

GENERAL DYNAMICS Electric Boat

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Introduction to Evergreen Topics

Going forward you will notice that one of the monthly WIB articles will be written by your managers about their past experiences at Electric Boat on an Evergreen Topic. What is an Evergreen Topic and what does it mean to our business? The term Evergreen essentially means something that is perpetual and ongoing similar to an evergreen tree that remains green throughout the seasons. It is a process used by various industries and businesses around the world to assess, identify and mitigate risks and strive for efficiency to achieve healthy organizations. For example, if an organization such as Electric Boat has inefficient or bad processes in place there is potential for negative impacts to Safety, Quality, Cost and Schedule. Simply put, where there is inefficiency there is also opportunity. Fostering a culture that takes a proactive approach to mitigate risks combined with continuous improvement are the ingredients needed to combat the hidden dangers lurking in the shadows of bad processes.

The Evergreen Topics that you will see featured in the WIB will have a heavy emphasis on Safety and Quality. As you read these real life scenarios experienced by your managers, think about why the chosen topic is important to you and how it relates to you and your team's role at Electric Boat. Management encourages you to share your thoughts about the articles with your teams. Remember that all electric boat employees are empowered to work safely as we build our part of the submarine with first time quality.

We Deliver the Advantage that Protects our Sailors our Families, and our Freedom.

<u> Evergreen Topic – Eye Injuries</u>

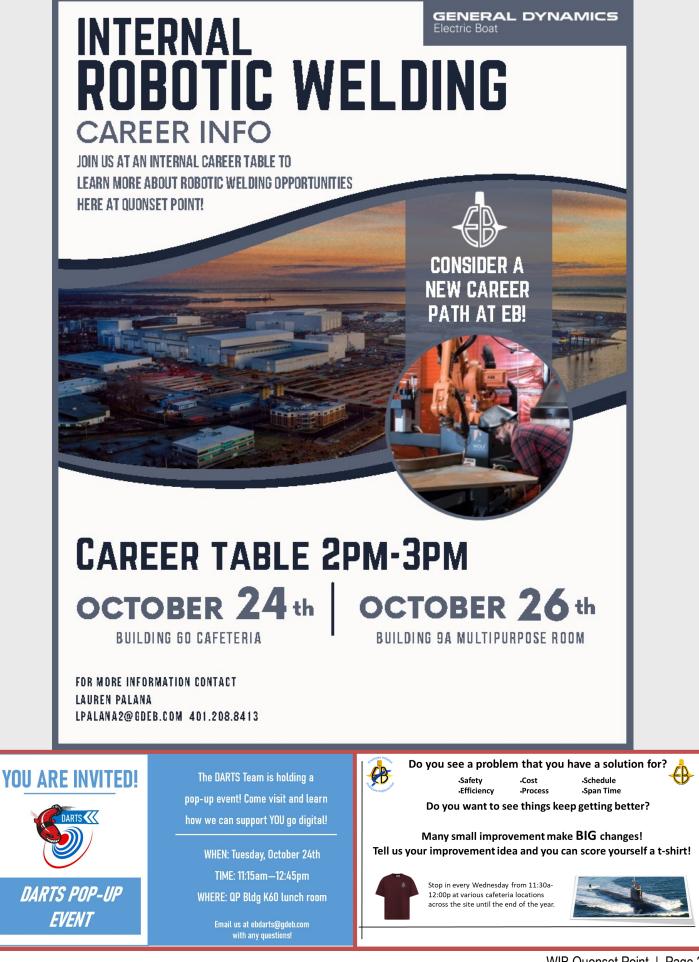
When I first heard about the Evergreen concept and was asked how it applied to safety; I reflected on WHY eye

protection is so important. I instantly remembered my time as a supervisor when I had a shipmate in the welding school working to obtain additional welding qualifications. At the end of the shift the shipmate determined that their test plate needed a "quick" wire brush before leaving for the day. The shipmate attached a 6k wire brush to their air hose and proceeded to wire brush the test plate; in doing so failed to put on the proper eye protection – no glasses, no goggles, no face shield. Now if you have ever used a 6k wire brush you know the bristles come off the wheel once pressure is applied to the surface being cleaned, well this situation is no different. As soon as pressure was applied with the wheel to the material a bristle came off and became lodged into one of the shipmate's eyes. This injury required surgical removal of the bristle and ultimately caused a permanent loss of sight by approximately 15%.

So WHY is evergreen so important in regards to eye safety – it only takes seconds without the proper PPE to cause life altering injuries that could affect you, your family, your friends and your coworkers.

How do you know if you are wearing the proper PPE? Your Supervisor will discuss the PPE requirements with you during your Clear and Safe and Pre-job Brief. You can also find the PPE requirements on your Department PPE Matrix posted in various areas.





It Takes Two! \$200 is Waiting for You



It All Counts is the Benefits and Wellness organization's portion of the company-wide Employee Incentive Program. In order to receive the \$200 bonus for 2023, you will need to complete two qualifying health-related activities as outlined below.

Completing one activity does not award \$100, you must complete two activities in order to receive the bonus. This is not the usual 85% company-wide goal that has been used in the recent past, this is an individual participation goal.

Qualifying Activities:

- Complete your annual physical (EB occupational surveillance exams do not count)
- Complete a Smoking Cessation program
- Complete a Know Your Numbers biometric screening
- Participate in one Optum Coaching session (includes Mindfulness)
- Attend an EB sponsored fitness class
- Get your annual flu shot
- Complete your preventive colonoscopy exam
- Complete your preventive mammography exam
- Visit the EB Family Wellness center for any kind of appointment
- Fill your prescription at the EB Family Pharmacy
- Attend an EB Sponsored Community Health Event (Heart Walk, Run to Home Base, Army Ten-Miler)
- Complete an EB Sponsored Hands only CPR training
- Donate blood at an EB Sponsored blood drive

What if I am not on an EB Medical Plan?

If you completed a physical, flu shot, colonoscopy, mammogram, or breast cancer screening, in 2023 and <u>you are not</u> <u>on an EB medical plan</u> but would like to be "counted", please fill out the It All Counts Proof of Qualifying Activity Form (84-08-0735) and email to ebwellness@gdeb.com or bring a copy to the Benefits Office (Groton) or Human Resources (Quonset). Activities completed in 2022 do not count for 2023.

If you have any questions on how to participate, please reach out to your site's Wellness lead.

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Driving Into the Facility when it is Dark Outside

- Speed limit inside the facility is 10 mph, and is clearly marked by signs across the property.
- As approaching the gate, we please ask that you do the following:
- Switch headlights to parking lights only
- Turn on interior dome light
- Stop at stop line and display badge
- If your vehicle has dark tinted windows, ensure to roll down windows for visibility
- Wait for Security Officer to tell you to enter the facility

Your cooperation with this is greatly appreciated.