

# postal|bulletin

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## HEAT STRESS

See page 3

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



# Contents

## COVER STORY

Beat the Heat, Stay Cool . . . . . 3

## POLICIES, PROCEDURES, AND FORMS UPDATES

### Publications

Publication 108 Revision: Threat Assessment . . . . . 5

Publication 431 Revision: Changes to Post Office  
Box Service and Caller Service Fee Groups . . . . . 5

### Posters

Revised Poster: Poster 159, Workplace Harassment:  
Know Your Rights! Take Responsibility! . . . . . 6

Poster 159, Workplace Harassment: Know Your  
Rights! Take Responsibility! — Cover Letter . . . . . 7

## ORGANIZATION INFORMATION

### Address Management

Post Office Changes . . . . . 8

### Finance

Forever Items Stock Revaluation Instructions . . . . . 9

Forever Stamps Price Change Instructions for  
Stamps by Mail Orders . . . . . 12

### Retail

Metered Mail Price at Retail . . . . . 12

Stamps by Mail — Brochure Ordering Information . . . . . 13

### Stamp Services

Stamp Announcement 15-22: Coastal Birds Stamps . . . . . 14

Stamp Announcement 15-23: Penguins Stamp . . . . . 17

Stamp Announcement 15-24: Wedding Cake  
Stamp . . . . . 19

Stamp Announcement 15-25: Yes, I Do Stamp . . . . . 21

Stamp Announcement 15-26: Vintage Tulip Stamp . . . . . 43

Stamp Announcement 15-27: Eastern Tiger  
Swallowtail (Butterfly) Stamp . . . . . 45

Stamp Announcement 15-28: Flannery  
O'Connor Stamp . . . . . 47

Stamp Announcement 15-29: Migratory  
Bird Hunting and Conservation Stamp . . . . . 49

2015 Stamps and Postal Stationery . . . . . 51

Pictorial Postmarks Announcement . . . . . 54

How to Order the First-Day-of-Issue Digital  
Color or Traditional Postmarks . . . . . 57

Stamp Stock Items Withdrawn From Regular Sale  
and From Sale at Philatelic Centers . . . . . 60

## Sustainability

Required Procedures for Environmental Regulatory  
Agency Site Visits and Notices of Violation . . . . . 62

## PULL-OUT INFORMATION

### Fraud

Invalid USPS Corporate Account Numbers . . . . . 23

Missing, Lost, or Stolen U.S. Money Order Forms . . . . . 25

Missing, Lost, or Stolen Canadian Money Order  
Forms . . . . . 30

Verifying U.S. Postal Service Money Orders . . . . . 33

Counterfeit Canadian Money Order Forms . . . . . 33

Toll-Free Number Available to Verify Canadian  
Money Orders . . . . . 33

### Other Information

Overseas Military/Diplomatic Mail . . . . . 34

Thrift Savings Plan Fact Sheet . . . . . 39

Freely Associated States (FAS) Restrictions . . . . . 41

Poster 159, Workplace Harassment Know Your  
Rights! Take Responsibility! . . . . . 42

## Postal Bulletin Index

Annual Index . . . . . PB 22407 (1-22-15)

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# Cover Story

## 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 routine.

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 eight ounces 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 illness. This will not only ensure your safety, but can also save your life.

— *Safety and Health,*  
*Employee Resource Management, 5-28-15*