

2022 NAVSEA Evaluation a Success

During the week of July 10th, EB completed its bi-annual evaluation of Naval Nuclear work. This review assesses our ability to perform the work of designing, constructing and maintaining the most complex machine ever built. Although the NAVSEA team of ~35 subject matter experts is physically onsite for one week, the evaluation began several months ago with submittals of requested information, execution of exercises and demonstrations in the performance of nuclear work.

The NAVSEA evaluation team reviewed all facets of our work, nuclear, radiological, quality, engineering, supplier quality, planning, production, etc. From my perspective, interactions with the evaluation team prior to, during, and post evaluation were extremely positive. I appreciate your preparations, open interactions, willingness to share information, and most importantly, your willingness to learn and improve.

We can train, and we can mentor but there is no substitute for experience, I refer to experience as “Vitamin E”. Life is a series of experiences; we all get a dose of experience every single day. Sometimes getting our Vitamin E doesn’t feel good, sometimes it’s enjoyable, sometimes the doses are small, sometimes the doses are large, **ALL** are

valuable. It was great to hear from every level of the organization, from new employees, to vice presidents saying they never had experienced anything like this NAVSEA Evaluation before, and they learned a lot. That is invaluable Vitamin E. Don’t waste it and shares it if you can.

During the week of our evaluation EB demonstrated commitment to our core values, and executing our work safely with the highest quality. We will learn from NAVSEA’s observations and get even better.

Mr. Graney indicated he was truly pleased with our team’s interactions, preparations and how new as well as experienced employees stepped up. He remains fiercely proud of all you do.

The NAVSEA evaluation may seem to be short in duration, but it is truly a measure of what all EB does every day. In my 32 years with EB, this is arguably the best NAVSEA evaluation I have experienced.

Congratulations on a successful evaluation and thank you for the good dose of Vitamin E.

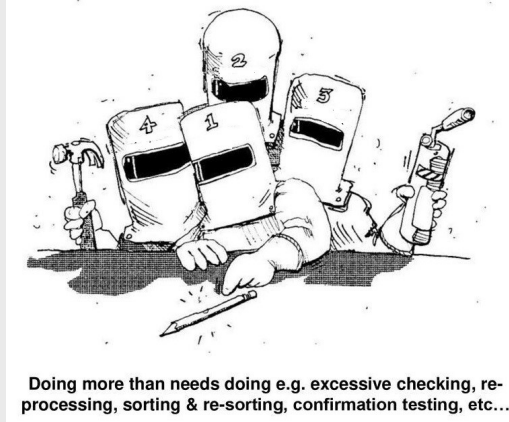


Lucas M. Demetroulakos

Director - Radiological Services

Continuous Improvement - Downtime Series

Extra Processing is Extra Work



Doing more than needs doing e.g. excessive checking, re-processing, sorting & re-sorting, confirmation testing, etc...

If you hire a plumber to fix a leaky faucet in your kitchen, would you pay for the extra 30 minutes he spent polishing the pipes underneath your sink? No you wouldn't, all you wanted was a faucet that doesn't leak, not shiny pipes where no one will see them. This is an example of **extra processing**, the concept of adding more features or producing a product or service of higher quality than required by the customer.

The same logic for the plumber doing work that is not required also applies in our business. Neither your internal customer nor the Navy wants to pay for non-value added work which goes above and beyond what they expect or need. Of the **eight types of waste**, **extra processing** is one of the most difficult to recognize because this non-value added work is still work.

Keep in mind what your customer requires and how he/she will use your product.

Electric Boat Examples:

- A fillet joint is specified to be 3/8" and numerous extra passes are added to insure the fillet size passes inspection.

Negative Effects Include:

- Increased chance of defect
- Potential for interference with a future installation
- Increased chance of distortion
- Unnecessary weld wire and consumables used

- A structural weld surface is specified to be cleaned a minimum of 1" from expected toe of the weld, but the surface was grinded all the way to 8" away to make sure the weld is not impacted.

Negative Effects Include:

- Increased labor cost
- Increased chance of mistake

- A steel structure is specified to be blasted to a near white clean finish prior to paint, but the structure was over blasted beyond the time required to ensure surface is paintable.

Negative Effects Include:

- Increased time spent blasting
- Increased time for grit recovery
- Increased labor cost

Each example has adverse effect associated with **extra processing** and it is up to all of us to meet the requirements of your customer, while eliminating the non-value added work.

Do YOU have any ideas on how to reduce the extra processing in your area? Discuss your idea with your supervisor.

Activities and Resources

Complete an annual physical exam with primary care provider

If you are on an EB UnitedHealthcare medical plan and do not have a primary care provider you can find one by:

- Going to www.myuhc.com to find and in-network doctor
- Contacting our on-site UnitedHealthcare rep Alicia Kelley at 763-361-3190
- Calling the EB Family Wellness Center, 860-629-8272 and completing a new patient visit

Completion of a smoking cessation program

Optum Coaches

- Quonset, 401-465-1097
- Groton/all other sites, 332-257-5164
- Yard Hospital, 860-433-3470
- QP Dispensary, 401-268-2244

Obtain up-to-date COVID vaccination status

Please submit your completed COVID vaccination card to proofofcovidvaccination@gdeb.com in order to be counted.

If you need a vaccination/booster call any of the below:

- Yard Hospital, 860-433-3470
- QP Dispensary, 401-268-2244
- EB Family Pharmacy Groton, 888-578-3457
- EB Family Pharmacy Quonset, 800-891-4235

Participate in a "Know Your Numbers"

biometric screening

EB Wellness Events. To request a biometric screening for your department, please reach out to the Wellness Specialist serving your site, listed below.

Complete a wellness coaching session with an

Optum coach

Optum Coaches

- Quonset, 401-465-1097
- Groton/all other sites, 332-257-5164

Get your annual influenza (flu) vaccination

- EB Family Wellness Center, 860-629-8272
- EB Family Pharmacy Groton, 888-578-3457
- EB Family Pharmacy Quonset, 800-891-4235
- Yard Hospital, 860-433-3470
- QP Dispensary, 401-268-2244

Complete a colonoscopy screening

If you are on an EB UnitedHealthcare medical plan, go to www.myuhc.com to find and in-network doctor or, Contact our on-site UnitedHealthcare rep Alicia Kelley at 763-361-3190 or alicia_kelley1@uhc.com.

Complete a mammography screening

If you are on an EB UnitedHealthcare medical plan, go to www.myuhc.com to find and in-network doctor or, Contact our on-site UnitedHealthcare rep Alicia Kelley at 763-361-3190 or alicia_kelley1@uhc.com.

Complete a breast cancer screening

If you are on an EB UnitedHealthcare medical plan, go to www.myuhc.com to find and in-network doctor or, Contact our on-site UnitedHealthcare rep Alicia Kelley at 763-361-3190 or alicia_kelley1@uhc.com.

Have a visit at the EB Family Wellness Center

Must be on an EB UnitedHealthcare medical plan to participate. EB Family Wellness Center, 860-629-8272

Participate in the Real Appeal Weight Loss program

Must be on an EB UnitedHealthcare medical plan to participate. Sign up at eb.realappeal.com. Make sure to have your medical ID card handy.

Fill a prescription at the EB Family Pharmacy

Must be on an EB UnitedHealthcare medical plan to participate. EB Family Pharmacy Groton, 888-578-3457

EB Family Pharmacy Quonset, 800-891-4235

Complete a cervical cancer screening

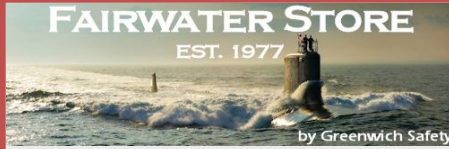
If you are on an EB UnitedHealthcare medical plan, go to www.myuhc.com to find and in-network doctor or, Contact our on-site UnitedHealthcare rep Alicia Kelley at 763-361-3190 or alicia_kelley1@uhc.com.



Please contact a Wellness Specialist if you have additional questions:

Quonset: Erik Teter, X22490 or eteter@gdeb.com

All other sites: Gail Cole, X74003 or gcole@gdeb.com



- **JUST IN!! USS NEW HAMPSHIRE HOODIES!!**
- Embroidered EB merchandise available now.
- Red, White, & Blue EB Logo pint glasses in stock!
- Seawolf 25th Anniversary coins—while supplies last!

Hours of Operation

Bldg 4: 9:30am to 4pm
 Bldg 104: 8am to 4pm
 New London: 7am to 2pm (T&W)
 7am to 1:30pm (Th)



Weekly Safety Briefing
 07/31/2022 – 08/06/2022



Respiratory Protection



Not using the right protection for the job could change your life!

Week 31

Policy Statement # 13: Electric Boat Corporation has established Occupational Health and Safety as the Company's Number One Priority.

GENERAL DYNAMICS
Electric Boat

**COVID Vaccines available in the Yard Hospital
 9AM to 2PM every Friday**

FOLLOW EB SOCIAL MEDIA CHANNELS



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General Dynamics Electric Boat



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@GDElectricBoat



Instagram:
gdelectricboat



YouTube:
GD Electric Boat



LinkedIn:
General Dynamics Electric Boat



EB Landing:
www.EBlanding.com

DIRECTORY

When calling from an outside line, remember to dial 433 and the last four digits of the numbers below.

EMERGENCY	3-3333
Ambulance.....	3-3344
Fire Department.....	3-3617
EEO Officer.....	3-4167
Benefits.....	3-4201
Employment.....	3-7386
Environmental.....	3-2791
Ethics Hotline.....	1-800-433-8442
Payroll.....	3-3702
Safety.....	3-2811
Security.....	3-5530
Van Tran.....	3-7603
Timekeeping.....	3-6604
Training.....	3-0591
Yard Hospital.....	3-3470
Rad Con.....	3-5019