

THE CATHOLIC MUTUAL CONNECTION

Take Heed For Hayrack Rides



Hayrack rides are a joyful rite of fall and a great fellowship opportunity for families. However, they are not without risk. [Faulty equipment](#) or an impaired or [inexperienced driver](#) can result in accidents causing property damage, passenger injury and even death. In order to avoid such problems, we recommend that parish- or school-sponsored hayrack rides take place only at reputable locations that offer them on a regular basis. However, we acknowledge that this might not always be the case, so we have put together [guidelines](#) to limit hayrack ride risk exposure for the church.



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SAFETY TIP

It's Back School time! No, we're not missing a preposition there, we actually mean it's time to learn about taking care of your back: specifically how to lift without injuring it.

- To handle materials safely, plan every step before you actually do it, making sure to first guesstimate the weight of the load to ensure it's even practical for you to lift it without assistance.
- Assuming the correct stance for lifting is half the battle. Here is the best lifting posture:
 - Feet parted - one alongside, one behind object.
 - Back straight in alignment.
 - Chin tucked in.
 - Grip object with whole hand.
 - Elbows and arms tucked in.
 - Body weight directly over feet.
 - Core held straight -- never twist when lifting or carrying.
- When lifting from a height above your shoulders, limit yourself to a light load or stand on a sturdy platform to bring your shoulders above the load. Otherwise, ask for help. Test weight by pushing up against the load before picking it up.

Emergency Procedures Are For Everyone

Many schools have had emergency preparedness procedures in place for years, but the shooting at Emanuel African Methodist Episcopal Church earlier this summer was a tragic reminder that not even houses of worship are safe from acts of violence.



To help protect your building and the people within, Catholic Mutual offers the following books on emergency preparedness:

- *Emergency Response Procedures (basic edition)*
- *Emergency Procedures for Secondary Catholic Education Facilities*
- *Emergency Procedures for Catholic Parishes, Missions and Organizations*

For more information, or to order these useful flipchart guides, please [click here](#).



Pope Francis's recent encyclical, [Laudato Si](#), has inspired many parishes and schools to become more conscientious about recycling and protecting the environment. While this is certainly a smart policy, we do encourage administrators to be mindful of the contents of documents they are recycling. If information is confidential or could be considered sensitive, please shred first, before recycling.

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