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March 14, 2023

DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"

ORION TEAM – In an effort to look ahead and provide greater scheduling transparency we're asking for your feedback as it relates to scheduled Saturdays for the month of May.



Currently, we've planned to run production on three Saturdays in May: **May 6th**, **May 13th** and an additional date to be decided by you. The potential third date is **May 20th** or **May 27th**, which falls on **Memorial Day Weekend**. While it's not ideal to work three Saturdays in a row, we also want to be considerate of the holiday.

Please utilize this link to submit your feedback by **Friday, March 17**: https://gm.az1.qualtrics.com/jfe/form/SV_bxR4yilj43EObvY. Note that you can only submit one vote per person.

Thank you in advance for your hard work and dedication to meeting our team goals,

Jim Quick

Jason Leist

Plant Executive Director UAW Local 5960 Shop Chairman

SCHEDULED SATURDAYS

- March 25th
- April 1st
- April 15th
- April 22nd

[HOW TO KNOW IF A GM EV IS ELIGIBLE FOR A TAX CREDIT](#)

Source: Rhian Hunt - gmauthority.com

[5 MOST DEPENDABLE AMERICAN AUTO BRANDS IN 2023](#) Source: Alex Lemieux - motorbiscuit.com

50 Future EVs Worth Waiting For

Brands like Cadillac, Fisker, Lucid, and Tesla will debut a number of new electric vehicles between 2023 and 2026.

motor1.com

Need a Hand?

Your hands are important! Injuries to them can be debilitating.

Take a few moments for preventative hand action!

Hand Pumps

Performing range of motion movements helps improve blood flow

- Place one or both hands in front of you
- Keep your thumbs tucked into your sides
- Spread your fingers wide
- Hold this position for 1-2 seconds
- In the same position bring your fingers to your palm
- Hold 1-2 seconds
- Repeat 10-15x per hand

1 Finger Extension Stretch

Gripping tools all day? Try this to counter that static grip

- Spread your fingers wide
- Press fingertips together
- Push your palms apart
- Feel a stretch in the front of your fingers.
- Hold 15-20 seconds and repeat 2-3x

2

- Place one or both hands in front of you
- Keep your thumbs tucked into your sides
- Spread your fingers wide
- Hold this position for 1-2 seconds
- In the same position bring your fingers to your palm
- Hold 1-2 seconds
- Repeat 10-15x per hand

3 Thumb Circles

Give your thumbs the respect they deserve

- Spread your fingers wide
- Keep fingers spread and circle your thumbs 3 times in each direction
- Repeat 3-5x per hand

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

Questions? Contact your Todd Wolschlag LAT, ATC. P: 810-956-7826 E: twolschlag@work-fit.com

WORK·fit™

Introducing

TODD WOLSCHLAGER

810.956.7826

twolschlag@work-fit.com

WORKfit

IS EXCITED TO JOIN GM ORION ASSEMBLY!

How will Work-Fit help you?
Todd will provide you with personal job-site coaching. He'll give you strategies to reduce your muscle fatigue, teach you proper body mechanics for your job and help you with your personal health.

NEED SOME HELP? CONTACT WORK-FIT TODAY!

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for Your Workforce

What's Todd's Expertise and Why is He at GM Orion Assembly?
Todd is a Certified Athletic Trainer. He specializes in sports medicine and uses his skills in the prevention of injuries. Athletic Trainers are Board Certified and State Licensed Allied Health Care Professionals.

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OR

\$70 REBATE¹

on the purchase and installation of a set of four tires from Firestone, General or Michelin

OR

\$50 REBATE¹

on the purchase and installation of a set of four tires from BFGoodrich or Dunlop

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Offer ends 12/31/2023

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