



THE BRANCH 324 BUZZ



May 2021

Local Memorandum of Understanding:

We are currently working with all of the offices that our branch represents on the LMOU's. Once the LMOU's are finalized, we will be sure to make copies for all of the offices and place them in the back of each route book at the cases. This helps keep all of our members educated on the changes and up-to-date on the LMOU for your installation.

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 EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

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.

Don't get stung

If your office hasn't already ordered wasp spray, now is the time. Remind your supervisor to start ordering a few cases so it is on hand when needed during the summer. It's always good to get ahead of some situations and this one is one of those. If it is too dangerous to deliver mail safely to a box that has a wasp next near it or in it, the mail should be placed on hold. Your safety is more important than delivering the mail and taking a chance on getting stung. Some carriers are allergic to wasps and should even be more observant during the summer months.

