you descend the ladder. Use caution not to lift items weighing more than around 30 pounds in this manner. If it is heavier than this, get someone to help you lower the item to the ground.

If an object is light enough to lift safely, but it is too large or bulky to see over as you carry it, get a co-worker to help you, or use a cart or wheelbarrow to move it. Even the safest work area can be dangerous if your vision is obstructed.

Long items, such as boards, poles, tubes or posts can be awkward to carry as well. When lifting and carrying these items, support it on your shoulder instead of holding close to your body. Angle the front end slightly upwards as you carry it. Again, get a co-worker to help you if it is too heavy or long. If you have a helper, make sure that both of you carry the load on the same shoulder, and stay "in step" while walking so you don't trip over each other's feet.

Lifting objects from inside a hopper, crate or other storage areas on the floor/can often cause muscle strain because it's not possible to perform a correct "safe" lift. When you have to perform a lift like this, stand with your feet about 18 inches apart, and bend at the hip, not the waist, to lower yourself down to the object. (This is the same motion as lowering yourself into a chair.) Pull the object tightly to your body and slowly stand using your leg and hip muscles to lift the load. If you can, try to rest your knees against the side of the crate for leverage and support.

Perform the "safe" lift, or one of these variations, whenever you need to lift items during your work. Never underestimate an object's weight by lifting with your back simply because it's quicker and easier to bend at your waist than your knees. And take the time to get a coworker to help you lift large or awkward objects. A few seconds saved today may take a few months to heal tomorrow.