



AutoKnow

June 26, 2009



General Motors Vision Statement: GM's vision is to be the world leader in transportation products and related services. We will earn our customers' enthusiasm through continuous improvement driven by the integrity, teamwork and innovation of GM people.

Current GRMP Activities

- Alternative Work Schedule goes into effect 7/13/09
 - Work week: Monday, Tuesday, Wednesday and Thursday, ten hours per day paid at straight time rate
 - 1st shift: 6:00 a.m. – 4:00 p.m. with a 30-minute paid lunch
 - 2nd shift: 3:30 p.m. – 1:30 a.m. with a 30-minute paid lunch.
 - Work weeks with one holiday will consist of a three-day work schedule of 10.7, 10.7, 10.6 hours each day all paid at straight time rate, one holiday paid at the current rate and one off-day.
- Work continues on PP-3 press removal and is progressing on schedule.
- We have begun the match-marking process on OO-3. This will be the next press to be removed.
- Due to high humidity we've had several areas in the plant where the floor has buckled. While critical areas of the plant floor will be repaired, there will be many areas that will not be repaired so please be aware of your surroundings and proceed with caution.
- The last productive parts were shipped out on 6/25/09. Thanks to the Materials organization for their dedication during the final productive shipping operation and for working safely and having no incidents.

Transitional Self-Help Center

More classes and other events will be scheduled after the July shutdown. Please note the Transition Center will NOT be open during the July shutdown, June 29 – July 10, 2009. As a result of the Alternative Work Schedule, the Transition Center will be adjusting their hours to 7:00 a.m. – 5:00 p.m., Monday – Thursday. Check out the Transition Center website for current information: www.transitionselfhelpcenter.com.

Locker Clean Up

You have probably noticed labels on each of the lockers being used in both the men's and women's locker rooms. Please print your name on the label to indicate that you are currently using the locker. Any locker without a label on Friday, July 17 will be considered abandoned and will be emptied. The goal is to get an accurate count of the number of lockers that are needed and to start the clean-up process, as we did on the plant floor. Any questions, contact Carolyn Rush (#48), Steve Rosendall (#27) or Kathy Coslow (#116). Your help is appreciated.

Suggestion Award Payments Postponed

Due to the corporation's focus on cost reduction and continuation of important cash conservation efforts, all Suggestion Award payments through September, 2009 have been suspended. The current plan is to pay all Suggestions submitted for payment during this period in October, 2009. Hopefully the corporate financial position will allow full reinstatement of these payments in the future.

July Shutdown & Energy Conservation

Wow, how fast this year has gone by! It is already time for our annual two-week summer shutdown. This year, though, we won't be shutting down completely. The majority of our current workforce will be working either in TDO or on PP-3 tear out. For those of you fortunate enough to have the time off, enjoy and be safe. For those that will be working and saving your vacation for another time, enjoy and be safe.

Although we won't be shutting down completely for the next two weeks, it is still very important that we minimize our energy usage. You can help by making sure that lights and exhaust fans are off in bays that are not being occupied (keeping the night lights on for safety) and turning off equipment (such as computers, fans, copiers, office lights, etc.) if they are not being used. We also ask that you shut off everything possible on the off shift, holiday and weekends when no one is here.

Thank you for your continued efforts and diligence regarding energy conservation.

Kathy Coslow
GR Facilities Area Manager

Mike Cole
Site Utilities Manager

Preparing for **Hot** Weather Conditions

Introduction

The increase in temperatures serves as a reminder that summer is here and it is time to prepare to work and play safely in hot weather. Staying comfortable is not the only concern in dealing with high temperatures and humidity. Sudden exposure to a hot environment can cause hazards to safety and health that are generally avoidable. Following are some important reminders for dealing with heat both at home and at work.

How the Body Handles Heat

The human body reacts to high external air temperatures and radiant heat (from the sun or other radiant sources and exercise) by circulating blood to the skin. This increases skin temperature and allows the body to give off its excess heat through the skin. Sweat evaporating from the skin improves cooling and is most effective at lower humidity levels that permit rapid evaporation. Fluids and salts lost through sweating must be replaced to prevent dehydration.

Symptoms of Potential Health Problems

Excessive exposure to a hot environment or exercise can push the body's heat regulator too far causing the body to overheat. Be alert to symptoms so that you can be more comfortable and prevent heat problems from occurring.

Mild

Mild heat stress is always reversible and usually isn't dangerous unless symptoms persist. Symptoms include excessive sweating, heat cramps (muscle spasms), and mild dizziness, weakness, or fatigue. Heat rash – tiny red bumps on the skin may also be experienced in hot, humid environments where the skin remains wet most of the time.

Moderate

Heat exhaustion results from loss of fluid through sweating when the individual has failed to drink enough fluids or take in enough salt or both. With heat exhaustion, the individual still sweats but experiences extreme fatigue, giddiness, nausea, or headache. The skin is clammy and moist, the complexion pale or flushed, and the body temperature is normal or slightly higher. Individuals not accustomed to hot environments, who stand and are immobile in the heat, may faint due to pooling of blood in the lower body.

Extreme

Heat stroke, the most serious health problem for people in hot environments, is the failure of the body's internal mechanism to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include (1) mental confusion, delirium, loss of consciousness, convulsions or coma; (2) a body temperature of 106 degrees F or higher; and (3) hot dry skin which may be red, mottled, or bluish. Victims of heat stroke will die unless treated promptly.

Preparing for the Heat

Be alert to weather changes. A hot spell or an increase in humidity can create stressful conditions to the body. **Drink plenty of replacement fluids.** In the course of a day's work in the heat, a person may produce as much as 2 to 3 gallons of sweat. Because so many heat disorders involve excessive dehydration of the body, it is essential that water intake during the workday be about equal to the amount of sweat produced. **It's best to drink small amounts of liquid frequently.** Taking additional salt is usually not necessary or recommended. **Avoid alcohol and drinks that contain caffeine.** Cool water or sports drinks are best. **Use fans and ventilation to improve air movement.** When possible, **wear loose, lightweight clothing** to enhance air movement across the skin. When resting, find a cool indoor or shady area with good air movement to obtain maximum benefit. **Be alert to personal medical conditions** or medications that may cause dehydration or otherwise place you at risk of heat related disorders. Report feelings of excessive discomfort and the earliest symptoms of heat related disorder such as fatigue, weakness, dizziness, headache, nausea, or loss of coordination.

On and off the job, use your knowledge of heat stress to prevent heat related problems and enjoy your summer.

HAVE A SAFE & ENJOYABLE SHUTDOWN