



## The Value of Basics

It's an honor to have this platform. It's a tremendous opportunity to communicate with over 19,000 of the greatest shipbuilders in the world. We're building submarines that are used in the defense of 350 million Americans and the rest of the world. Our Navy, our Country, and the World needs us to perform to the absolute best of our capabilities.

Super bowl Sunday is upon us, just under a week away. Have you ever wondered what makes these teams so good? Everyone gets so excited about the quarterbacks, the receivers and the long passes. For me, I like to watch the defensive and offensive lines. Who will block and who will tackle best? These are most basic fundamentals of the sport, and the team that executes these basic fundamentals will win and be crowned the greatest football team in the world.

Shipbuilding is no different than football in that respect. While there are some fancy maneuvers in shipbuilding, the backbone of shipbuilding is the basics. Submarines are built, by Americans who show up on time, read and follow procedures, participate in pre-job briefs, put solid 8 hour days in (or more), and go home safely at the end of the shift. We must respect one another and be honest with each other. We cooperate. We make the effort to look at jobs ahead of time to be well prepared. Good Safety, Quality, Schedule and Cost performance are the results of all us executing the basics well. It's our discipline to these fundamental steps that makes us the best shipbuilders in the world. I'm certainly proud to be a part of it. Thank you for taking the time to read this article, and thank you for everything you do every day!

**Dan Vieira**

Director, Environmental Health & Safety

The Groton WIB is produced by EB Communications.  
To submit ideas, contact [rmarques@gdeb.com](mailto:rmarques@gdeb.com)

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# CONTINUOUS IMPROVEMENT

## How to Get Involved!

### Why? What's in it for me?

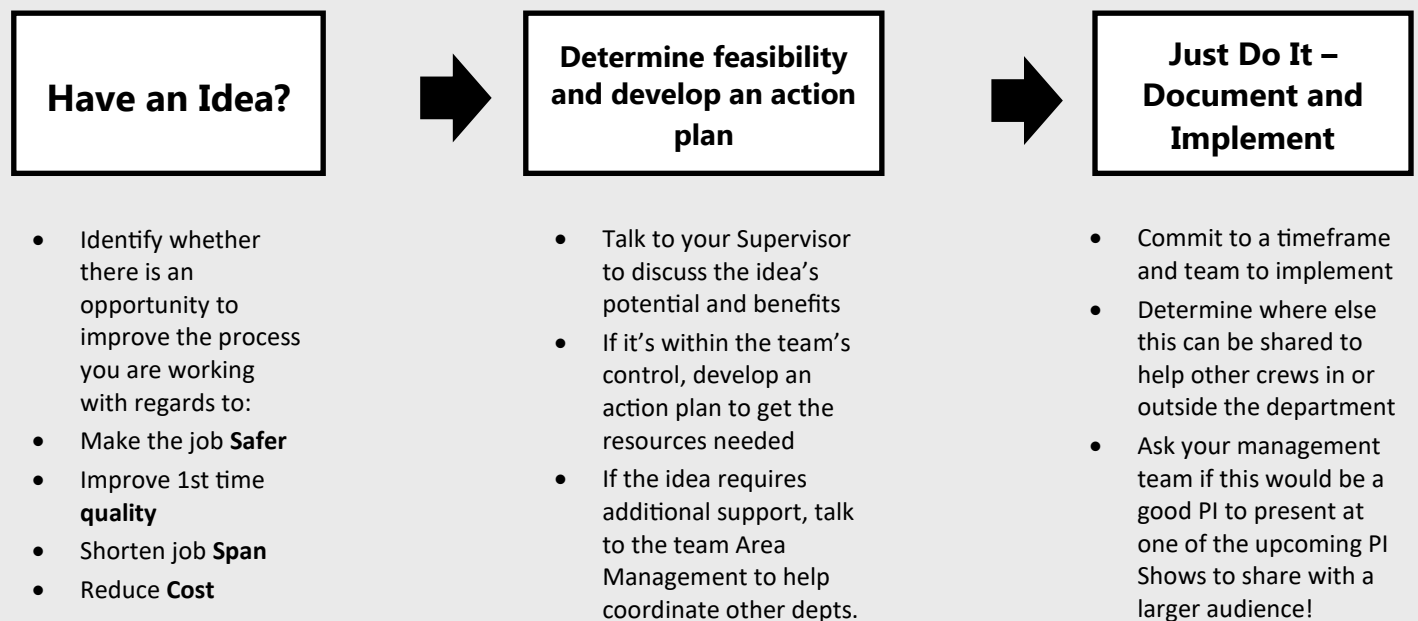
- Your job can become Safer / Easier – reducing aggravation and addressing pet peeves
- Help your crew and your department achieve their goals
- You can contribute to **your** company's success
- Personal satisfaction through mastery and leaving the process better for the next person
- Opportunity to collaborate with peers and supporting departments



### How? How do I Successfully Participate?

- Challenge the Status Quo and ask yourself *“Why is the job done that way?”*
- Do not accept the answer *“That's how we always do it”*
- Learn to identify the 8 Types of Waste and defeat them!
- Generate new ideas that can make your job safer, improve 1<sup>st</sup> time quality, schedule, or cost
- Lead the implementation of at least one of your ideas per year??????
- Submit your idea through your Supervisor to get buy-in and to help get it documented

Together  
Everyone  
Achieves





## WHAT IS MINDFULNESS?

When you think of mindfulness, you might be picturing someone sitting crossed legged on the floor with their eyes closed and their hands resting on their knees. This is only one way to experience mindfulness, through the practice of meditation. However, you can practice being mindful right now sitting at your desk, walking to a meeting, having lunch, and even during a conversation.

Mindfulness is the act of being present. Not looking to the future, or behind to the past. Psychology today provides a formal definition of mindfulness as *“A state of active, open attention to the present. This state is described as observing one’s thoughts and feelings without judging them as good or bad.”*

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## CULTIVATING MINDFULNESS TAKES PRACTICE

If you are interested in trying a short, mindful meditation, our Optum Wellness Coaches are offering free mindfulness sessions once a week telephonically. Simply dial in on **Wednesdays at 12:00 PM or 3:45 PM EST** for A Mindful Moment practice. Call in information is provided below.

**Phone number:** 1 952-222-7450

**Phone Conference ID:** 116 957 679#

*To record your participation, please email [ebwellness@gdeb.com](mailto:ebwellness@gdeb.com) with the subject line “Mindfulness” and include your name, badge, and the date and time of the session you attended.*

**There is no S/O for this event, please attend on your own time.**





- We Build Freedom hoodies back in stock!
- Large selection of Timberland work boots! Come check them out!
- Seawolf and Columbia Class hoodies in stock!
- Stanley 12' Engineering scale tape measure always in stock!

**Hours of Operation**

Bldg 4: 9:30am to 4pm

Bldg 104: 8am to 4pm

New London: 7am to 2pm

**Weekly Safety Briefing 2/12/2023 – 2/18/2023**

**ELECTRICITY WILL TAKE THE PATH OF LEAST RESISTANCE**

**USING DAMAGED EQUIPMENT OR NOT USING THE PROPER PPE INCREASES THE RISK THAT THE PATH WILL INCLUDE YOU!**



NO THIS IS NOT THE OFFICIAL SYMBOL FOR ELECTRIC SHOCK, BUT IT SHOULD BE!

Week 7

**GENERAL DYNAMICS**  
Electric Boat

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

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**DIRECTORY**

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

<b>EMERGENCY</b> .....	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