

How sleep deprivation becomes a SAFETY issue?

Mark Bande, TTO Assistant Plant Director

Sleep deprivation, either from regularly not allowing enough time for sleep or due to a physical or mental problem that prevents restful sleep, produces noticeable symptoms, including the following:

"Sleep deprivation can noticeably affect people's performance, including their ability to think clearly, react quickly, and form memories.



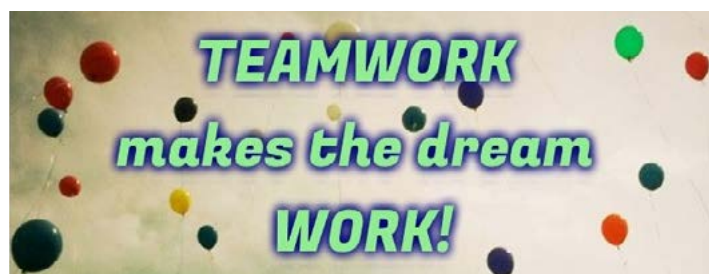
- Feeling drowsy during the day
- Routinely falling asleep within only 5 minutes of lying down in bed for the night
- Experiencing "microsleeps," which are very brief episodes of sleep while being awake

Sleep deprivation can noticeably affect people's performance, including their ability to think clearly, react quickly, and form memories. Sleep deprivation also affects mood, leading to irritability; problems with relationships, especially for children and teenagers; and depression. Sleep deprivation can also increase anxiety.

Sleep is important for overall health, and inadequate sleep is associated with numerous health problems. Research shows that not getting enough sleep, or getting poor-quality sleep, increases the risk of high blood pressure, heart disease, obesity, and diabetes.

Sleep deprivation can also be very dangerous. Sleep-deprived people who were tested using a driving simulator or performing hand-eye coordination tasks did as badly as, or worse than, people who were intoxicated. Drowsy driving causes thousands of car crashes each year, some of them fatal.

Sleep deprivation magnifies the effect of alcohol on the body. A fatigued person who drinks will be more impaired than a well-rested person.



Week of August 27, 2018

PLANT AUDITORIUM

Leadership Video

Daily Safety Messages

Safety Council of Northwest Ohio

- Distracted Driving Video Game
 - Simulated Drunk Driving Goggles
 - Hand Wash Bacteria Scanner
- Wednesday
and
Thursday

Fork Truck Blind Spot Simulation- "Walk in My Shoes"-Outside GF6 Assembly Breakroom

"Make it Personal" Signature Banner

Life Steps Display

New GM Health Care Option for 2019 Delivers Comprehensive Coverage

Salaried employees and dependents who reside in Detroit and the surrounding counties; Ft. Wayne, Indiana; and Kansas City, Missouri and Kansas City, Kansas, will have access to a new health care option.

General Motors remains committed to providing high-quality health care coverage for employees and their families that is simple to use and affordable. Innovative partnerships with health care providers continue to make a difference.

Detroit and Surrounding Counties

Approximately 24,000 salaried employees and their dependents in the Detroit area will be offered a new medical plan option for 2019 with Henry Ford Health System. To better reflect the model for health care we are striving to achieve with the new option, GM will rename Preferred Partners to ConnectedCare in 2019. ConnectedCare offers the same comprehensive coverage and plan design (deductible, coinsurance and out-of-pocket maximum) as the Basic option, but will cost less. Employees offered ConnectedCare in Detroit, Ft. Wayne and both Kansas Cities have opportunities to learn more about the new option in the coming weeks in preparation for annual enrollment in October.

Team Leader Selection Pool Training

WHEN: Wednesday, August 29
CLASS TIMES: 2pm, 3pm and 4pm
WHERE: Education and Training.



Clogged storm drain.

Keeping Storm Drains Litter Free

One of the conditions of the Plant's Storm Water Permit is to practice good housekeeping in outdoor areas. When people leave their trash laying on tables or the ground outside, or throw cigarette butts on the ground, this trash can be washed into the storm drains during rain events. Once the trash and debris enters a storm drain, it goes to the Plant's storm water retention pond, where it must be removed prior to discharging the water into the creek that runs south of the Plant. The trash that enters the pond can cause damage to the pond's pumps and plug them (see photo). It is important that all employees practice good housekeeping in outdoor areas and do their part to keep our facility clean.

Labor Day Parade

Monday, Sept. 3, 2018, Toledo, Ohio

All UAW Local 14 members should attend! We would love to see lots of families and retirees!

Let's be Union Proud!

Arrival and Starting Times:

7:00 A.M. for parade floats and vehicles to begin arriving.

8:00 A.M. for Union members and their families to begin arriving.

9:00 A.M. for the Labor Day parade to begin.

Parade Route

The parade will start on Summit Street at the intersection of Summit and Monroe and proceed west on Monroe to north on Huron Street, then north to Jackson Street where the parade route ends and vehicles will exit.

Staging Area

UAW Local Unions will be lining up on Summit Street. Beginning at the intersection of Summit and Washington. Parking is available at various surface parking lots.

Reminder: The Labor Day Parade Committee will meet next Monday, August 27, 5:30PM at the Toledo Federation of Teachers, 111 S. Byrne Rd. Following the meeting (6PM) the Parade Marshalls will meet. Please inform any Parade Marshall that you know of this meeting. Refreshments will be served at the 6PM meeting. Also, if you know of anyone who would like to be a Parade Marshall please let them know too. Thank you.

PARK-N-SHINE

2018 CAR SHOW  
at the Oscar Bunch UAW - GM Family Park

SUNDAY, SEPT. 9TH HOT RODS - ANTIQUES
NOON to 3 PM MODIFIED - MUSCLE
DRAG - CLASSIC - ALL!
GENERAL MOTORS 2019 NEW PRODUCTS on DISPLAY

University of Toledo Rocket Football Tailgate

Toledo Rockets VS Nevada Wolf Pack

Saturday Game Ticket-\$28.00

Sep. 22 Ticket & Tailgate \$30



All seats are in Section 7 of the Glass Bowl.
Tailgate party will take place in Lot 10.

PT UNIT WOMEN'S COMMITTEE

OPEN HOUSE
SUNDAY AUG 26 2 PM LOCAL 14 UNION HALL
REFRESHMENTS PROVIDED

FOR QUESTIONS PLEASE CALL DIANE BENTON 419-705-0909

How to contact us...

Communications Coordinator - UAW: Daniel Macut

Email submissions to daniel.macut@gm.com

Phone: 419-450-0947

Member UAW - LUCA Local Union Communication Association

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

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