

## Do not put yourself in danger from excessive heat and sun

**N**ALC urges letter carriers to learn about heat safety and pay close attention to the warning signs of overexposure to the sun and heat.

Here are key pieces of advice:

- Hydrate before, during and after work. Prevention is important, so make sure to maintain good hydration by drinking at least 8 ounces of water every 20 minutes.
- Dress appropriately for the weather. On warm days, make sure to wear light colored, loose fitting, breathable clothing to keep body temperatures down.
- Utilize shade to stay cool. When possible, use shaded areas to stay out of direct sunlight.
- 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:
  1. Hot, dry skin or profuse sweating
  2. Headache
  3. Confusion or dizziness
  4. Nausea
  5. Muscle cramps
  6. Weakness or fatigue
  7. Rash

Finally, it's important to notify your supervisor or call 911 if you're experiencing signs of heat-related illnesses.

Go to the Safety and Health page at [nalc.org/workplace-issues/safety-and-health](http://nalc.org/workplace-issues/safety-and-health) for more on how to prepare for extreme heat and sun.

"Letter carriers need to remember to respond appropriately to the weather and immediately notify their supervisor if you feel that you are experiencing heat-stress symptoms or other weather-related issues," NALC President Fredric Rolando said.

"Bottom line: Do not put yourself in danger," Rolando said. **PR**

## Talks for a new contract extend past negotiations deadline

**F**ollowing 90 days of bargaining over the terms of a new National Agreement—culminating in a week of intense negotiations—NALC and the U.S. Postal Service announced that the bargaining period would be extended beyond the midnight expiration of the 2011-2016 contract on May 20.

During the extended period of negotiations, the terms and conditions of the 2011-2016 contract will remain in effect.

NALC President Fredric Rolando issued the following statement:

"The intensive discussions we've had over the past three months—both at the main table on key economic provisions, and among the numerous committees composed of NALC Executive Council members and management representatives—have been productive and professional. Although we cannot say definitively that we will be able to reach an agreement without resorting to the law's mediation and interest arbitration procedures, there has been tangible progress and both sides remain committed to attempting to reach a mutually acceptable tentative agreement.

"What is at stake in these negotiations?"

"Obviously, setting wages that reward all letter carriers—career and non-career alike—for their exceptional contributions to the Postal Service's essential service to the people and businesses of the United

States is the most critical issue. Years of hard work and dedication by America's city carriers have positioned the Postal Service to meet the evolving needs of the nation's mailers, shippers and citizens.

"The inadequacy of city carrier assistant (CCA) wages and the need to improve career conversion rights for CCAs are glaring problems that must also be addressed.

"Repairing and improving the work culture in carrier stations across the country also is a major focus of our contract talks.

"We are negotiating at a time of great challenges and great opportunities for the Postal Service of the 21st century. The Postal Service must evolve to become an indispensable public utility for the internet age, and it is NALC's responsibility at the bargaining table to shape that evolution constructively—both to improve service and to assure the Postal Service's long-term viability, while strengthening the terms and conditions of America's city letter carriers, the nation's most trusted workers. Our bargaining team is acutely aware of this responsibility and is committed to fulfilling it.

"As long as we see a path toward success, we will stay at the table and work as hard as we can to reach a new National Agreement. **PR**

## Robles appointed Region 4 RAA

**N**ALC President Fredric Rolando has appointed Centennial Colorado Branch 5996 member John Robles as a regional administrative assistant for Region 4, which represents letter carriers in Arizona, Arkansas, Colorado, Oklahoma and Wyoming.

Previously, Robles has served as a chief steward, Formal Step A designee, branch



trustee, arbitration advocate and district lead for joint route adjustment processes.

Additionally, Robles has served as vice president and, most recently, director of education for the Colorado State Association of Letter Carriers. He is a graduate of

Leadership Academy Class 15.

The appointment was effective June 13. **PR**