

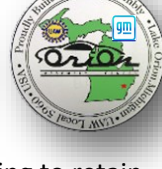


DIGITAL DATELINE

“BUILD IT LIKE WE OWN IT”

Orion Team:

I want to thank the team for taking the time to vote on the opportunity to retain or change the times for lunch and second break.



Approximately **397** people voted with **236** voting to retain the **10:30 a.m. lunch** and **1 p.m. second break** times. There were 141 who voted to move the times to 11 a.m. for lunch and 1:30 for second break. Twenty people had no preference.

Since a sizable majority of those who voted wanted to retain the current schedule, we will not make any changes to the schedule. That said, we may use this survey tool in the future to gauge your opinion on other topics affecting the Orion team.

Thank you and have a great day.

Reuben Jones

Orion Plant Director

Orion Assembly Badging and Plant Access

- Starting January 23rd, 2023, Security will require all personnel entering the plant to have a valid government issued photo ID to receive a badge and enter the plant
- This will apply to employees and visitors who lost, forgot or have not been issued a GM ID
- No changes will be made to personnel who already have a GM issued badge
- ID shall be a driver's license, a state issued photo ID or a passport




CHEVY ANNOUNCES THE FASTEST CORVETTE YET, THE ELECTRIFIED 2024 CORVETTE E-RAY


Source: Matt Burns - [techcrunch.com](#)



Our Journey to Zero

We've refreshed our **Journey to Zero** Socrates page to provide more information and resources on what GM is doing to attain an all-electric future.

[Electrification \(gm.com\)](#)



take the wheel

DRIVING TOWARDS SAFETY

Hearing the world around us is a natural gift and an asset worth protecting. Excessive noise, regardless of the source, can cause permanent hearing loss. Motorcycles and stereo headphones are common sources of hearing loss in even very young people. Practice hearing conservation both at home and at work. GM has a robust Hearing Conservation and Noise Control program at sites that are at risk for high work-related noise levels. Here are the key elements of this program at your site:

- Annual Sound Survey**
 - Each site is required to conduct a baseline sound survey at least once every five years. Update sound surveys are required annually.
- This survey determines the level of noise at the site and which areas or job functions, if any, require hearing protection. It also helps determine which workers need to be included in the Hearing Conservation Program and will require annual audiograms and further training.

HEARING CONSERVATION AND NOISE CONTROL

Hearing Conservation Program
Employees who work a job function with an 8-hour time-weighted average (TWA) equal to or greater than 85 dBA must be included in the site's Hearing Conservation Program (HCP).


Hearing Testing & Training

- Hearing tests or audiograms are important to employees who are in the HCP. Make sure to be on time for your scheduled annual audiogram. If you miss your appointment, please in the HCP to re-schedule it.
- Audiograms measure the acuteness of hearing at different frequencies compared to the employee's initial audiogram (baseline), and exposes any trends in hearing loss.
- The audiograms also help to determine how effective the current Hearing Conservation and Noise Control Program is in the workplace.
- Employees in the site HCP are also required to have training at initial work assignment and annually thereafter.

Hearing Protection Devices


- If you work with or near equipment with sound levels equal to or greater than 85 dBA, hearing protection is required. Wearing your hearing protection can guard you from the harmful noise exposure in your work environment.
- Hearing protectors are only effective if they fit properly and are worn correctly. Ears come in all shapes and sizes, so it is important to choose hearing protection that works for you. If you do not know how to use a type of hearing protection-ask!
- Keep your hearing protection devices clean. Replace them if they are lost or if damage occurs.
- If you have difficulty finding protection that is comfortable and/or effective, notify your Safety Representative.

Noise Controls are Critical
You can help protect yourself and others by helping to maintain noise enclosures, mufflers and noise reduction devices such as compressed air lines.




Live values that return people home safely.

EVERY Person. EVERY Site. EVERY Day.



How to stay hydrated at work

Presented by: **WORKfit**



Your body is 60% water

It keeps your muscles primed, blood flowing, and the nerves in your brain firing.

Loss of Body Weight from Dehydration

- 2%**
 - Muscle cramps
 - Brain shrinks
 - Body struggles with fatigue
- 5-7%**
 - Dry mouth
 - Headaches
 - Dizziness
 - Slurred Speech
 - Confusion
- 8%**
 - Little or no urine
 - Fever
 - Swollen extremities

Medical Attention is Needed!

IMPORTANCE OF HYDRATION IN THE WINTER

- Studies show that you have an increased risk for dehydration in the winter months.
- You may not feel as thirsty in cold weather; the body's thirst response is diminished by up to 40%.
- In cold weather more heat is lost from our bodies (respiration is increased, and more moisture is lost)
- Dehydration can leave you vulnerable to sickness, fatigue, headaches and body soreness.

HOW TO STAY HYDRATED

Keep a refillable water bottle with you at all times. Drink often.

Add lemon, lime, pineapple or other fruit for flavor.

Try consuming half your weight in ounces every day. (If you weigh 160lbs, drink 80 ounces a day.)

Monitor the color of your urine. Should be light yellow or clear. (See reverse side)

Levels of Hydration

The color of your urine can tell a lot about you!








The Scoop on Dehydration

Symptoms of Dehydration



Headache
Dry Mouth and Thirst
Decreased Urine Output
Dry Skin
Dizziness
Exhaustion
Disorientation
Fever
Hyperventilation
Diarrhea/Vomiting
Loss of Consciousness