

# POWERLine

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

MARCH 22, 2018

## Strains and Sprains

Derek Lawrence, Quality Manager GF6,

I read in our daily end of shift report here in the plant almost daily incidents of strains and sprains and ask myself "why so many?" I pulled some research on the subject and began to read and I'd like to share with you some of what I found from "Ergonomic - Plus" web site on The Definition and Causes of Musculoskeletal Disorders (MSDs)

*"...poor practices create unnecessary stress on their bodies that increases fatigue and decreases their body's ability to properly recover."*



### Individual Risk Factors:

**Poor work practices.** Workers who use poor work practices, body mechanics and lifting techniques are introducing unnecessary risk factors that can contribute to MSDs. These poor practices create unnecessary stress on their bodies that increases fatigue and decreases their body's ability to properly recover.

**Poor overall health habits:** Workers who smoke, drink excessively, are obese, or exhibit numerous other poor health habits are putting themselves at risk for not only musculoskeletal disorders, but also for other chronic diseases that will shorten their life and health span.

**Poor rest and recovery:** MSDs develop when fatigue outruns the workers recovery system, causing a musculoskeletal imbalance. Workers who do not get adequate rest and recovery put themselves at higher risk.

**Poor nutrition, fitness and hydration:** For a country as developed as the United States, an alarming number of people are malnourished, dehydrated and at such a poor level of physical fitness that climbing one flight of stairs puts many people out of breath. Workers who do not take care of their bodies are putting themselves at a higher risk of developing musculoskeletal and chronic health problems.

**No recognition of early signs and symptoms:** Many MSDs develop over the course of time. At the first signs of excessive fatigue/discomfort, the worker has an opportunity to recognize the early signs and symptoms and proactively use recommended injury prevention tools and principles. Not recognizing early warning signs leads to a reactive approach – and it's only a matter of time until these signs and symptoms develop into a musculoskeletal injury.

This is just the tip of the iceberg on this subject, I would hope as you're on break go on the web to pull up this article and read what it has to offer. I did and there are a few changes I can make for myself and share with friends to help eliminate MSD's from my daily activity.

### Key Takeaways

- Sprains and strains in the workplace (and at home) are common and costly.
- Sprains and strains are caused by exposure to risk factors; ergonomic (workplace) risk factors and individual risk factors.
- Preventing sprains and strains in the workplace requires a

simple strategy – reduce all causative risk factors by implementing controls; both ergonomic and individual controls.

- Fostering a culture of prevention at your facility is the best way to achieve prevention excellence.
- Certified Athletic Trainers are professional prevention specialists – engaging a prevention specialist at your facility can accelerate health and safety excellence

## Alicia Tollefson

Meet your UAW-GM LifeSteps Wellness Program Coordinator

The UAW-GM LifeSteps Program is a comprehensive wellness program offered to all active hourly and salaried General Motors employees. The program offers onsite health screenings, a variety of wellness programs, individualized health coaching, online resources and more!

GM Powertrain Toledo Transmission

*Building a Healthy Life - One Step at a Time*



Questions? Email Alicia at [alicia.tollefson@gm.com](mailto:alicia.tollefson@gm.com)

### Education:

- Oakland University
- Master of Public Health

The University of Wisconsin Oshkosh

- BS in Kinesiology (Strength & Conditioning)

### Certifications:

- American Red Cross Adult First Aid/CPR/AED
- Mental Health First Aid (MHFA)

### Alicia's Philosophy:

"The pursuit of health and wellness isn't "one size fits all". Each of us has our own unique journey – and the ups and downs that we face along the way are what make the journey worthwhile!"

Alicia believes that every person is their own expert and has the ability to make worthwhile change. Through health coaching, wellness tips/tricks, and overall personal empowerment she will help bring your abilities to the surface and push you toward becoming your best self!

The UAW-GM LifeSteps program is professionally managed by Interactive Health, Inc. All information between associates and Wellness Program staff is kept confidential.

### LifeSteps Monthly Topics

**March** - Eating for Energy

**April** - Family Fitness

**May** - Daily Habits to Improve

**June** - Cholesterol

**July** - Relaxation Station

**August** - Don't Wait, Hydrate

**September** - Healthy Weight

**October** - Proactive Prevention - An Apple A Day Keeps the Doctor Away

**November** - All Work and No Play is Not the Healthy Way

**December** - Staying Active Through the Seasons

12 Days of Wellness

## Chick-fil-A is MOVING!



Starting next week  
Tuesday, March 27



**LOCATED** in the cafeteria **ONLY** just outside **SUBWAY**

**SERVING TIMES:**

**9:30am – 11:30am and 7:00pm – 9:00pm**

## Spring Suggestion Promotion Win a Stihl Pressure Washer



It's time once again to recognize our employees for their participation in the UAW-GM Suggestion Plan. This is your chance to win some great prizes just by submitting a suggestion for the year. We're beginning this year offering a new prize item specifically for those spring cleaning projects.

Your suggestion participation in 2018 automatically qualifies you for a chance to wash away the winter with your own

American made Stihl brand Pressure Washer. Beginning next month, the Suggestion Activities will conduct drawings each week to announce two new winners. There will be a total of six winners of the Stihl RB Dirt Boss Pressure Washer, valued at over \$550.00. The only qualification required to be included in these drawings is to be a participant on a suggestion that has been submitted sometime in 2018. If you have not been included on a suggestion yet, now is the time. We will have drawings on successive weeks starting on April 9th through April 23rd. There is no high pressure in trying to win this prize. Let your suggestions help make spring cleaning a wash this year. Don't miss your chance to make a splash. Your 2018 suggestion participation could really be a blast!

## Local 14 Monday Golf League at Giant Oak *Openings Available*

*if you're interested contact Terry Patterson*

## Got POWERline?

Have the POWERline emailed directly to you. How? Send an email to [daniel.macut@gm.com](mailto:daniel.macut@gm.com) and simply type POWERline in the subject line and I will add you to the mailing list. Thanks!

## Easter Egg Hunt

**Good Friday, March 30, 2018**

**11:00 AM**

UAW Local 14 Union Hall, 5411 Jackman Rd

**Magic show and balloon animals**

This event is for all Local 14 members

(Eurest Housekeeping, Mathews Ford Oregon, Office Workers, Maintenance Workers, and Retirees) and their families and all salaried employees of GM-Powertrain Toledo and their families

*The egg hunt will have five age groups:*

*1 yr. & under, 2-3 yrs., 4-6 yrs., 7-9 yrs. and 10-12 yrs*



## Easter Roller Skating Party

**Good Friday, March 30, 2018**

Ohio Skate

Opportunity Drive, off Alexis

**3:30 – 6:00 pm**

Open to all Local 14 UAW members (TTO, Eurest Housekeeping, Mathews Ford Oregon, Office Workers, Maintenance Workers, and Retirees) and their families. Also, GM Powertrain salaried

employees and their families

**ID's are required!**

**Skate Rentals- \$2.00**



## FMLA for Hearing Impaired

**What is the procedure for hearing and speech impaired to call off on FMLA?**

Employees may call: **877-347-5225**. The number is a line where employees may type questions/responses instead of having to speak to a Sedgwick representative. The number may be found on the header of the initial pages of the Sedgwick documents sent to employees. Employees may use Sedgwick's viaOne express application (an online application) to obtain updated information on a FMLA claim.

### How to contact us...

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

Email submissions to [daniel.macut@gm.com](mailto:daniel.macut@gm.com)

Member UAW - LUCA Local Union Communication Association

**Deadline for POWERline is 3:00 p.m. Tuesday.**

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