



Contractually Speaking

Tulsa Maintenance Base (TULE) and Tulsa Airport (TUL), the combined stations known as 1TU are a one station set which means that any open positions for Title I M&R and Title V Stores will be filled in accordance with the Tulsa shop to shop transfer memorandum. Therefore, when the Tulsa Line has an opening it will be posted as a shop to shop transfer within Tulsa before a 12L from another station is placed in the TUL open position. Title III Fleet Service continue to use the 12L transfer list that is cleared out every January and June; but will be transferred within the one station set before any others. The one station set also applies to 12M upgrades as stated below in the actual Maintenance and related agreement.

ARTICLE 46 – ONE STATION AGREEMENTS

(d) Non-Bid Vacancies

(1) When a non-bid vacancy arises within the one station set, requests for lateral reassignment between its stations will be honored before transfer requests from stations outside of the one station set are considered, and before new employees are hired. An employee wishing to be reassigned should file a written request for such reassignment with his supervisor. All requests will be valid until the following January 1st and July 1st. Each January 1st and July 1st, a request for reassignment not submitted within the preceding thirty (30) calendar days will be voided, and it will be necessary for a new request to be submitted. Under this procedure, the Company will not require, as a condition of being eligible to request reassignment, that an employee have completed six (6) months of service in his current job; provided, that an employee will normally (except as set forth in the next sentence) be required to have completed his probationary period before being eligible to request such reassignment from one station to the other. It is agreed that the Company will recognize an approved (Union and Company) six (6) month waiting requirement waiver, if the Company is anticipating hiring off the street at the station or location.

(2) Selection to fill a vacancy will be made on the basis of the most senior qualified employee in the same status requesting the reassignment. Upon award, the

employee will be reassigned within fifteen (15) calendar days, unless agreed to otherwise by the employee. Employees on medical restrictions are not eligible for reassignment to a vacancy under Article 46(d), unless qualified to perform all duties of the vacancy.

(3) If there are no requests, or an insufficient number of requests to fill all vacancies, requests for transfer on file from stations outside the one station set, as provided in Article 12(l), will be honored.

(e) Reclassification

If an employee is eligible for upgrading from one classification to another, in accordance with Article 12(m), this will be done within the one station set prior to offering the upgrade opportunity to an employee from a station outside of the one station set.

Events

Shop Steward Meeting

Monday, June 13

7:15am, 11:45 am, 3:45 pm

You have a voice - let it be heard!

Veterans Committee Meeting

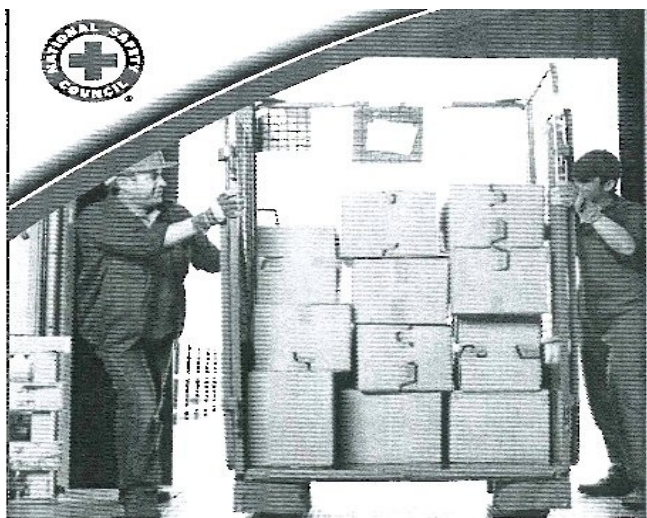
Wednesday, June 15

3:00 pm

Welfare and Entertainment Committee Meeting

Thursday, June 16, 3:00 pm

Overexertion



Overexertion is the third leading cause of unintentional injuries in the United States, accounting for about 3.3 million emergency room visits. Whether at work or home, you can take steps to prevent overexertion.

- **Working in an awkward posture can place too much stress on the wrong part of your body.** Place objects as close to you as possible. Keep your body positioned square to your work. Remember, your toes should always point in the same direction as your nose. Using proper posture may seem unnatural at first, but over time your body will appreciate the safer positions.
- **Limit the amount of weight you carry, give yourself enough room to work in a neutral position and keep tools in good working condition.** Many people overcompensate for tools that are too worn or broken. When this happens, tools should be replaced.
- **Repetitive jobs create muscle tension because they do not allow the muscles enough time to recover.** Repeating certain movements for long periods of time also can increase your stress level, causing you to become tense. It is important to take frequent, short breaks.

Overexertion can be Prevented

Overexertion injuries typical cause inflammation, which leads to pain and discomfort. Report any signs of discomfort before it becomes a full-blown injury.

Ergonomics can lessen overexertion injuries. The demands of the job must match the capabilities of the worker. This may require training so you know how to perform a job safely.

Routine exercise and stretching can help prevent overexertion. Strength training to maintain a strong core also can be beneficial.

Use these safe lifting techniques:

- Stretch and warm up before lifting
- bend your knees
- Never bend or twist your back when lifting
- Make sure your footing is solid with your feet shoulder-width apart.
- Keep the load being lifted close to your body
- Lift with your legs, not your back
- Limit the amount of weight you carry
- Get help to carry heavy, bulky or large loads
- Keep pathways clear to avoid tripping

Did you know?

While overexertion affects people differently, the most common injuries are strains and sprains, especially to the lower back.

Overexertion injuries result from excessive physical effort, such as:

- Carrying
- Lowering
- Turning
- Holding
- Pulling
- Lifting
- Pushing

Stop and take a break if you experience the following:

- Dizziness
- Sore or painful muscles
- Pulse for your size and physical condition
- Feeling very hot and sweating profusely
- Low abdominal pain
- Nausea
- Fluttering heartbeat – call your doctor if it lasts more than 30 minutes
- Chest pain – call your doctor immediately

Call 9-1-1 if you experience the following:

- Shortness of breath or labored breathing
- Headache – if severe
- Blue lips and/or fingers
- Lack of coordination