

LEAN SIX SIGMA IN EVERYDAY LIFE

Danielle Watford, MS, CMQ-OE

Maine Health Care Association

September 17, 2018



MHCA

Maine Health Care Association





Create value for customers by minimizing waste.

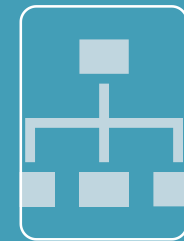
Reduces defects by effectively solving problems.

Lean accelerates Six Sigma. Solving problems and improving processes is faster and more efficient.

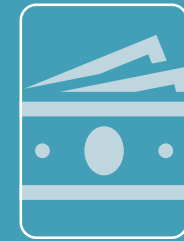
WHAT IS LEAN SIX SIGMA?



Faster



Efficient

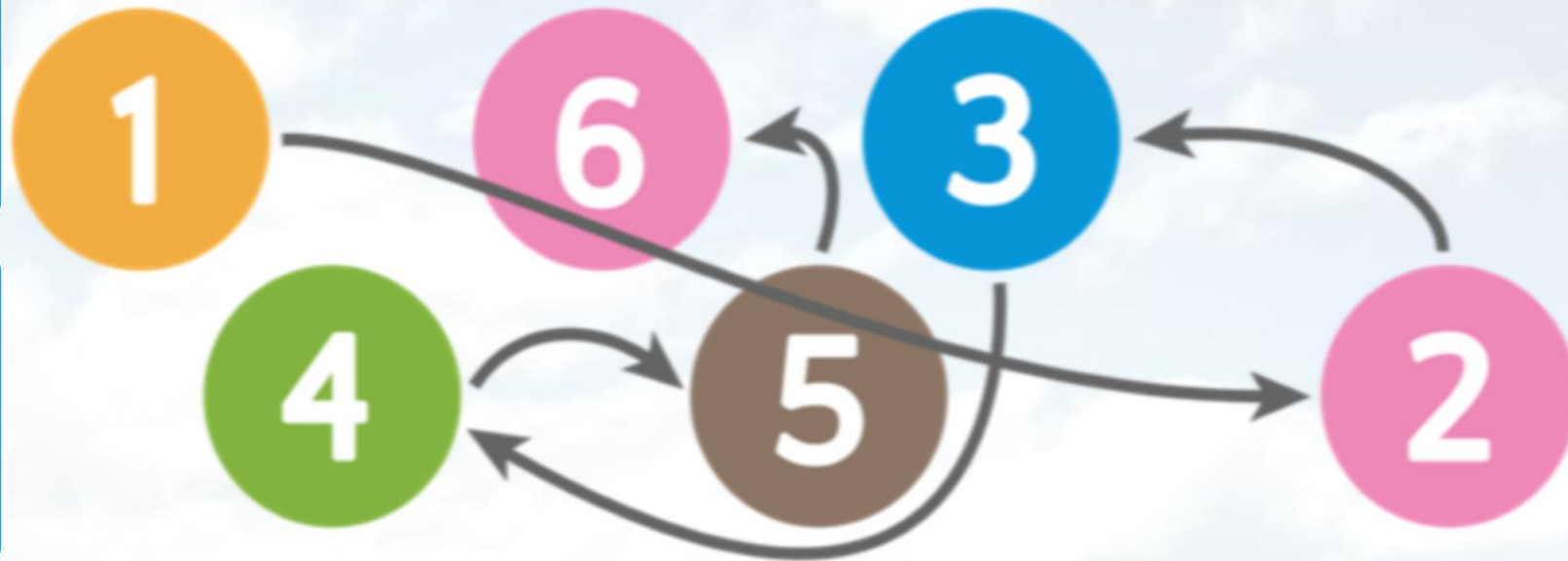


Economical



Higher Quality

PROCESS BEFORE LEAN SIX SIGMA:



PROCESS AFTER LEAN SIX SIGMA:



4 in 1



Detergent



Stain Remover



Brightener



Long Lasting
Freshness





YOU SAVE IN MANY WAYS WHEN YOU BUY A FORD

Low first cost is just one advantage of buying a Ford. Of even greater importance is the saving in the cost of operation and up-keep. As the months and years go by, this saving will total many dollars. The economy of the Ford is due to its simplicity of design, high quality of materials, and accuracy in manufacturing and assembly. Every part has been made to endure to serve you faithfully and well for many thousands of miles. Ford owners everywhere will tell you of the economy and reliability of the new Ford. A salesman who travels long distances daily by automobile writes: "I purchased a Model A Ford Coupe on May 9, 1928, and at the writing here on 97,582 miles. After I had driven 44,600 miles, I spent \$45 in repairs and at 40,000 miles had an additional amount of work done costing \$25. I have never had the brakes retimed. My tire mileage has averaged better than 18,000 miles." Another Ford owner tells of traveling more than 24,000 miles in a year and says, "The only spare expense was \$5c for a shock-absorber link and \$5c for a new rubber for the windshield wiper." A total of 27,721 miles is reported by a Ford owner on 1885 gallons of gasoline. 4 Large industrial companies who keep accurate cost records are buying more and more Ford cars every year because of their proved economy of operation and up-keep. Many of these have fleets of fifty, one hundred and two hundred Ford cars and trucks. One large corporation operates more than eight thousand. The experience of these careful buyers is a dependable guide for you to follow in the purchase of an automobile.



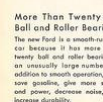
Shatter-proof • • • Glass Windshield
All of the new Ford cars have a Triplex shatter-proof glass windshield. This is an important safety factor because it reduces the danger of flying glass—the cause of most of the injuries in automobile accidents.



Fully Enclosed • • • Four-Wheel Brakes
The four-wheel brakes on the new Ford are the mechanical interdependent type. They are unusually effective and reliable with all working parts fully enclosed. This prevents water, dirt or grease from getting between bands and drums and interfering with performance.



Houdaille Double-Acting Hydraulic Shock Absorbers
Easy-riding comfort is another feature of the Ford car. This is due to the four Houdaille double-acting hydraulic shock absorbers, heavier versus springs, steel spoke wheels, low curving weight, and the torque tube drive.



More Than Twenty • • • Ball and Roller Bearings
The new Ford is a smooth-running car because it has more than twenty ball and roller bearings—an unusually large number. In addition to smooth operation, they save gasoline, give more speed and power, decrease noise, and increase durability.



NEW FORD DELUXE ROADSTER
More than twenty ball and roller bearings, steel and brass wheels, and four shock absorbers are standard equipment.



Rustless Steel • • • Bright, Gleaming Body
Bright, gleaming Rustless Steel is used for the hoodlamps, radiator shell and other exterior metal parts of the new Ford. It will not rust, corrode, tarnish or scale under any conditions. Its use is a further indication of the Ford policy of giving "Value Far Above the Price."



Craftsmanship • • • In Manufacturing
The new Ford is made with unusual care. The aluminum pistons are hand-honed to within one one-thousandth of an inch of the specified diameter of .81 inches. Water-pipe holes are diamond bored within a variation of three ten-thousandths of an inch.

Other features of the new Ford are—
SELECTION LINES — CHOICE OF COLORS — BANK OF CONTOUR CHROME SILICON ALLOY VALVES — STUDY BODY CONSTRUCTION ALUMINUM PISTONS — TORQUE TUBE DRIVE — RELIABILITY LOW COST OF OPERATION AND UP-KEEP — LOW FIRST COST \$1 TO \$5 AN HOUR — LONG LIFE — QUICK ACCELERATION

THE NEW FORD

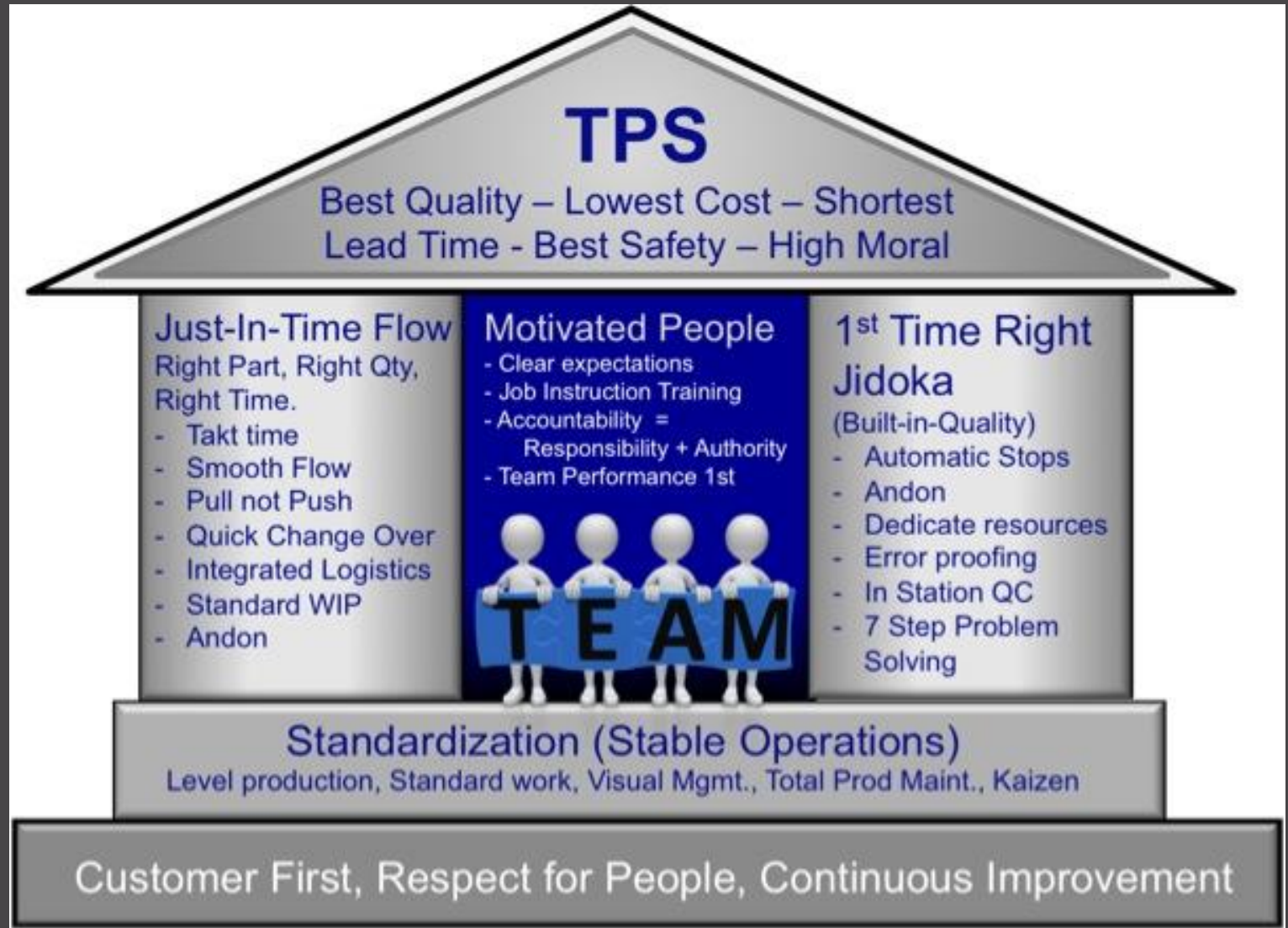
VALUE FAR ABOVE THE PRICE

WAGES

Source: Montgomery for the Economic Outlook, CIO.

MANY BEAUTIFUL FORD BODY TYPES IN A CHOICE OF COLORS FOR YOUR SELECTION

<p>NEW FORD ROADSTER A smart, sporty, capable car—ready to go. Triplex rubber-enclosed windshield and windshield wiper. Steel and brass wheels. Standard equipment. Low cost operation and dependability. See your Ford dealer.</p>	<p>NEW FORD SPORT COUPE In rich, exclusive style, the prettiest to behold, desirable and economical. The sportiest motor car in the world. The long, low silhouette is the trademark of the new Ford. A desirable choice for the discerning buyer.</p>	<p>NEW FORD PHAETON Another example of Ford craftsmanship. Real time, beautiful styling, and outstanding performance. The new Ford Phaeton is the car of the future. A new, gleaming Rustless Steel is used for the exterior metal parts.</p>	<p>NEW FORD DELUXE PHAETON Smoothing lines, car-like styling, and outstanding performance. The new Ford Deluxe Phaeton is the car of the future. A new, gleaming Rustless Steel is used for the exterior metal parts. Adjustable driver's seat. Heated seat for winter when on the road.</p>
<p>NEW FORD TUDOR SEDAN A popular family car at the low cost. Government issue for the people. Front wheel drive. In a low body, the new Ford Tudor has a low center of gravity and a torque tube drive. The new Ford Tudor has a low center of gravity and a torque tube drive. The new Ford Tudor has a low center of gravity and a torque tube drive.</p>	<p>NEW FORD COUPE A classic car with distinctive body lines and beautiful colors. The new Ford Coupe is a classic car with distinctive body lines and beautiful colors. The new Ford Coupe is a classic car with distinctive body lines and beautiful colors.</p>	<p>NEW FORD SEDAN A smart, comfortable, easy-going car. The new Ford Sedan is a smart, comfortable, easy-going car. The new Ford Sedan is a smart, comfortable, easy-going car.</p>	<p>NEW FORD DELUXE SEDAN Truly Deluxe in line, color and equipment. The new Ford Deluxe Sedan is truly Deluxe in line, color and equipment. The new Ford Deluxe Sedan is truly Deluxe in line, color and equipment.</p>
<p>NEW FORD VICTORIA The new Ford Victoria is a Deluxe car of unusual appeal. It is distinguished by its striking combination of lines which have been fitted to the new Ford Victoria. The new Ford Victoria is a Deluxe car of unusual appeal.</p>	<p>NEW FORD TOWN SEDAN Standard transportation at low cost. Really finished in every detail. The new Ford Town Sedan is standard transportation at low cost. Really finished in every detail.</p>	<p>NEW FORD CONVERTIBLE CABRIOLET Captures the mood of the city and the joy of a drive. The new Ford Convertible Cabriolet is a car of unusual appeal. It is distinguished by its striking combination of lines which have been fitted to the new Ford Convertible Cabriolet.</p>	<p>NEW FORD DELUXE COUPE Another beautiful Ford Deluxe body. The new Ford Deluxe Coupe is another beautiful Ford Deluxe body. The new Ford Deluxe Coupe is another beautiful Ford Deluxe body.</p>

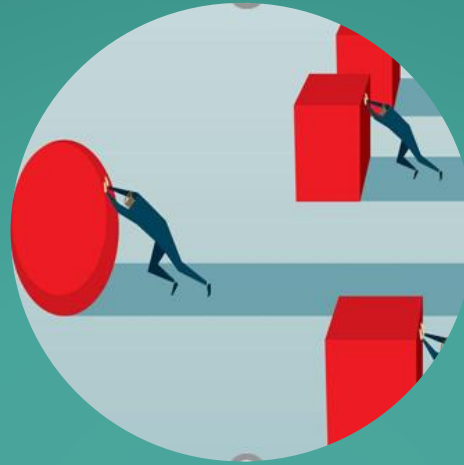




**Increase
Revenue**



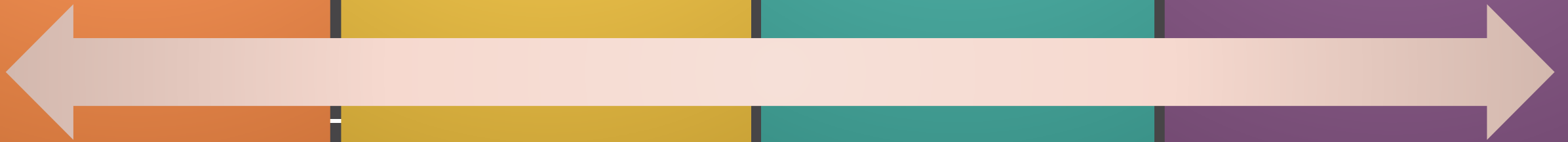
**Decrease
Cost**



**Increase
Efficiency**



**Create an
Effective
Workforce**



Introducing:

Tim Woods



What Impacts your SUCCESS?

T



TRANSPORTATION

Moving items or information

I



INVENTORY

Carrying more inventory than is necessary

M



MOTION

Excessive movement within workspace

W



WAITING

Waiting for information or items to arrive

O



OVERPROCESSING

Doing more work than necessary

O



OVERPRODUCTION

Doing work before it is needed

D



DEFECTS

Mistakes and errors that need to be reworked

S



SKILLS

Not using workers to fullest of abilities

T



Transportation

Too much
movement





Inventor

Saving for

Rainy Days



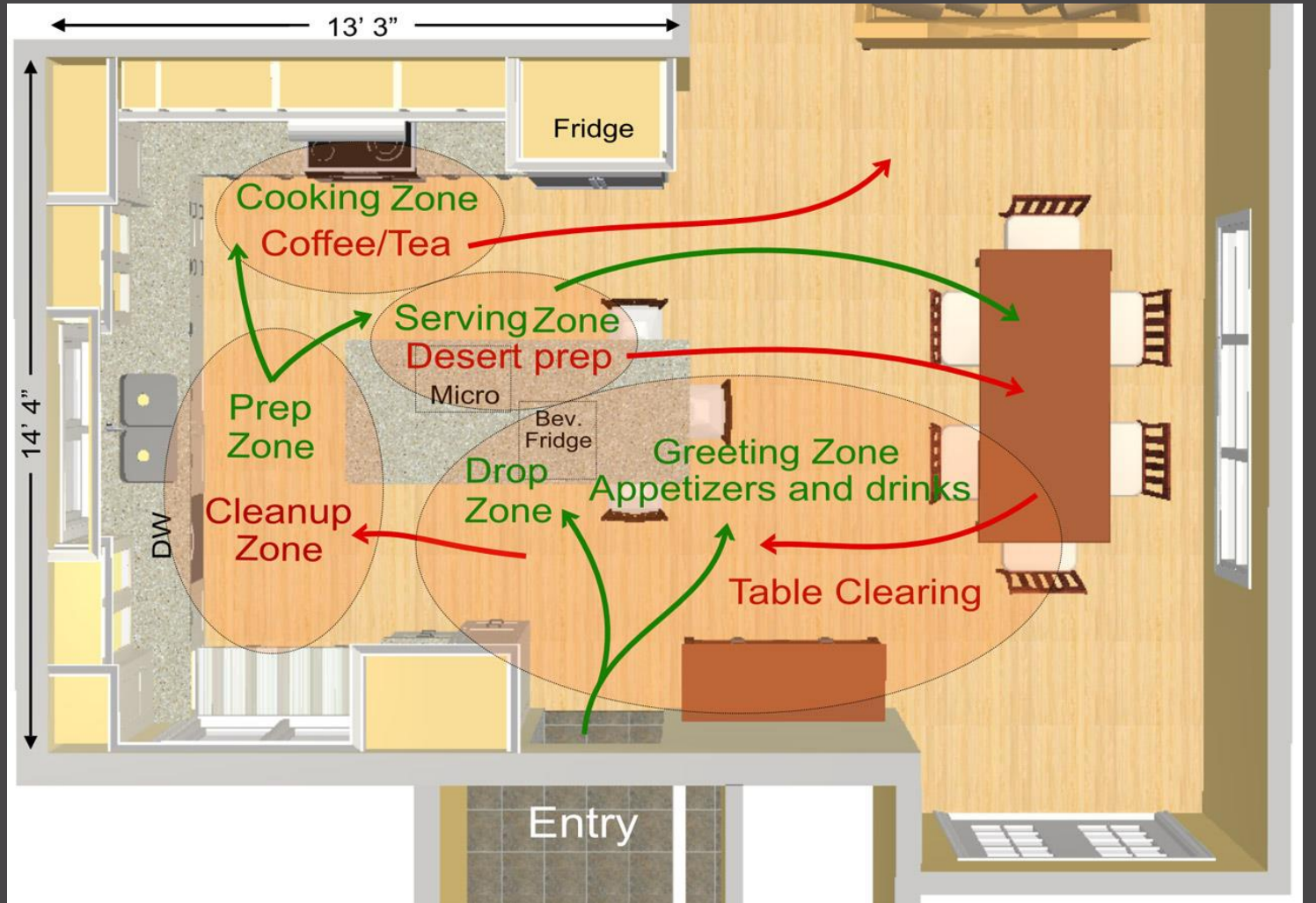
pinkwhen

M



Motion

Poor Traffic Design



W



Waiting

Time poorly
spent



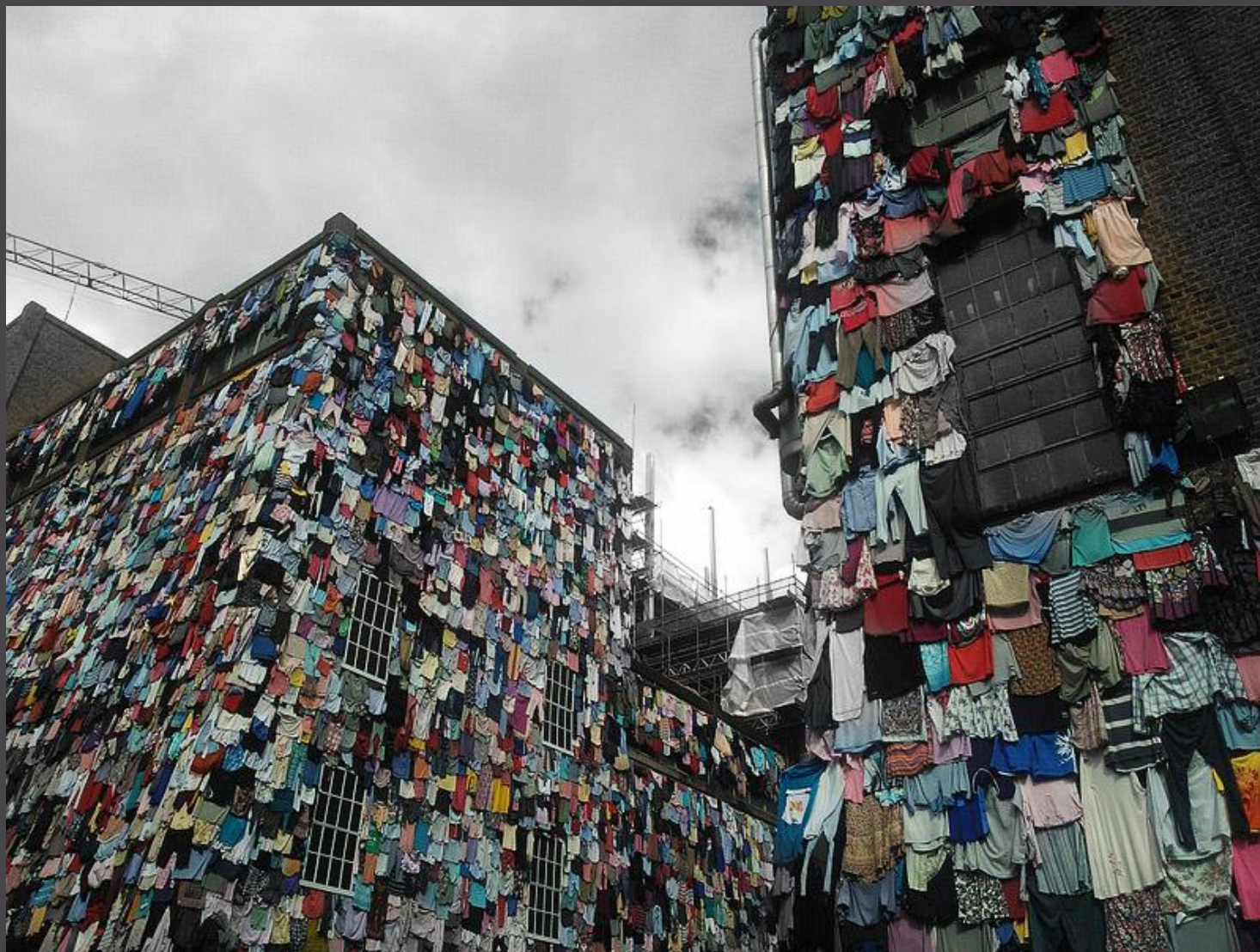


Over Processing





Over Production



D



Defects



S



Skills



Focus on the difference between:

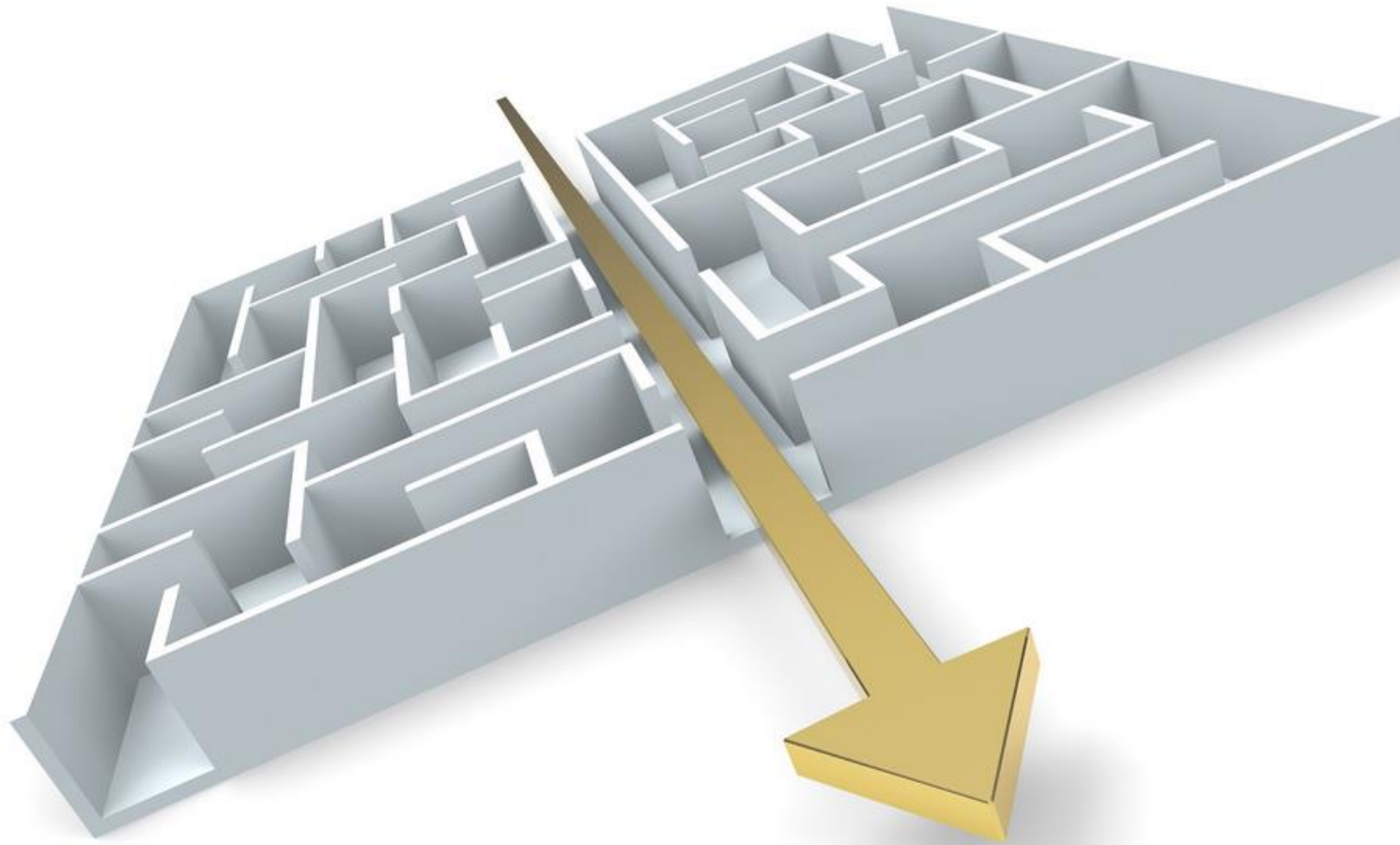
Value Add:

Any activity that increases the form or function of the activity.

Non Value Added

These activities should be eliminated, simplified, reduced, or combined.

D	Defects
O	Overproduction
W	Waiting
N	Non-Utilized Talent
T	Transportation
I	Inventory
M	Motion
E	Extra-Processing



**STREAMLINE
YOUR LIFE
USING**

5S

One Mess at a Time

5S

5S is a five-step organization technique to create and maintain an intuitive workspace.



Sort

Keep only necessary items in the workplace.



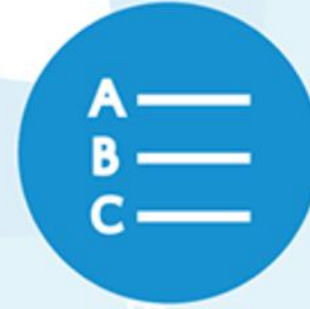
Set In Order

Arrange items to promote efficient workflow.



Shine

Clean the work area so it is neat and tidy.



Standardize

Set standards for a consistently organized workplace.



Sustain

Maintain and review standards.



Sort



Organize your space by item type

Evaluate every item in the area.

Identify which items are essential for getting the job done effectively and efficiently.

Separate the essential from the nonessential.

If the item is essential it should be tagged and sorted.

Straighten

Designate a place for all items that remain

1

Put all items in their designated location.

2

Look for ways to reduce or eliminate waste.

3

Frequently used tools and supplies should be stored in the immediate work area close to the operator.

4

Items that are not used as often should be stored based on their frequency of use.

A person wearing yellow gloves is spraying a red nozzle into a white container. The background is a blurred industrial or laboratory setting.

Shine

**A dirty area
can contribute
to safety
issues.**

Cleaning the work area

Remove any trash

Dirty process equipment
can actually increase the
potential for failure

Standardize

Establishing a system



Create work instructions, checklists, standard work

Color coding and standard colors for the surroundings are sometimes used.

Photos of the area in the standard 5S configuration are often posted

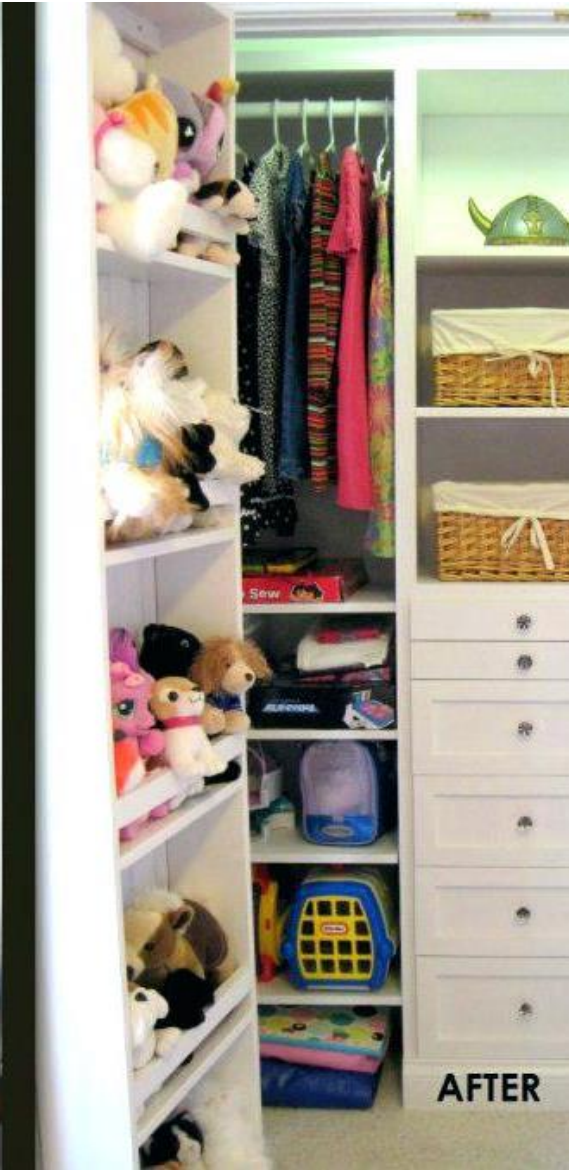
Sustain

The continuation of each step

a standard audit system is usually developed and implemented.

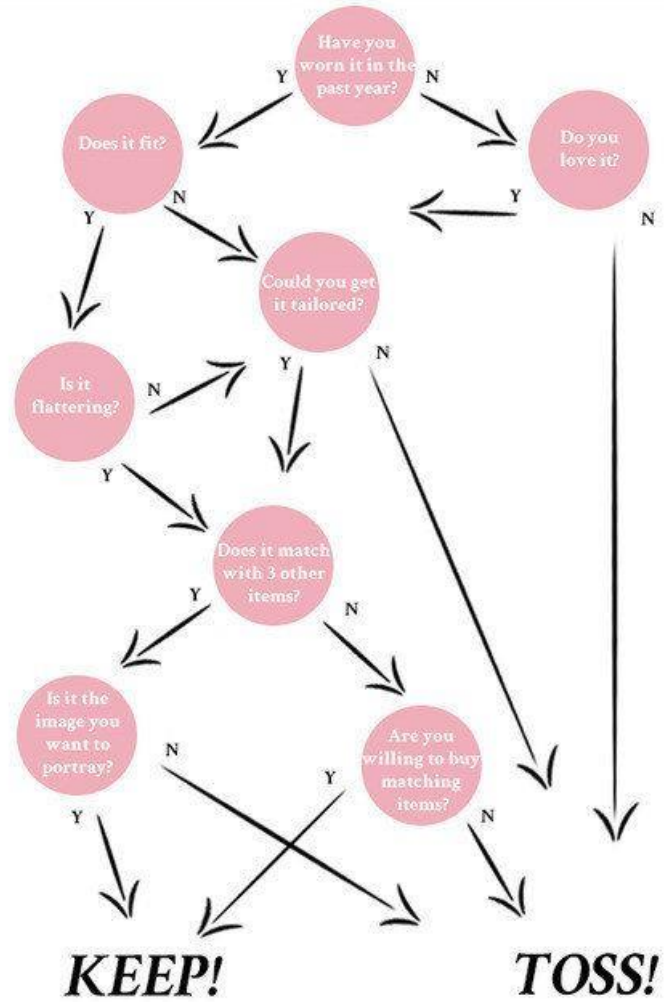
The goal of the sustain step is to ingrain the 5S process





♥ stylespotter
closet cleanse

CHEAT SHEET



how to weed out
YOUR CLOSET



by PASSIONSFORFASHION.DK

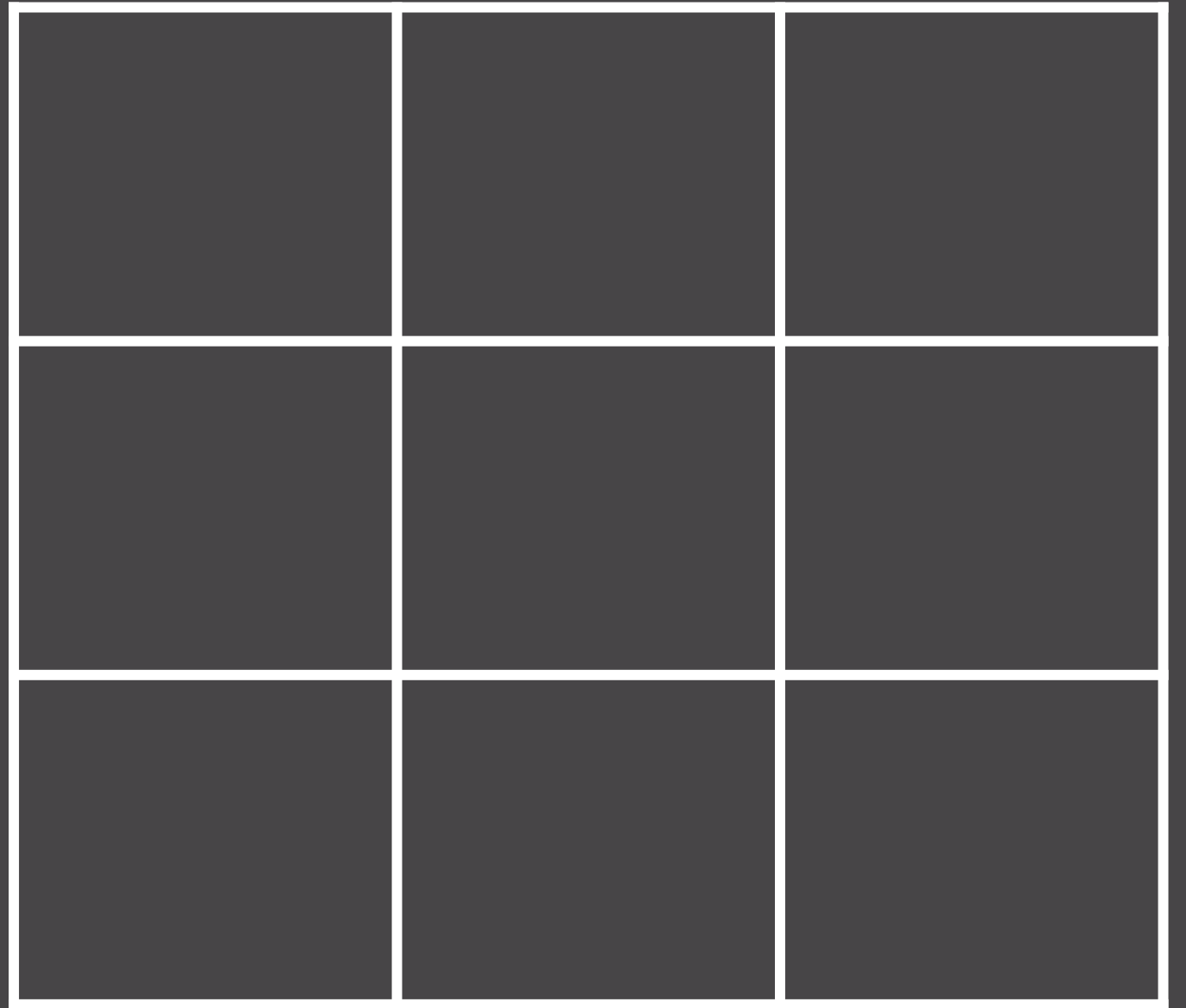
FUN ACTIVITY!

Draw me a fish...



***“TELL ME, AND I WILL FORGET. SHOW ME, AND I MAY REMEMBER.
INVOLVE ME, AND I WILL UNDERSTAND.”
– CONFUCIUS, CIRCA 450 BC.***

***Flip your
paper
and
draw...***



Draw a letter X in the center box in the left column. The X should fill the box touching the intersections

Draw an upward arc from the bottom left intersection to the bottom right intersection of the top center square

Draw a downward arc from the top left intersection to the top right intersection of the lowest center square

Draw an arc from the top left intersection to the bottom left intersection of the middle square in the far-right column

Draw a small circle for the eye in the middle of the right grid line of the middle square in the right column

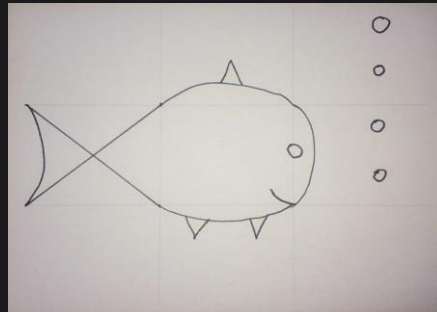
Draw a small upside down V for a fin in the middle of the curve in the top central box

Draw two V's, for fins, spaced evenly apart on the downward curve of the middle square in the bottom row.

Draw a curve from the top left point of the X to the bottom left point of the X from the first step to form the tail

Draw an arc for the mouth starting at the bottom right intersection of the center square.

Draw four circles for bubbles – two in the center box of the right column and two in the top box of the right column



Using your 3X3 Grid



Food for Thought

- **Imagine cutting all the waste out of your process so that it takes 1/12th of the original time.**
 - **Which processes happen in your business/work/life could be leaned?**
 - **Is there a lot of waste in a process because “that’s the way its always been done”?**
-

Questions?





MHCA

Maine Health Care Association

Danielle Watford, MS, CMQ-OE

Director of Quality and Regulatory Affairs

Maine Health Care Association

317 State Street Augusta, ME 04330

207-623-1146

