



The Slope AUGUST 2021

Heat exhaustion vs Heat stroke

- Faint or dizzy.
- Excessive sweating.
- Cool, pale, clammy skin.
- Nausea or vomiting.
- Rapid, weak pulse.
- Muscle cramps.

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



- Throbbing headache.
- No sweating.
- Body temperature above 103°.
- Red, hot, dry skin.
- Nausea or vomiting.
- Rapid, strong pulse.
- May lose consciousness.

Call 9-1-1.
 Take immediate action to cool the person until help arrives.

Source: [cdc.gov/disasters/extremeheat/warning.html](https://www.cdc.gov/disasters/extremeheat/warning.html)

DO YOU KNOW THE DIFFERENCE?

This is a real issue, a real safety concern. You must be aware of the effects that each example will do the body. I questioned a doctor about this, he said that many people think that since they are not thirsty, they do not have to drink that much water if any. The doctor went on to say that when you start to have these symptoms it is too late to start drinking water, the body has exhausted all of the surplus water in the body. Drinking products like Gatorade, or a pop, energy drinks even coffee can make the symptoms worse. You must drink water all day long so these symptoms will not occur in the first place. In asking the Dr. again, how much water should a person that works outside drink because there is only so much you can drink before your stomach is full. He said, you should drink half your body weight in oz. a day as a starting point. Sipping water all day long will help a lot. It's easy while delivering mail, not to pay much attention on how you are feeling. One last thing from the Dr., the worst cases he has had to treat resulted in permeant brain damage and in one case, death, his brain had literally cooked in his head. This is a serious problem among letter carriers. Rick Byrne from the COSALC, teaches the CCA Carrier Academy and is part of the Region 4 USPS/NALC Joint Safety Task Force Team, he always gives updates on this problem to his students, and the branches he visits, puts the updates on the COSALC website cosalc.org for all the members to see. If you are experiencing any of these symptoms, be safe, stop and cool down and notify your supervisor.

A Message from NALC Region 4 NBA Dan Versluis:

Greetings Brothers and Sisters,

I am extremely happy to let you all know that we will be conducting an in-person Region 4 Rap Session this year in Prescott AZ on September 23-25. The Rap Session will begin at 8 AM on the morning of the 23rd and conclude approximately 3 PM on the 25th. For those planning on flying, I recommend flying into Phoenix Sky Harbor airport and renting a car for the drive to Prescott (approximately 1 ½ hours). The Rap Session will be held at the Sam Hill Event Center that is attached to the Hilton Garden Inn. Reservations can be made using the link below or by calling the hotel directly and using the group code NLC.

https://hiltongardeninn.hilton.com/en/gi/groups/personalized/P/PRCDTGI-NLC-20210922/index.jhtml?WT.mc_id=POG

Group Name: National Association of Letter Carriers of the USA
Group Code: NLC
Check-in: 22-SEP-2021
Check-out: 25-SEP-2021
Hotel Name: Hilton Garden Inn Prescott Downtown
Hotel Address: 300 N Montezuma St
Prescott, Arizona
86301
Phone Number: 928-515-3435

There are a limited number of rooms available so please do not wait to book your room early and please let me know if you have any issues with getting a room. I will be working with the hotel closely and requesting additional rooms in the block once the block is filled. In any event there are several other hotels that are within a 5-minute walk to the event center (Springhill suites 928-776-0998 and the historic Hassayampa Inn 928-778-9434).

As in the past we will have general sessions and then run three breakout classes with some repeated so you can attend all classes you are interested in attending. We will also be looking into being able to do our training classes virtually and will provide more information at a later date. John Robles will also be following up this email with a request.

I sincerely look forward to seeing each of you and please be rest assured that we will employ Covid-19 safety protocols.

In Unity,

Dan Versluis

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Be safe,
In Unity,

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