

HYDRAFLOW QUARTERLY



Issue 97

Keeping you informed

January 2026

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LEAN Airplane Playoffs!

America and Nancy recently held playoffs for the office LEAN Airplane teams. This training was designed to demonstrate how changes in production can improve performance. The winning team made 37 planes within the 6 minute time frame!

★ 1st Place Winners! ★

Robinson, Crystal, Denise, Darlene and Brando!



Get Started, Get Rewarded!



March Madness Challenge!

****Get your department registered in Vitality before the next department vs. department challenge in March!**

New members who register by March 31st will earn 350 bonus points

Registration Status by Department

Department Name	Registration %
Quality	100%
Process Improvements	100%
Facilities	89%
Accounting / HR	88%
Stockroom	83%
Customer Service	77%
Engineering	75%
Shipping Receiving	75%
Final Inspection	73%
Production Control	69%
Prod Floor Management	67%
Marking Bagging	50%
Molding ATP Naces	48%
Receiving Inspection	43%
QDA Coupling Dry	43%
Clamshells	39%
Hose Manufacturing	33%
Misc Management	33%
IT	33%
Hose Assembly	26%
Machine Shop	24%

SAFETY PAGE

Back & Muscle Ache Safety Talk

By : ICW Group



WHAT'S AT STAKE

Back pain affects 8 out of 10 people at some point in their lives. Risks are higher for manufacturing, warehouse, hospitality and trades workers, as well as others with physically demanding jobs. Back pain is often not the result of a single event. It is generally the result of multiple stressors on the body from improperly standing, sitting or lifting for a long time. Then suddenly, one simple movement such as bending to pick up the paper in the morning can cause pain. Signs and symptoms of back pain can include:

- Muscle ache
- Shooting or stabbing pain
- Pain that radiates down your leg
- Pain that worsens with bending, lifting, standing or walking

WHAT'S THE DANGER

There are many risk factors for back pain, including aging, genetics, occupational hazards, lifestyle, weight, posture, pregnancy and smoking. With that said, back pain is so prevalent that it can strike even if you have no risk factors at all.

HOW TO PROTECT YOURSELF

Safe lifting procedures and load-carrying techniques are crucial to prevent painful and expensive injuries in the workplace. Unfortunately, most workers do not consistently use back safety practices, and are at great risk to their personal well-being. Back injuries are often caused by unsafe lifting and carrying of heavy or awkward objects, but are easily prevented.

Although improper lifting, carrying, and moving techniques are the primary cause of back injuries, significant contributing factors are workers who are in poor physical condition and overweight. Encourage your employees to maintain a healthy weight and good muscle tone through stretching exercises and other wellness programs.

Pay attention to posture. When standing, balance your weight evenly on your feet. Don't slouch. To promote good posture when sitting, choose a chair that supports your spinal curves. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor. Remove your wallet or cellphone from your back pocket when sitting to prevent putting extra pressure on your buttocks or lower back.

Lift properly. When lifting and carrying a heavy object, lift with your legs and tighten your core muscles. Hold the object close to your body. Maintain the natural curve of your back. Don't twist when lifting. If an object is too heavy to lift safely, ask someone to help you.

Listen to your body. If you must sit for a prolonged period, change your position often. Periodically walk around and gently stretch your muscles to relieve tension.

FINAL WORD

It is important to understand the complex bone and ligament structure of the back, and the design and operation of the workplace.

