

Heat Stroke

Mauricio Gazau, Business Team Manager, TTO RWD 6-Speed

What is, and who is at risk for heat stroke?

Heat stroke is a form of hyperthermia or heat-related illness, an abnormally elevated body temperature with accompanying physical symptoms including changes in the nervous system function. Unlike heat cramps and heat exhaustion, two other forms of hyperthermia that are less severe, heat stroke is a true medical emergency that is often fatal if not properly and promptly treated. Heat stroke is also sometimes referred to as heatstroke or sun stroke. Severe hyperthermia is defined as a body temperature of 104 F (40 C) or higher.

"Heat stroke is not the same as a stroke. "Stroke" is the general term used to describe decreased oxygen flow to an area of the brain."



The body normally generates heat as a result of metabolism, and is usually able to dissipate the heat by radiation of heat through the skin or by evaporation of sweat. However, in extreme heat, high humidity, or vigorous physical exertion under the sun, the body may not be able to sufficiently dissipate the heat and the body temperature rises, sometimes up to 106 F (41.1 C) or higher. Another cause of heat stroke is dehydration. A dehydrated person may not be able to sweat fast enough to dissipate heat, which causes the body temperature to rise.

Heat stroke is not the same as a stroke. "Stroke" is the general term used to describe decreased oxygen flow to an area of the brain.

Those most susceptible (at risk) individuals to heat stroke include:

- Infants
- The elderly (often with associated heart diseases, lung diseases, kidney diseases, or who are taking medications that make them vulnerable to dehydration and heat strokes)
- Athletes
- Individuals who work outside and physically exert themselves under the sun
- Infants, children, or pets left in cars.

Heat stroke is sometimes classified as exertional heat stroke (EHS, which is due to overexertion in hot weather) or non-exertional heat stroke (NEHS, which occurs in climactic extremes and affects the elderly, infants, and chronically ill.

How can heat stroke be prevented?

The most important measures to prevent heat strokes

are to avoid becoming dehydrated and to avoid vigorous physical activities in hot and humid weather.

If you have to perform physical activities in hot weather, drink plenty of fluids (such as water and sports drinks), but avoid alcohol, and caffeine (including soft drinks and tea), which may lead to dehydration.

Your body will need replenishment of electrolytes (such as sodium) as well as fluids if you sweat excessively or perform vigorous activity in the sunlight for prolonged periods.

Take frequent breaks to hydrate yourself. Wear hats and light-colored, lightweight, loose clothes.

Keep cars locked when not in use and never, ever, leave infants, children or pets unattended in a locked car.

Team Leader "Thinks Customer" Quality Shirt Presentation


Prismatics Team Leader Doug Sharpe used the GM Cultural Benefit "Think Customer" and took it upon himself to protect the assembly room from receiving any broken taps, drills, or mis-machined cases due to the power outage we experienced here a few weeks ago. He personally looked at each case individually for the above mentioned defects.

His effort resulted in finding these defects, scrapping them out and thus preventing them from reaching the assembly room or being built and leaving the plant.

A tip of the hat goes to Doug for his "Think Customer" dedication.



Pictured (l-r) Derek Lawrence, Quality Manager GF6; Simey Compton, GL; Greg Libstorff, Quality; Richard Wuefel, Maintenance Systems Manager; Doug Sharpe; William Tromley, TL; Ron Leffler, PSMI; Tobi Kipling, Quality Engineer and Herman Price, Business Team Manager.



Health Screenings

Dates and Times:
 Tuesday, June 19
 6:30 AM - 12:30 PM
 Wednesday, June 20
 5:00 PM - 11:00 PM

Check your cholesterol, triglycerides, blood sugar and more

Your participation earns you a free gift and a chance to win a raffle prize!!

Outside of the FWD Assembly Team Center!!

Questions? Call, text, or email your LifeSteps Coordinator alicia.tollefson@gm.com or 224.407.6413

Dear Brothers and Sisters,

My name is Deedre Williams and I have been appointed as the new Women's Committee Chair for UAW Local 14.

As a past Committee Chair, I know the importance of having strong, active and connected committees. Active committees are an integral part of any union.

Committees are the limbs that hold up the body.....without good support and strong limbs our body becomes weak and will ultimately fail.

We are currently forming a new Women's Committee. It is open to all members. It is my desire to see all of our committees

grow, become active, increase our presence in the community and gain strength through education.

There are lots of committees under the UAW umbrella that vary in function, activity, and interest. No matter your talent, strength, or hobby we have something to offer everyone, please consider joining us.

Volunteer forms are available at the hall or you can call me at 517-488-1222 and I will bring it to you.

In Solidarity,

Sister Deedre L. Williams

UAW Local 14 Women's Committee Chair



UAW Women's Committee

Purpose of the Committee

- To educate the women of the local union of labor's position on local, state and national laws regarding women's issues.
- To build self-esteem.
- To provide leadership and educational training for women members so that they may become more active in the local union and seek leadership positions.
- To inform all union members about women and family issues.
- To encourage women members to become politically active.
- To discuss problems of women workers in the workplace with the local union leadership.
- To become active with other labor and women's organizations supported by the International Union, UAW in order to promote labor's agenda.
- To support the local union's program.

The Heat is on for Your Suggestions

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 30th through May 21st. Your 2018 suggestion could be the thrill that makes you the Broil King of the grill.

First Week's Winners

Name	Dept.
Laurayne Hayden	F331
Tony Grabarczyk	0G01

Second Week's Winners

Name	Dept.
Louis Sandrick	F124
Daniel Gilson	6060




The 26th annual Letter Carriers Stamp Out Hunger® Food Drive is on Saturday, May 12



Bus Trip To National Underground Railroad Freedom Center Museum

UAW Local 14 and Powertrain Unit Civil & Human Rights Committees and Community Services Committee is hosting a Bus Trip to the National Underground Railroad Freedom Center Museum in Cincinnati, Ohio. This will be an overnight trip with a limit of 54 seats on the bus. Please sign up at Local 14 UAW Hall if you are interested in participating. This trip is open to all members of Local 14 UAW. The price of the trip is \$270 based on double occupancy (\$135 per person) and \$190 for single occupancy. **Bus Trip must be paid in full before or no later than May 18th, 2018.**

If you have any questions: Please contact Sharon Roach at (567) 322-0172

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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