

Training (and dinner) preparation using AI

I do have a Kitchen Aid air fryer that I never had the time to read through the manual to understand how to use it. Therefore, it sat idle on our kitchen top, until I realized the solution was at my fingertips, literally. Now, I just ask Gemini AI instructions on how to cook, for example, fish. I get instantly instructions on the temperature and timing that I need, along with recommendations on seasoning and other cooking tips. Dinner just got better!

Today, I saw a post on LinkedIn, where someone was trying to get a recommendation for a company to provide training in various topics for the production supervisors. Basic stuff, like 5s. Of course, the post did receive several recommendations for companies and people to provide this service.

This is one of the tasks where AI can make a big difference both on the cost of getting this service and the adequacy of the training to the actual needs of the company. I am pretty sure most of the companies will provide an off-the-shelf, canned presentation that will not be tailored to the company's needs. However, by prompting the generative AI with enough information, you can get a tailor-made, specific and executable action plan, for free.

To make this point, I did provide the following prompt to GPT 5.0 chatbot, simulating a production environment for an injection molding company serving the automotive industry:

“GPT - please act as a training expert, with experience on providing training for manufacturing plants, especially for production supervisors. I do work at a manufacturing plant, specifically we do injection molding for automotive OEMs (GM, Ford, etcetera). We do need to provide 5S training for the supervisor team, so please start suggesting an index on the training contents and provide a paragraph on what they will cover. Consider that we are a plant having 10 supervisors, divided in 3 shifts and they have a basic knowledge on 5S but we want to improve the execution of the 5s activities in the plant”

The more information and description you can give the chatbot, about your needs for the training and objectives, you can get a much better answer. Of course, you can iterate your prompt to improve the tailoring of it to your needs.

Here is a sample of the chatbot answer:

“Suggested 5S training index for production supervisors (injection molding plant) with short description of each module:

Course overview, objectives and expected outcomes

- Explain why 5S matters for injection molding (quality, safety, uptime, changeover speed, cost reduction), specific goals for supervisors (lead execution, coach operators, sustain improvements) and measurable outcomes (audit scores, downtime reduction, defect rate, housekeeping metrics).*

5S refresher: Sort, Set in order, Shine, Standardize, Sustain

- *Concise review of each S and practical examples tied to molding — e.g., sorting raw material and regrind, set-in-order for tool carts and mold change stations, shine for machine cleaning and cooling lines, standardize visual cues for material locations, sustain through leadership behaviors.*

Practical application to injection molding processes

- *Walk through common plant areas (molding cells, secondary ops, raw material storage, mold maintenance, toolroom, warehousing) and show concrete 5S fixes and before/after examples relevant to cycle time, scrap, and safety.”*

My next step was to ask the chatbot to help me prepare the slides. I gave it the following instructions:

“For the first point suggested (Course overview, objectives and expected outcomes), please prepare the material that we could use. Use an easy-to-understand language and a formal tone for the information. Develop this content considering to use 10 slides maximum for the training materials”

Same as before, you can prompt the chatbot if you want to modify the output for this portion. Maybe you want to have an informal tone, or more academic. Maybe you want to have less slides. The chatbot this time even gave me speaker notes, that can be used by the people to deliver the training.

Here is an example of the answer I got:

“Below is ready-to-use material for a 10-slide training module: "Course overview, objectives and expected outcomes" for 5S training directed at production supervisors in an injection molding plant. Use slide titles and the suggested slide bullets as on-screen content; use the short speaker notes to guide what the trainer should say.

Slide 1 — Title slide

- *Title: 5S Course Overview, Objectives & Expected Outcomes*
- *Subtitle: For Production Supervisors — Injection Molding Plant*
- *Date / Trainer name / Plant*

Speaker note: Introduce yourself, state the session length and that this module sets expectations for the 5S program tailored to our molding operation.

Slide 2 — Why 5S matters here

- *Improve safety and reduce incidents*

- *Raise part quality and reduce scrap*
- *Improve uptime and reliable changeovers*
- *Reduce waste and operating cost*
- *Build disciplined, visible workplaces*

Speaker note: Connect each point to real plant goals: fewer stoppages, fewer defects, faster mold changes, and lower costs — all supporting OEM requirements.

Slide 3 — Scope of this course

- *Audience: all supervisors (10), across 3 shifts*
- *Focus: supervisory leadership, practical execution, sustainment*
- *Areas covered: molding cells, toolroom, material storage, secondary ops, warehousing*

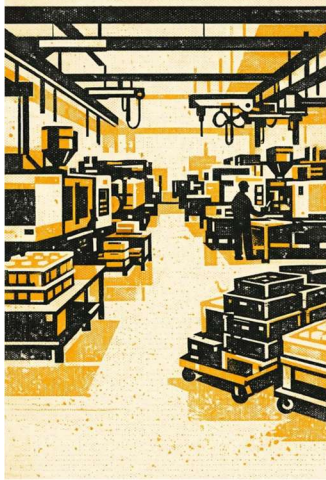
Speaker note: Emphasize this is supervisor-focused — not basic theory — with hands-on work in the plant areas they own.”

Now, of course you want to have these as actual slides in PowerPoint. This time, I turned into PowerPoint directly and used Copilot to develop the slides. I just copy-paste the information provided by the chatbot and let Copilot do its thing. Here is the output:

5S for Injection Molding Supervisors

Course Overview and Outcomes





Agenda

- Expected Operational Outcomes of 5S in Injection Molding
- Reduced changeover and search time
- Improved quality with lower scrap and rework
- Higher uptime and throughput (OEE lift)
- Safer, cleaner, more standardized work areas

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5S Outcomes in Injection Molding

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Enhanced Safety Performance

Clearer, safer work areas

Organized tools and materials reduce clutter, remove trip hazards, and keep walkways unobstructed.

Marked walkways and exits

Defined safe paths and clearly identified emergency routes improve navigation and response readiness.

Up to 40% fewer incidents

Facilities applying 5S report significant reductions through improved housekeeping and faster hazard identification.

Stronger compliance culture

Supervisors gain better control over standards, supporting proactive safety behaviors on the floor.



Higher Part Quality & Lower Scrap Rates

↓ 15%

Scrap rates reduced after 5S implementation in injection molding plants

Designated tools and standardized work improve repeatability and reduce defect variability.

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Of course, you can ask Copilot to use your company logos and theme, so the presentation will be consistent with your company media guidelines.

I hope you will find this useful. Please remember you can always improve the fitness of the chatbot response by iterating your prompts. Remember, you may even feed it complete manuals and ask it to summarize it for training purposes. You can also ask it to prepare test materials to ensure the training was properly understood by your audience. The limit is your imagination.

I do recommend Google Prompting training as a starting point if you are new to AI. It will give you the tools to improve how to prime the language models to obtain the desired response and avoid hallucinations.

Remember, there is a lot more you can do with AI in terms of training and in your personal life. This is a powerful tool and unfortunately we continue to underuse it for lack of understanding.