

GM Vice President, NA Manufacturing and Labor Relations Visits TTO



Philip R Kienle, Vice President, North America Manufacturing & Labor Relations visited our plant on Friday, June 14, 2019.

During his visit, Kienle met with the plant leadership and toured the floor speaking with several TTO team members and held two "Super Slice" Diagonal Slice meetings in the Action Center Auditorium where he answered questions from employees from several different departments and organizations.

Also during his visit he taped a video message that is being streamed on the ECN TVs in the break rooms.

Kienle praised the plant on our recent launches and stated, "I'm here today at Toledo Transmission,

home of the transmissions for ten of our GM facilities in North America. I want to congratulate the team on your most recent launches of the 9 and 10 Speed transmissions. These go in our most profitable trucks and SUVs, which are critical to the company's success."

"Thank you to the incredible men and women here at Toledo Transmission and to the Toledo community, together we are building a stronger future for Toledo. Thank you."

Photos: Top: Phil Kienle. Right: team member Duane Lucio and Phil. Bottom: Kienle and team members during a Diagonal Slice meeting. Photos by Steve Fecht.



Worker Hydration, How Much Hydration is enough?

Mark D. Bande, TTO Assistant Plant Director

Water is an essential nutrient for all living things. It makes up 70 percent of planet Earth and 60 percent of our bodies. It keeps us functioning at optimal performance levels by regulating our core body temperature, carries key nutrients to vital organs and flushes internal toxins. We simply cannot survive without it.

"As a general guideline, the recommended amount of water intake is one quart per hour of active work or exercise for the average adult."



Whether walking to your car or performing a strenuous task at the jobsite, your body is always working to maintain a balance and sustain its core temperature. And because our bodies are constantly exposed to elements that increase body heat and deplete hydration levels, workers must be extra careful when working in extremely hot or extremely cold conditions. Not only do extreme temperatures take a toll on the body, they make workers way more susceptible to becoming dehydrated. Symptoms of dehydration include:

- Thirst
- Fatigue
- Muscle cramps
- Nausea, dizziness or confusion
- Excessive perspiration
- Hot, dry skin

Serious risks are associated with dehydration, including a heat-related illness. The HRI spectrum can range from heat rash to heat stroke and even death. So, how much hydration is enough?

As a general guideline, the recommended amount of water intake is one quart per hour of active work or exercise for the average adult. That is the equivalent of 128 ounces (3.78 liters) every four hours at minimum. It is also suggested that the water intake be distributed over a period of time, such as every 15 minutes per shift.

However, every worker is different. The exact amount of hydration intake depends on the individual. It's important to consider the following factors:

- Do any underlying health conditions exist? Older individuals and those who suffer from conditions such as high blood pressure, diabetes and heart disease have different hydration requirements. Taking medications can also alter the body's tolerance to environmental factors.
- What is the level of physical exertion? As the body

...continued, see Safety.

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performs a task, even a basic one like breathing, it loses hydration.

- What type of environment is the work being performed in? HRIs are not exclusive to outdoors as some may think. Many indoor workers are exposed to extreme heat, leaving them susceptible to dehydration and heat stress.
- Is the temperature hot? Is there radiant heat coming from machinery and other power sources? If the answer to either of these is yes, then it is very likely that any workers nearby are managing the heat by sweating – and therefore losing moisture. These individuals will need more fluid replacement.

Above all, prevention is key to minimizing the risks associated with the effects of dehydration. An employer should consider implementing the following simple strategies to promote hydration in the workplace:

- Have water easily and readily available.
- Provide incentives such as reusable water bottles and/or hydration packs.
- Set up shelter and enforce breaks for all employees.
- Provide appropriate personal protective equipment to help workers keep their cool.
- Education and training are key to prevention and preparedness.



Local 14 Golf Tournament
When: Sunday, Jul 21, 2019
Where: Carrington Golf Club, Monroe, MI
Shotgun start 12:00 PM.
Cost is \$60: includes golf, cart, range balls, hotdog/egg salad at turn, 2 drink tickets and a steak dinner.
Deadline to sign up your team is Friday, July 12, 2019



SAME BUS TRIP... NEW LOCATION!
Saturday, August 3, 2019 and Sunday, August 4, 2019
Cost is \$215 / golfer \$100.00 deposit due May 31, balance of \$115.00 due by July 12, 2019
Angels Crossings, Vicksburg, MI on Saturday Morning
Overnight accommodations at the Quality Inn and Suites Next to the Casino
Sunday Morning shotgun at Medalist Golf Club, Marshall, MI.
One meal will be provided each day after golf plus \$10 in tokens to be used at Firekeepers Casino.
Bus leaves the UAW Local 14 Parking lot at 5:00 a.m. SHARP!
GOLF BUS TRIP
AUGUST 2019
SAME BUS TRIP... NEW LOCATION!

Contact the Hall for tickets and info 419-473-2854

Got POWERLine?

Have the POWERLine emailed directly to you. How? Send an email to daniel.macut@gm.com and simply type POWERLine in the subject line and I will add you to the mailing list. Thanks!



How to contact us...

Plant Communications Manager - Kevin Nadrowski
Communications Coordinator - UAW: Daniel Macut
Contact: daniel.macut@gm.com or 419.450.0947

Email submissions to daniel.macut@gm.com
Member UAW - LUCA Local Union Communication Association

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

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ENVIRONMENTAL



Ways to Help Pollinators

June 17 – 23 is National Pollinator Week! This week is a time to celebrate pollinators and spread the word about what you can do to protect them.

Twelve years ago, the U.S. Senate's unanimous approval and designation of a week in June as "National Pollinator Week" marked a necessary step toward addressing the urgent issue of declining pollinator populations. Pollinator Week has now grown into an international celebration of the valuable ecosystem services provided by bees, birds, butterflies, bats and beetles.

GM Toledo has a Wildlife Habitat Council certified wildlife habitat that contains several pollinator gardens, such as the one at the East gate, and two acres of wildflower meadows behind the East side of the plant.

1. Use pollinator-friendly plants in your landscape. Shrubs and trees such as dogwood, blueberry, cherry, plum, willow, and poplar provide pollen or nectar, or both, early in spring when food is scarce. Plant native flowers like Purple Coneflower, Black Eyed Susan, Coreopsis and Milkweed! Look for native plants that act as host plants for pollinators for egg laying.
2. Choose a mixture of plants for spring, summer, and fall. Different flower colors, shapes, and scents will attract a wide variety of pollinators. If you have limited space, you can plant flowers in containers on a patio, balcony, and even window boxes.

www.uawlocal14.org

your place for union news, events, discounts and fun!



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