



Region 5 NBA Report



July 2016

National Business Agent's Report

NALC Region 5

State Conventions/Trainings – Last month we completed the four state swing of Conventions and Trainings within Region 5. As always, it was great to see all of the branch officers and stewards who do the core work of the NALC, representing the membership. On a daily basis they have to deal with managers who range from reasonable to insane, on behalf of letter carriers. So, I'm asking each carrier that reads this article, to reach out and thank an officer or steward for their hard work.

Heat Related Injury and Illness – The NALC has been working with the Postal Service at every level on Heat Related issues over the past few years. While having some success at prioritizing this issue with upper management, I'm still very concerned that the message has not filtered down to the station level. Mailed with this newsletter, is a copy of the Heat Related Injury/Illness Report. The NALC requests that if any carrier is effected by the heat, that the form be completed and mailed to Manuel Peralta, NALC Director of Safety and Health, as well as sending a copy to this office. Last year, almost 70 letter carriers in Region 5 were impacted and a few seriously. Already this year, 2 carriers have become ill and it's only the beginning of June. If a few of these cases, management's reactions were deplorable. The most susceptible carriers are new CCA's and carriers returning to the street after being off work for a while. Keep an eye out for your brothers and sisters.

Under OSHA law, employers are responsible for providing workplaces free of known safety hazards. This includes protecting workers from extreme heat. An employer with workers exposed to high temperatures should establish a complete heat illness prevention program.

- *Provide workers with water, rest and shade.*
- *Allow new or returning workers to gradually increase workloads and take more frequent breaks as they acclimatize, or build a tolerance for working in the heat.*
- *Plan for emergencies and train workers on prevention.*
- *Monitor workers for signs of illness.*
- *To prevent heat related illness and fatalities:*
- *Drink water every 15 minutes, even if you are not thirsty.*
- *Rest in the shade to cool down.*
- *Wear a hat and light-colored clothing.*
- *Learn the signs of heat illness and what to do in an emergency.*
- *Keep an eye on fellow workers.*
- *"Easy does it" on your first days of work in the heat. You need to get used to it.*

Working in full sunlight can increase heat index values by 15 degrees Fahrenheit. Keep this in mind and plan additional precautions for working in these conditions. The language directly above can be found at: <https://www.osha.gov/SLTC/heatillness/index.html>

Postal Facts – If USPS was a private sector company, it would rank 43rd in the 2015 Fortune 500; There were 155 million delivery points in 2015, 8.8 million more than in 2006; USPS fleet has 214,933 vehicles, one of the largest civilian fleets in the world; Nearly 6,000 carriers are attacked by dogs each year; USPS has the largest domestic retail network – larger than McDonalds, Starbuck and Walmart combined; USPS processes and delivers nearly half the world's mail – 47 percent; Over 113,000 employees are veterans; The USPS is the core of the 1.4 trillion mailing industry which employs more than 7.5 million people and operates with no tax dollars.

Michael J. Birkett
 National Business Agent
NALC Region 5 (St. Louis)