

POWERLine



Published for the people of GM Toledo Transmission and UAW Local 14

September 4th, 2020



GENERAL MOTORS



Eric Gonzales
Plant Executive Director - Toledo and
Brownstown Assembly



**Safety Starts
With YOU!**

During the Labor Day weekend, most of us take a break and spend time connecting with family and friends. However, safety shouldn't take a break even though we are.

Whether your Labor Day plans involve a family cookout or a trip to the hardware store to buy supplies for Fall projects, please take the steps necessary to keep you and your family safe. Wearing a mask at work has proven effective in battling the Coronavirus and I encourage you to wear a mask when interacting with people outside work and your home.

The safety of you and your family is extremely important to us – so we are distributing a packet of 5 masks produced at our Warren plant to our TTO team to reinforce the importance of safety at home.

Our mask packets will be distributed by the Group Leaders this week.

The behaviors that we practice at work can help us all keep our families safe. Thanks for making safety personal and I hope you have a good Labor Day holiday.

TTO Team,

Safety is our top priority at GM, and while our current focus on COVID-19 has been effective, don't forget that safety is crucial as well as protecting the customer. GM continues to set industry standards for safety, and there are several ways to voice safety issues.

We often focus on opportunities to improve safety within the workplace, and the Employee Safety Concern Process is the single best path to voice those safety concerns.

However, the Speak up for Safety (SUFS) program provides an avenue to escalate, not only workplace safety concerns but also, product safety concerns.

So, I wanted to remind everyone to Speak Up if you see any potential defect in our products that could affect our customers.

Thank you and stay safe!

Eric Gonzales



Think Customer– Never forget, customer safety is in your hands.



Looking Ahead – GM is setting the industry standard for safety.



It's on Me - Reporting vehicle safety issues is important for *every* employee in Manufacturing



<https://www.speakupforsafety.gm.com/>



(877) 866-7776



We will be performing some roof replacement work above the elevated west entrance walkway beginning the week of 8/31/2020.

There will be a spotter in the hallway at all times, when tear off is taking place, to make sure there is no debris coming in or piling in places, and also for safety requirements.

Employees who come in from the West entrance, and/or work in AB1V, and use this walkway frequently, will hear roof demo noise in this area.

Please note that we will be taking all safety measures to keep everyone safe.

Thank you much.



SAFETY ALERT



Richard T. Gosser Scholarship Program

The Richard T. Gosser Scholarship Program is now accepting applications from the daughters and sons of **UAW Region 2B Affiliated Local members** who will graduate from high school in 2021. The ACT test is required. If the student has not previously taken the ACT, they should sign up to take the ACT test and have your test scores sent to our office by listing our code number 9894.

Finalists are based on ACT scores and will be notified in writing. As a finalist, applications are assessed by a team of prominent community leaders and educators, who then select the winners based on ACT scores, class rank, extra-curricular activities, letters of recommendation, personality traits and leadership abilities. Documentation regarding class rank, extra-curricular activities, letters of recommendation, personality traits and leadership abilities **are required from all finalist**, but not required with the initial application.

The application must be postmarked by **October 15, 2020**. This deadline is firm, and no exceptions will be made.

RICHARD T. GOSSER SCHOLARSHIP

TO BE ELIGIBLE

1. An applicant must be a **son, daughter or ward of a member in good standing** of a Local Union **affiliated** with the Richard T. Gosser Scholarship Program, and who is **not** employed full-time by the International Union.
2. An Applicant must be a **Senior** of a high school class graduating between **January 2021 and July 2021**.
3. After filling out the application form **completely**, **have it certified by a Local Union** (President, Vice-President, Financial Secretary, or Recording Secretary) signature and mail or bring same to: **Richard T. Gosser Scholarship Program**
1691 Woodlands Drive
Maumee, Ohio 43537

Application must be "U.S. Mail"
POSTMARKED no later than October 15, 2020
THIS DEADLINE IS FIRM AND NO EXCEPTIONS WILL BE MADE!

Note: It is not necessary to submit anything but the application at this time.
ACT test scores are not due until February 24, 2021.

REGARDING ACT TEST:

If the applicant has NOT previously taken the ACT Test, the taking of this test during one of the coming months of SEPTEMBER, OCTOBER, OR DECEMBER is a requirement. The SAT test DOES "NOT" qualify. You may register at www.actstudent.org and list code #9894. ACT scores need to be sent directly to the Richard T. Gosser Scholarship Program and received no later than the close of business on February 24, 2021.

For an application and rules, visit our website at <http://region2b.uaw.org> or see your Shop Chairperson, Local Union President or Int'l. Rep., or contact us at:

Richard T. Gosser Scholarship Program
1691 Woodlands Drive
Maumee, Ohio 43537
(Telephone #419-893-4877)

REQUIREMENTS:

Application DEADLINE: U.S. POSTMARKED BY OCTOBER 15, 2020
ACT DEADLINE in our office no later than the close of business on FEBRUARY 24, 2021.
NO EXCEPTIONS

THE SHOEMOBILE IS COMING!

Come and visit our friendly, knowledgeable mobile shoe managers and view our incredible selection of footwear styles and top brands – right at your facility!

GM TOLEDO

September 22nd

12:30p-7:30p

September 23rd

6:30a-3:30p

*Driver down 1 hour each day for lunch



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Become a Member of the Emergency Response Team

The ERT is looking for volunteers to join the 3rd Shift Emergency Response Team.

those interested should contact their committeeperson and notify them of your intent.

Thank you!



SUBSCRIBE NOW

To get the POWERline delivered to your email 2x's or more a month email; robert.boscoii@gm.com



DO YOU FOLLOW @MFG_GM?

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Live values that return people home safely. EVERY Person. EVERY Site. EVERY Day.



“Help avoid Strain or Sprain injuries”

Studies have shown that it takes just two weeks of physical inactivity for those who are physically fit to lose a significant amount of their muscle strength.

In that relatively short period of time, young people lose about 30 percent of their muscle strength. Meanwhile, active older people who become sedentary for a couple weeks lose about 25 percent of their strength.

The more muscle a person has, the more they will lose if they are sidelined by injury, illness, vacation, or in this case a pandemic.

With inactivity, older people lose less muscle mass and their level of fitness is reduced slightly less than in young people. However, loss of muscle mass is more critical for older people, because it has a greater impact on an older persons general health and quality of life.

Tendons are bands of fibrous tissue that attach muscles to bones. Tendons help bend or straighten the elbow, rotate the forearm, bend the wrist and move fingers and toes. With inactivity, tendons stiffen, which limits flexibility and limits joint movement.

Tendons that are not being used regularly are prime candidates for tightening. Tightening of tendons may occur due to lack of use (inactivity) and may cause pain and decreased flexibility. Many such cases of tendon tightening are mild, cause few problems, and do not require treatment. However, stretching, staying hydrated, and regular exercise may keep the condition from getting worse.

We recommend stretching before performing any physical activity including work. What follows are several stretching exercises which should help you avoid strain and sprain discomfort or a potential injury. Each exercise takes less than 20 seconds to perform but the benefits will last for hours.

Stretch for Safety

Whole Body General Routine

Provided for : GM Powertrain Pocket Card

1. Reach downward with one hand
2. Hold onto solid object to assist with the downward arm stretch if needed
3. Now use other hand to bend neck in opposite direction as shown

Shoulder / Neck



© The Saunders Group Inc.

1. Sit or stand with hands behind neck as shown
2. Bend neck and shoulders backward until a stretch is felt

Chest / Neck



© The Saunders Group Inc.

1. Stand grasping one elbow with other hand as shown
2. Pull the elbow behind and toward your head so that you feel a stretch

Shoulder



© The Saunders Group Inc.

1. Stand grasping one elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch

Shoulder



© The Saunders Group Inc.

Stretch for Safety

Whole Body General Routine

Provided for : GM Powertrain

1. Hold one wrist as shown
2. Bend the wrist until you feel a stretch

Wrist / Forearm



© The Saunders Group Inc.

1. Hold one wrist as shown, making sure to keep fingers straight
2. Bend the wrist and fingers upward until you feel a stretch

Wrist / Forearm



© The Saunders Group Inc.

1. Stand with feet slightly apart and knees slightly bent
2. Bend forward, trying to touch toes

Low Back



© The Saunders Group Inc.

1. Assume position shown, with the one foot forward
2. Lean your body weight forward to bend the knee so that you feel a stretch

Lower Legs



A FAVOR TO ASK, IT ONLY TAKES A MINUTE....

Please tell ten friends to tell ten today! The Breast Cancer site is having trouble getting enough people to click on their site daily to meet their quota of donating at least one free mammogram a day to an underprivileged woman. It takes less than a minute to go to their site and click on "donating a mammogram" for free (pink window in the middle). This doesn't cost you a thing. Their corporate sponsors/advertisers use the number of daily visits to donate mammogram in exchange for advertising.

Here's the web site! Pass it along to people you know. <http://www.thebreastcancersite.com/>

How to contact us...

UAW Communications Liaison: Robert A. Bosco II

Email submissions to robert.boscoii@gm.com

Phone: 989-245-4338

Member LUCA Local Union Communication Association

Deadline for POWERLine is 3:00 p.m. Tuesday.

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