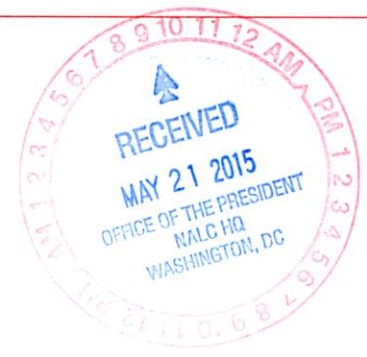


TO
Manny



May 8, 2015

Mr. Fredric V. Rolando
President
National Association of Letter Carriers, AFL-CIO
100 Indiana Avenue, N.W.
Washington, D.C. 20001-2144

Dear Fred:

As a matter of general interest, as part of the Safety Depends on Me campaign the Postal Service intends to distribute information to the field related to heat stress.

We have enclosed:

- A final draft copy the Mandatory Stand-up Talk – *Beat the Heat, Stay Cool*
- A poster titled *Beat the Heat – Heat Stress*

Please contact Mera Cole at extension 4870 if you have any questions concerning this matter.

Sincerely,

Alan S. Moore
Manager
Labor Relations Policy and Programs

Enclosures

Mandatory Safety Talk



May 2015

Beat the Heat, Stay Cool

It's that time of year again, when the temperatures begin to rise, and the potential for heat related illnesses becomes a factor during your daily work routines. It's important to remember the keys to staying cool and safe this summer season.

Here are some quick tips for battling the heat:

1. Hydrate before, during and after work. Prevention is important, so make sure to maintain good hydration by drinking at least 8-ounce of water every 20 minutes.
2. Dress appropriately for the weather. On warm days, make sure to wear light colored, loose fitting, breathable clothing to keep body temperatures down.
3. Utilize shade to stay cool. When possible, use shaded areas to stay out of direct sunlight.
4. Know the signs of heat stress. You should understand what heat stress is, and how it can affect your health and safety. Here are some things to look out for:
 - Hot, dry skin or profuse sweating
 - Headache
 - Confusion or dizziness
 - Nausea
 - Muscle cramps
 - Weakness or fatigue
 - Rash

Finally, it's important to notify your supervisor or call 911 if you're experiencing signs of heat related illnesses. This will not only ensure your safety, but can also save your life!

HEAT STRESS

- Rest
- Water
- Shade
- Know the signs
 - Headache
 - Confusion or dizziness
 - Nausea
 - Muscle cramps

