



# POWERNEWS

October 18, 2018

WE WILL MANUFACTURE BENCHMARK CASTINGS WITH PRIDE, LETTING SAFETY, QUALITY, COST, AND ON TIME DELIVERY TO OUR CUSTOMERS BE OUR GUIDE.

2018 - Our 31st year

"Coats for Christmas" ...Keep Someone Warm

**COLLECTION: October 15 - November 9**  
BRING YOUR GOOD USED COATS TO THE FOLLOWING LOCATIONS

- North Town Mall • General Motors • DMP
- Johns Manville Plants • All Defiance City Schools
- St. John Lutheran Church • United Way
- Holy Cross School • St. John United Church of Christ
- Second Baptist Church • Tinora Elementary School
- First Presbyterian Church • Mercury Cleaners
- Church of God • Salon 206 • Goin Postal
- St. Paul United Methodist Church
- Defiance Optometric Group • Ayersville School
- Chief Supermarket • Family Christian Center

**WINTER COATS ONLY (Children Coats Especially)**



Thank you to Foyle Solether for organizing this event every year at our plant. Please consider supporting "Coats for Christmas." It is such a great cause! There are collection barrels in Plant 1 and Plant 2.

## GM Latino Network Scholarship Luncheon



Thursday, October 18  
Plant 2 Car Display Area

**\$7 Donation**



Menu:

- 2 Tostadas (your choice of)
  - Beans
  - Beans w/Chorizo mixed
  - Beans and ground beef
- Rice or Fideo
- Chips and Salsa
- Polvorones (cookies)

Serving times:

- ~~3rd Shift: 2:am - 3:am~~
- 1st Shift: 12:00 - 1:pm
- 2nd Shift: 5:pm - 6:pm

**•Tickets still available for 1st and 2nd shift**

Tickets available through GMLN team members



B.Herrera, D. Deleon, S. Calabrese,  
B. Pedroza, S. Mendez, R. Amador,  
M. Galaviz, B. Rodriguez, R. Chung,  
E. Ovalle S. Chon-Briggs and J. Perez



Celebrating  
**Hispanic Heritage Month**  
September 15<sup>th</sup> - October 15<sup>th</sup>



HONORING  
Dias de los Muertos  
(Honoring those who have departed)  
October 31 - November 2



## Fall Into Good Health

COMPLETE YOUR HEALTH SCREENING

CHOLESTEROL • TRIGLYCERIDES • BLOOD SUGAR

Complete your health assessment on [lifesteps.com](http://lifesteps.com) before your screening! It'll save you time and earn you extra sweepstakes tickets.

\*You only have to complete the online assessment once per year.\*

**LAST CHANCE!!**

**WEDNESDAY**  
**NOVEMBER 7TH**  
5:30AM - 9:30AM  
11:30AM - 3:30PM  
Plant 1 - Main Hallway

**THURSDAY**  
**NOVEMBER 8TH**  
5:30AM - 9:30AM  
11:30AM - 3:30PM  
Plant 2 - Car Display Area

**Life STEPS**  
BUILDING A HEALTHY LIFE  
ONE STEP AT A TIME

# GM Latino Network All People Meeting

Dan Deleon, Miguel Enriquez, Samantha Chon-Briggs, and Brendan Herrera, had the opportunity to attend the GM Latino Network All People meeting. All members from each of the plants were invited to participate in the event; live or remotely, and approximately 25 Executive's were in attendance. The agenda included:

1. Opening comments from Alan Batey who is the Executive Champion for the GM Latino Network. He gave an update on the position of the company, where the company has been and where it is going. He spoke on the statistics of GM Latinos, and the impact that is made from the Employee Resource Group. Latinos are 2nd best in being advocates to GM (Partially due to the fact we have fewer members, 86 participants in the ERG Sales challenge, vs. GM Women 383 Participants).
2. Work Place of Choice scores were presented, with special emphasis on the GM Latino Network Participation. GM Latinos have a high participation rate: 83%. Statistics show, Latino's are more likely to keep vehicles in their families: vehicles are passed to 2nd generations (49% vs. Non-Hispanic 26%), and GM Latinos are passionate about working at GM. 46% of GM Latinos are likely to make a decision on a new car in 4-6 months, and once that decision is made, Latinos make that purchase in 4 weeks (vs. Non-Hispanic 26%).
3. Executive Panel Discussion- Executive's Santiago Chamorro, Sigal Cordeiro, & Ken Barret were invited on stage to give feedback on the WOC results, and questions were asked by the audience.
4. 1-On-1 Speed networking session with (4) executive directors, in which we had the opportunity to question



**Left:** Dan Deleon, Miguel Enriquez, Samantha Chon-Briggs and Brendan Herrera

**Middle:** Alan Batey **Right:** Executive Panel



Nickie Keel, Bill Porter, Darla Rickenberg, Spencer Scott and Darlene Celestino retired on October 1. We would like to wish them a long and happy retirement.



**Left:** Rob Egnor, Spencer Scott and Jeff Bantam



**Above:** Les Tietje, Isaiah Almanza, Kyle Kern, Bill Porter and Jenny Hinkle at Bill's Retirement party.

**CHECK YOUR TREAD!!!** The ice and snow are coming soon, have you checked the tread on your SHOES or TIRES lately? Read more below:

Often, shoes can look good on the outside but be very broken down and worn out on the inside, especially after being worn on the plant floor. When shoes wear out, they no longer support your feet properly and can cause additional fatigue to knees and low back as well as some foot discomfort. Check out the tips below to know when to replace your shoes.

Pinch the heel counter. There should be some flexibility, but if the 2 sides touch then it is worn out.



Turn the shoe over and look at the sole. If there are wear patterns with tread that is worn off, it is time to replace that pair.

Try compressing the heel. There should be some give here but if the rubber is collapsed, shows wrinkles or grooves it's worn out.

Bend the toe of the shoe up and make sure the sole is firm. You should not be able to bring the toe of the shoe all the way up to the laces.

Change your shoes often. If they still look good, but meet these time frames, change them anyway! Your feet & knees will thank you!

- For casual wear: every 6-12 months
- Avid Exercise: every 3-6 months
- **Work Boots replace at least once per year.**

## Support Justin Hughes

Justin Hughes, son of Jay and Stacy Hughes, is in his second battle with Brain Cancer. You can show your support by purchasing a gray Brain Cancer Bracelet. Cost is \$10 each.

100% of the proceeds will go towards medical bills, and to help with travel expenses to Duke for treatments.

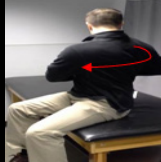
See Denise Voltz in the Training Center, Tonya Huss in the Suggestion Office, and the GMS team in the Plant 1 Engineering Office.

## Industrial Athlete Work-Readiness

Reminder: DO NOT Stretch through pain. This is not a time for the "No Pain No Gain" mentality.



**QUADRICEPS** - Grasp top of ankle and pull heel towards buttocks until a stretch is felt in front of the thigh. Keep knee pointing to floor, and do not allow your leg to turn outwards.



### TRUNK

Sitting or Standing - rotate your trunk as far you can using your abdominal muscles. Do NOT use your arms to pull you around.



**HAMSTRINGS** - Place one foot in front with toes pointed upwards. Press buttocks backward as you lean forward to feel a stretch in the back of your thigh. Bend opposite knee for deeper stretch.



### CHEST & ELBOW FLEXOR

Stand with one arm flat against the wall, slightly below shoulder height. Turn your body away from the wall to feel a stretch in your arm and in the front of your shoulder.



**GROIN** - Step to the right, keeping your toes pointed straight ahead and feet flat. Squat by sitting back and down onto your right leg, keeping your left leg straight, your weight on the right leg's midfoot to heel. Squat as low as comfortable, keeping your left leg straight and holding this position for 12 seconds.

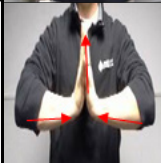


### BACK & ELBOW EXTENSOR

Raise one arm to shoulder height. Use the opposite hand to pull your arm across the body to feel a stretch in the back of your shoulder and arm.



**CALF** - Place one foot in front of the other (lunge position,) toes pointed forward, lean body forward while keeping your back straight, do not let the knee go past the toe



### FINGER & WRIST FLEXOR

Spread fingers wide. Press fingertips together while pushing heels of hands apart as far as possible. You should feel this stretch in the palm side of your fingers.

### When to Stretch:

- Stretch before work or activity
- Stretch during work or activity
- Stretch after work or activity

### Why We Stretch:

- Increase Flexibility
- Decrease your risk of injury
- Increase Circulation
- Increase Joint range of motion
- Reduced muscle tension

### Take Micro-breaks

- Take 15-30 seconds periodically throughout your day to perform one or more of your favorite stretches.

## New Suggestion Eligibility Worksheet

As of September 24, there is a new Suggestion eligibility worksheet that allows for multiple suggesters with the same eligibility to be on one sheet. The old worksheets are no longer being accepted.

## Suggestion Submission Gifts

Travel mugs and T-shirts (out of size medium) are still available for anyone who submitted a suggestion in 2017 and 2018.



Send in your favorite Halloween costume photos of kids, adults or pets to [tonya.huss@gm.com](mailto:tonya.huss@gm.com) to appear in the November 8 issue of the PowerNews. Deadline to submit photos is **Monday, November 5.**

# SAFETY REVIEW BOARD

## September 26, 2018

**SAFETY UPDATE** – Mark reviewed the safety chart as of September 10, 2018. It has been 2 years, 7 months and 8 days since we lost our team member.

- Reviewed Sentinel Event Tracking through August. At 24 YTD.

- Reviewed total injuries through August. Had 80 injuries, 4 LWD, 77 near misses 0 PDI's. Reviewed the 2018 Occupational Incidents by Type. The highest incident was Sprain/Strain.

### EMPLOYEE SAFETY CONCERNS

- Air quality Core Room: Al said all four core room scrubber systems have been cleaned with new media and balanced. Have leak test system getting in one machine per weekend. We are waiting on the results from the August 27 testing. Cliff said he is hoping to have this week.

- Air quality Finishing: Al said this is similar to the item above but includes smoke. The RTO's have been cleaned and balanced. Cliff did testing and it came back below the standard. Looking at Mod 1 & 2. We owe the team an update on both items.

- Platform: Al said they talked to all 3 shifts. We will keep the platforms for observation but can no longer reach in.

- Rust in restroom area: Sandy said the water tank is here and working to get it installed.

- Platform OP 160: Mark said the platform is complete and in the process of getting installed.

- Air conditioning: Al said the coil is on order.

- Locker room: Adam said he is working with Aramark. They are sweeping around lockers and added entrance rugs which has helped.

- Handrail: Sandy said the handrail is ready to be installed.

- Pallets: Briona said the pallets will come in next week. Mark said we need to get painted before installed.

- RTO's: Al said they spent time with the employee. Gary said to get with him if he sees this again. Al said he would talk to the employee to see if he sees any differences.

- Sand in air: Al said he is not sure what to do. The team wants the same set up as Mod 1. Cliff did testing and it is below the standard. Tom said this is not new, it happens on a regular basis. They are asking to not have sand in the air.

- Dust collectors: Al said we changed the PM frequency to change the filters. It is still a problem.

- Pigeons: Al said pigeons need to be removed from the area and the area cleaned. Kristie said they have the exter-

minators coming today.

**OPEN H&S PM'S** – Al reviewed the September PM's. Completed 1392 safety PM's. Have 665 left to complete.

### GLOBAL CALL TO ACTION STATUS

Mark reviewed the open Global Call to Actions. There is 1 new Global Call to Action from the Baltimore incident.

**WORKPLACE SAFETY SYSTEM REVIEW** – Joely reviewed 3.1 Roles & Responsibilities. Joely is the owner. Currently at Level 2. After today's review, will be at Level 3.

- RR5.1: Annual review of the WSS 3.1 Roles & Responsibilities. Completed 9/26/18.

**H&S TRAINING UPDATE** – Marty reviewed the training update.

- Aerial lift refresher – Have 2 red and 1 yellow.

- Roof permit – Have 5 red and 38 yellow.

- Mobile crane – Have 3 red and 2 yellow.

- Fork truck refresher – Have 2 red and 16 yellow.

- Respirator fit – Have 15 red and 41 yellow.

- Confined space entrant – Have 1 red and 2 yellow.

- Confined space attendant – Have 28 green, 15 yellow and 4 red.

- Lockout audit – Have 154 red and 520 green.

**ERGONOMICS UPDATE** – John reviewed Ergonomics for 2018.

- Have 3 open issues:

- Shoveling sand on incline return sand belt. This is part of the Silica project. Gary said it is working. John said he will go out there.

- Pulling dross out of stack melters. This is open.

- Installing a hoist for painter in the paint shed. This was closed but now it has been re-opened.

**INDUSTRIAL HYGIENE UPDATE** - Cliff reviewed the sampling plan. Have 220 total samples taken with 34 results pending. Personal Sample Exposures – None for August/September Reviewed the September/October action plans.

### FOLLOW-UP

- Mark reviewed an incident that occurred in Silao.

- Mark reviewed an incident that occurred in Flint.

- Mark reviewed a safety incident bulletin that occurred at Flint Metal Center.

### ROUNDTABLE

Rick said we are still battling potholes. Steve said we have done a lot of patching and we had to order more material.

### SAFETY CLOSER

Tom asked about the evacuation areas. Mark showed the map of the new areas. Steve's group got the signs moved. Will put this in the communication package for next week.

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