



THE BRANCH 324 BUZZ



July 2023

Where's the Buzz?

I know it has been a few months since the Branch Buzz has been sent out. Why? Working on publications takes time and at the present time, we don't have enough members stepping up where help is needed.

Are you interested? If so, please contact Rick by emailing richardbyrne@nalbranch324.com and let him know you're interested in helping. We have several opportunities available.

Here comes the warmer weather!

With the warmer weather, we need to be more vigilant to take care of ourselves and pay attention to what our bodies are telling us. Drink fluids and stay hydrated. Many of our offices get bottled water for the carriers. Your supervisor or postmaster can order this for you. If they have questions on where to get water, let your steward know and we can communicate that with them.

Each of us needs to take care of ourselves along with watching out for others. Know the signs and pay attention to the weather. Use sun screen and find a hat that will protect you from the sun. All of these suggestions are very important for your health.

HEAT SAFETY

With summer weather here, it is important to be aware of the signs, symptoms, and ways of preventing dehydration and heat exhaustion, and when to get help.

SIGNS AND SYMPTOMS OF HEAT EXHAUSTION



HOT RED SKIN UNUSUAL HEARTBEAT VOMITING WEAKNESS TREMOR

If someone has a throbbing headache, vomiting, a rapid strong pulse, not sweating, or are unconscious, **CALL 911 RIGHT AWAY** and help cool the person until help arrives.

WHAT YOU CAN DO TO STAY SAFE

- Wear lightweight, light colored, loose fitting clothing as well as a hat and sunglasses when outdoors.
- Drink plenty of water (2-4 glasses of water every hour if you are physically active or out in direct heat).
- Always apply sunscreen multiple times a day, and find shade when possible.
- Limit exposure during mid-day and pace yourself in the heat.
- Monitor those at risk for heat related illness, especially those on medications for heart disease, high blood pressure, etc. as they may be more affected by the heat.

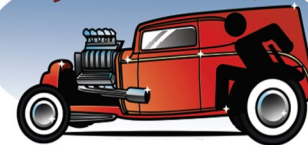
Vehicle Checks

Are you doing your required vehicle check every morning? If not, why not? You are credited time each morning to do a vehicle inspection and this is required of you in the M-41 Handbook. Since the pandemic began last year, carriers have been allowed additional time to sanitize their vehicles as needed to stay safe. Offices should also be contacting a contractor to clean vehicles. We will be verifying this with all offices to make sure there is a set protocol to keep the vehicles cleaned on a regular basis.

Please clean up after yourselves and take care of your own trash. This is helpful to other carriers who use the same vehicle on a regular basis. Remember to fill up with fuel as needed. With many new employees in the offices, it is helpful to remind them to not fill up on Mondays or the day after a holiday. Some offices have specific fuel days. Check the local policy in your office to be certain.



5TH ANNUAL THIS IS HOW WE ROLL FOR MDA BENEFIT CAR SHOW



NALC/AMDA

Sunday - August 13th, 2023

10am - 2pm

Saint Michael's Square