

POWERLine



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

March 5, 2021

Doug Vogel Recognition



Eagle Eye Award in 8RWD Ring Gears.

Recently Doug provided details on one of the Federal broach machines that helped diagnose a potential machine wreck that could occur in Manual Mode. His detailed description allowed controls engineering to put a permanent solution in place to eliminate it.

As well, thanks to his eagle eyes, quick reflexes he saw the event happening and hit the estop before a broach bar ran into the bar changing gantry.

Great Job Doug!



I take accountability for safety and my own actions, behaviors and results.



International Women's Day

International Women's Day (IWD) is March 8, and you can show your support by wearing purple. This year's IWD theme is **#ChooseToChallenge**: We can all choose to challenge and call out gender bias and inequality and seek out & celebrate women's achievements.

**Collectively, we can ALL
Help create an inclusive world.**



Share/send your pictures to communications for the TV monitors and Socrates! robert.boscoii@gm.com / javier.guzmanbarcenass@gm.com

Wear Purple on Monday March 8th
#ChooseToChallenge



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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Legitimate N-95 Masks

3 Key Identifiers:

- 1) **“NIOSH” is printed clearly** on the facepiece or headband
- 2) All NIOSH-approved N-95 masks have an **approval number printed on the facepiece or headband starting with “TC”**
- 3) **Elastic headbands** instead of ear loops

- If any of the **identifiers are not present**, the **mask is NOT Approved** for use at TTO
- Employees who choose to wear a non-legitimate N-95 mask **MUST** also wear the GM supplied mask over it.



- 3 recordables in January
- Recordable Rate of 1.71 vs Goal of 1.27
- Lost Work Day Rate Zero vs Goal of 0.28
- 7 Open ESCP's
- 2 Overdue Safety Observation Tour Items

February Plant Safety Review Highlights

- 1 Yellow Tag in Place Over 60 Days
- 5 Open Ergonomic Cases (QRP's)
- 6 Ergonomic Cases Closed in January
- Annual Fall Hazard/Rigging Survey Had 16 Findings
- TTO Safety Stoplight Being Installed Soon at Plant Entrances

PEDESTRIAN AISLES AND DEBRIS

Keeping aisles and walkways clear is very important. It not only makes our plant look neater but also could prevent a safety incident. If there are pallets, boxes or carts in an aisle or walkway it forces pedestrians to walk around them outside of the pedestrian walkways, which could cause a serious incident.

Please keep all pedestrian aisles clear of debris.



COVID-19

Fitness Center Protocols



Fitness Center users are required to comply with the following –

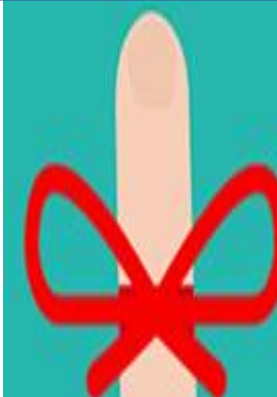
- Wear a face mask when working out and/or using the Fitness Center equipment.
- Wipe down all equipment touch points before and after use.
- Maintain appropriate physical distancing.
- Keep personal belongings (towels, water bottles, etc.) close to yourself while using the Fitness Center.
- Comply with existing GM COVID-19 protocols related to wearing a mask, hand washing, physical distancing, drinking fountains, etc.
- If exhibiting COVID-19 related symptoms (as designated via the GM COVID-19 protocols) do not use the Fitness Center and report symptoms to GM Medical.

Failure to comply may result in loss of Fitness Center privileges and/or the closing of the Fitness Center.

GENERAL MOTORS



Facemasks MUST be worn at all times in fitness center



Reminder



PROTECT yourself. PROTECT each other. IT'S WORTH A SHOT

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“

I miss hugging my mom & siblings without fear of putting them at risk.
I miss going out with my family to the movie theater Sunday night.
I miss travelling and see the world with my daughters as they grow.
I hate to see my daughters not with their friends and enjoying school
I like more my “old normal” more than this “new normal.”

Because of all this and much more.... its worth the shot!”

Victor Cabral

Manufacturing Executive Director
Transmissions & Castings Sector

Join the fight against COVID-19

IT'S WORTH A SHOT



Vaccine Registration

1. Participation is voluntary
2. The link/QR code (bit.ly/36l9eKn) for the registration takes you to Workday (inside protected GM environment). Workday is the same location where we already access GM employee profile and information
3. The only required information to register is a phone number. This number provided will be used to contact/notify you (text/call) for next steps on receiving the vaccine (when it becomes available)
4. This process is not available to contractors at this time.

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SCANNING A QR CODE

1. Open the Camera app on your phone
2. Select the rear facing camera.
3. Hold your device so the QR code appears centered on your screen
4. Tap the notification to open the link associated with the QR code.



SCAN ME

Have you joined our Facebook page?

GENERAL MOTORS

The TTO Facebook Page gives you access to announcements, updates and other content specific to us. Joining the plant page is quick and easy!

- Use the QR code to access the Toledo Facebook page
- Log into Facebook (or create an account) and click “Join Group”
- Fill out the form to request access to the page

When using your Facebook profile to join the group, your personal page will still remain private to other employees in the group (unless your profile is set to public).

SCAN HERE



Or visit this link:
facebook.com/groups/GMTTO



TIP: Review GM's Social Media Policy at gm.com/social-media-policy.html

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Chevy Delivers 700 Sleeping Bag Coats to the Homeless



WE ARE GENERAL MOTORS



This story reflects the behavior **One Team**.
I collaborate cross-functionally to achieve enterprise-wide results.

Detroit-based nonprofit Empowerment Plan hits the road with Chevy Tahoe and Suburban to deliver 700 coats on eight-city road trip ...

The Empowerment Plan and Chevrolet have teamed up for a road trip to deliver 700 [EMPWR coats](#) to people facing homelessness across eight cold-weather cities. Made from upcycled materials, the durable EMPWR coat also transforms into a sleeping bag and folds up into an over-the-shoulder sling.

The EMPWR coats are manufactured in Detroit by those who once experienced homelessness themselves in an effort to help individuals achieve financial stability and independence to break the cycle of generational poverty.

After starting in Detroit on Feb. 15, the team will deliver more than 700 coats across the Midwest and Northeast through early March. Those cities are Detroit, Boston, New York City, Rochester, D.C., Louisville, Chicago and Grand Rapids. Chevrolet covered the cost of 500 of the EMPWR coats and provided a Tahoe and Suburban for the road trip. General Motors is EP's longest standing corporate partner and has provided the organization with more than \$1 million in funding as well as in-kind materials in the last decade.

To learn more about the nonprofit, visit empowermentplan.org.



GLASS CITY FEDERAL CREDIT UNION OFFERS SCHOLARSHIPS

Glass City Federal Credit Union is pleased to offer five scholarship awards, one in the amount of \$2,500 and four in the amount of \$1,000 to area students who meet the following criteria:

- The student will be attending a 2- or 4-year accredited post-secondary institution during the 2021-22 school year.
- The student is a member of Glass City Federal; or a parent, step-parent, or legal guardian is a member of Glass City.
- The student completes and submits the required application and essay by the deadline of March 31, 2021.

Interested scholarship applicants are encouraged to obtain a scholarship application at any Glass City Federal branch or online at glasscityfcu.com.

Glass City Federal Credit Union has been providing financial services to the northwest Ohio community since 1947. With five area branch locations, Glass City offices are in Maumee, Toledo, and Bowling Green. Glass City Federal provides a variety of deposit and loan products tailored to the needs of its over 28,000 members. To qualify for Glass City Federal membership, one must live, work, attend school, or worship in the northwest Ohio counties of Lucas, Wood, Fulton, or Ottawa. For more information, please visit the Glass City website at glasscityfcu.com.

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Ideas From **WORK·fit**™ To Ensure You Make It Through The Next Few Months

ICE, ICE EVERYWHERE



It's Snow Removal Time

✓ Push the snow rather than lifting whenever possible.

✓ When lifting is needed, use the legs not the back.

✓ Keep a wide stance, with a bend in both knees.

✓ Tip forward on the hips keeping back straight. Keep the shovel close.

✗ Avoid

✓ Do

✓ Use a shovel that is the appropriate size/length for your height.

✓ Keep up with the storm rather than waiting until it's over to shovel everything.

✓ Hydrate! Cold and physical exertion can lead to dehydration.

✓ Take breaks every 30-45 minutes to stretch.

Work Smarter, Not Harder



Back Tightness and Soreness Relief

At Home Treatments:

Heating Pads

- Apply a heating pad or warm pack to help relax your muscles and increase blood flow to the affected area.
- You also can try warm baths to help with relaxation.
- To avoid burns and tissue damage, never sleep on a heating pad.

Massage Tools

- Most of the tools are relatively small and easily portable for use.
- A roller or a ball which can be pressed against the affected area to smooth out any knots.
- For a more intense massage there are a number of electronic massage tools on the market that are great for a back, neck and shoulder massage.



Questions? Need assistance? Contact Work-Fit at: (660) 620-2179

This information is for prevention & health improvement. If you have pain or injury, please consult plant medical or your physician.

WORK·fit

Back Tightness and Soreness



- Whether your lower back feels tight often or occasionally, it's important to listen to your body and take steps to loosen tension.
- A tight lower back can worsen and lead to more serious problems.
- Tightness in your lower back may be accompanied by pain, spasms, and cramping.
- The pain often feels like a constant, dull ache, and your back may feel stiff, tense, and contracted.
- A tight lower back that's caused by lifting something heavy will usually be felt within a few hours. It's normal to feel some tightness or soreness after, but it will subside within a few days.

Back Tightness and Soreness Relief

Keep Moving:



Upper Back Stretch

- Clasp your hands in front of your body with your arms straight.
- Reach forward until a stretch is felt at upper back.

Repeat 3-5 times and hold 5-10 seconds



Shoulder Rolls:

- Stand upright and roll your shoulders up, then backwards.

Repeat 3-5 times.

Always roll your shoulders back, never forward because that forces you back into poor posture.



Back Extension:

- Stand upright with your hands on your hips or in the small of your back.
- Slowly arch backwards and hold briefly.

Perform 3-5 times.



Trunk Side Bends

- In a standing upright position with your hand on your hips.
- Slowly lean toward your side until you feel a stretch, and hold.
- Repeat to the other side.

Repeat each side 3-5 times

Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward.