



DIGITAL DATELINE

"BUILD IT LIKE WE OWN IT"

2023 CHEVY BOLT EV: 5 FEATURES THAT MAKE THIS SUB-\$30,000 HATCHBACK A STEAL



Source: [Produced by Digital Editors - motorbiscuit.com](#)



BLACKLAKE XT1 TO BE BUILT ON REFRESHED CHEVY SILVERADO 1500

Source: Jonathan Lopez - [gmauthority.com](#)

Pedestrian/Car safety in parking lots

Please use designated pedestrian walkways going to and from your vehicles and the plant

The following applies to all parking areas.

To reduce the risk of injury:

- Use sidewalks and crosswalks
- Do not walk in between parked vehicles, especially at the start and end of shift
- Do not walk and talk on a phone
- Pay attention to vehicles driving into and out of the parking lot



	To maintain a culture that promotes & displays GM's World Class Products and other products proudly built by UAW members, Orion Assembly will be reinstating the 'F' Lot (Foreign Car Parking) policy	

- ALL NON-GM, FORD & CHRYSLER VEHICLES MUST PARK IN F-LOT (GATE 2 ENTRANCE)
- REPEATED VIOLATIONS WILL RESULT IN THE TOWING OF THE VEHICLE AT THE OWNER'S EXPENSE.

Driving My Wellness

September 2022 Building a Healthy Life. One Step at a Time

Injury Prevention: Back Care

Back pain is one of the most common medical problems, affecting 8 out of 10 people, and is one of most common reasons people miss work. Back stiffness can be caused by poor posture, muscle or ligament strain or arthritis. Back pain can have a range of aches, from a dull constant ache to a sudden, sharp or shooting pain that can last from hours or days.

Strained spinal ligaments, or back muscles, are caused by repetitive heavy lifting or sudden awkward movement, whereas osteoarthritis affects the joints' cartilage which acts as a shock absorber for bones that touch and move against each other.

Self-care habits for a stiff back

- **Use a heating pad** - heat may relax muscles and relieve joint aches.
- **Use ice packs** - ice may help to numb pain and reduce inflammation, once inflammation has subsided, use heat therapy.
- **Physical activity** - bedrest may make stiffness worse. Keep moving with light activity, such as yoga.
- **Pain medication** - over-the-counter pain relievers may help with pain and stiffness.
- **Relaxation techniques** - meditation and controlled deep breathing may help relax back muscles.
- **Massages** - massage therapy may relax muscle tissue to reduce painful spasms and contractions.
- **Correct posture** - using the correct posture can prevent and help relieve pain.

Source: National Institute of Health. Low Back Pain Fact Sheet. <https://www.ninds.nih.gov/health-information/patient-caregiver-education/fact-sheets/low-back-pain-fact-sheet>. Accessed 07/14/2022

Source: WebMD. Back Pain: What You Need to Know. <https://www.webmd.com/back-pain/understanding-back-pain-basics>. Accessed 07/14/2022

Union-Made Back to School Shopping List

UAW LOCAL 5960

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In an effort to better communicate with members, this new site is easier to navigate and brings you more info from your union

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