



Volume 19, Issue 5
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Lunch By Senior Management!

Our senior management team (or should we say senior management-chefs) served us a homemade lunch that they prepped and cooked themselves! (Except one) We are so grateful for their thoughtfulness. We all left the lunch happy with full bellies! Chef Carol—Chinese Chicken Salad, Chef Chason—Korean Fried Chicken, Chef Dana—Butter Mochi, Chef Kim—Teriyaki Meatballs, “Chef” Kristen—Chow Mein, Chef Russ—Bulgogi, Chef Sharon—Spice Ahi Inari, Chef Sharilyn—Tofu Salmon Watercress Salad, Chef Tricia—BBQ Brisket, and Chef Vince—Chili.



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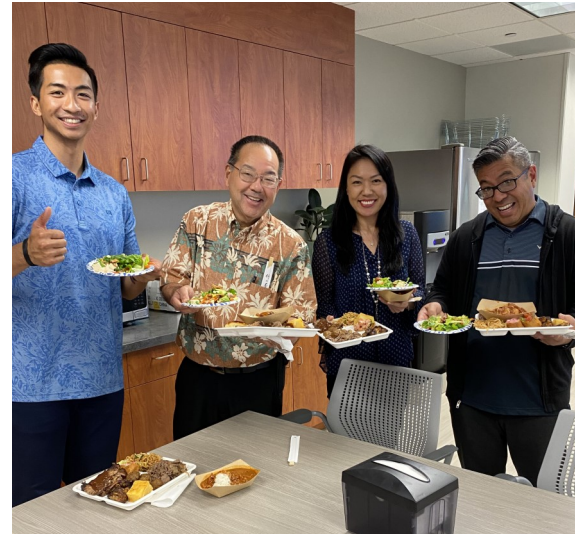
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CORE VALUES

**Pono
Lokahi
Alaka'i
Ho'okele
Kakou
Imi'ike**

Submit your articles, pictures or suggestions to:
kribilla@atlasinsurance.com

Lunch By Senior Management!, Cont.



PACT Keiki Day!

Big mahalo to Parents and Children Together (PACT) Hawaii for allowing us to sponsor and volunteer during this year's Keiki Day 2023! We enjoyed getting out of the office and handing out free newspapers for a wonderful cause!



Welcome, Ryan!

Please welcome Ryan Almiranez to the Atlas Ohana! Ryan is a Sales Account Manager in our Personal Lines unit. He recently came from First Insurance Company of Hawaii as a Auto Resource Adjuster and has held other client facing positions over the years in California. Welcome, Ryan!



Welcome

EPIC Volunteers with HCAP!

Members of our Encouraging Professionals, Inspiring Collaboration (EPIC) Club, had the opportunity to volunteer with Honolulu Community Action Program, (HCAP) to read books to some of our youngest community members, elementary school students across Oahu! Special thank you to Lisa Antonio, Kristen Chong, Julie Dang, Ed Farm, Chase Kurosaki, Greg Matsuura, Nathan Nakasone, Brenda Pa, Kenna Santos, Todd Tamori, & Chris Wong.



Risky Business Corner



Proper Lifting Technique

By: Nathan Nakasone

I have been noticing for the past few years that I have been grunting and sighing more and more often when I get out of bed or stand up from my office chair. Granted I don't do a lot of physical labor for work anymore, I do find myself working more around the house. This may be the cause of the tight or sore back that I occasionally have. Four out of five people will experience back pain in their lifetime and, considering sprains and strains are the most common work injury (over 266,000 cases in 2020 alone), it's not unlikely that injury could occur in the worksite.

So how can you prevent back injuries when lifting and bending are all just part of the job? It all starts with proper lifting technique.

Proper lifting technique is essential to prevent injuries and strain on your body, especially your back. Here are some guidelines to follow when lifting objects:

1. **Warm up:** Before lifting anything heavy, it's a good idea to warm up your muscles with some light aerobic activity or stretching. This helps prepare your body for the task ahead.
2. **Plan your lift:** Assess the object's weight and size to determine if you need assistance or if it's safe to lift alone. If the object is too heavy, ask for help or use lifting aids such as dollies or carts.
3. **Maintain good posture:** Stand close to the object with your feet shoulder-width apart. Keep your back straight and avoid slouching or twisting your body.
4. **Use your legs:** Bend your knees and squat down, using your leg muscles to lift the object rather than your back. Keep your heels on the ground and avoid lifting with your back or using jerky motions.
5. **Get a firm grip:** Use both hands to grip the object securely. If possible, use gloves to improve your grip and protect your hands.

Risky Business Corner

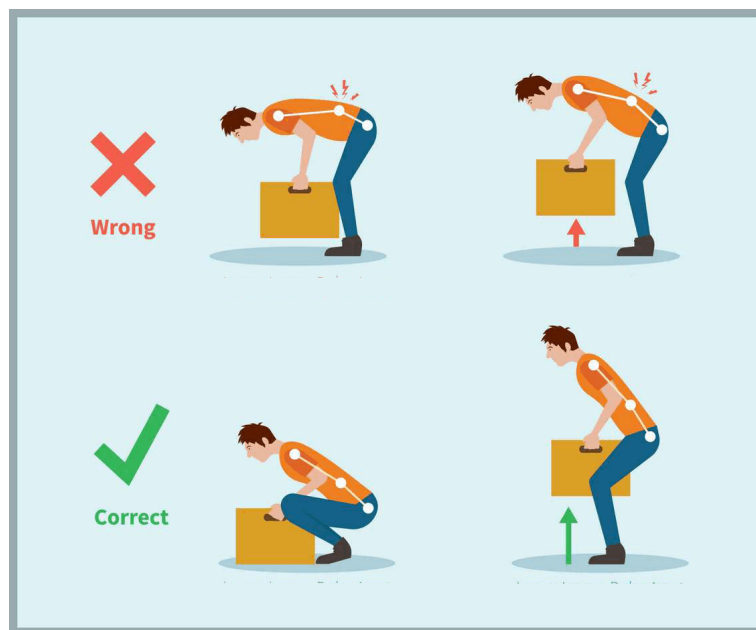


Proper Lifting Technique, Cont.

By: Nathan Nakasone

6. Lift smoothly: Slowly straighten your legs as you lift the object, keeping it close to your body. Avoid jerking or twisting while lifting.
7. Avoid lifting and twisting simultaneously: If you need to change the direction, move your feet instead of twisting your back. This reduces the risk of straining your back muscles.
8. Take breaks when needed: If you're lifting heavy objects or performing repetitive lifting tasks, take regular breaks to rest and stretch your muscles.
9. Know your limits: Don't attempt to lift something that exceeds your physical capabilities. If you're unsure about your ability to lift an object safely, ask for help.
10. Use mechanical assistance: When possible, use equipment such as forklifts, cranes, or pulleys to lift heavy objects. These tools are designed to reduce the strain on your body and minimize the risk of injury.

Remember, it is crucial to listen to your body. If you feel any pain or discomfort while lifting, stop immediately and seek medical attention if necessary.



Atlas Gives Back!



F O U N D A T I O N

The Atlas Insurance Agency Foundation continuously gives back throughout the year with corporate sponsorships or straight donations to organizations/ non-profits. Please don't forget that Tradewind Group will match your personal donation to a 501C3 \$1.00 for \$1.00, up to \$500 per employee. Contact Dana Tokioka at dtokioka@atlasinsurance.com for more details.

\$1,500

