

U.S. Department of Labor
Occupational Safety and Health Administration

Inspection Number: 1087510
Inspection Date(s): 07/22/2015 - 12/07/2015
Issuance Date: 01/05/2016



Citation and Notification of Penalty

Company Name: United States Postal Service
Inspection Site: 1701 Shannon Street, Monroe, LA 71201

Citation 1 Item 1 Type of Violation: **Repeat**

OSH ACT of 1970 Section (5)(a)(1): The employer did not furnish employment and a place of employment which were free from recognized hazards that were causing or likely to cause death or serious physical harm to employees in that employees were exposed to heat stress, heat exhaustion and heat stroke.

On or about July 15, 2015, an employee of the United States Postal Service (USPS) North Side Monroe, LA Post Office was exposed to a high level of ambient heat during the performance of his duty of delivering mail to customers at their homes and businesses in Monroe, LA. During the week of July 13-17, 2015, the National Weather Service issued a heat advisory indicating that the seasonal elevated ambient outdoor temperatures were increasing throughout the week, and the afternoon temperatures would range from 91.0 to 93.9 degrees Fahrenheit with humidity levels of 51% to 61% creating a heat index of between 100.2 to 105.4 degrees Fahrenheit.

(a) A city postal carrier had not become acclimated to walking and delivering mail in excessive heat. On the afternoon of July 15, 2015, at approximately 3:09 P.M., a mail carrier delivering mail on a park and route loop experienced extreme muscle cramps and vomiting while walking. The employee walked in the heat and direct sun carrying mail and at times working from an enclosed vehicle without air-conditioning. The temperature/heat index at the time of the cramping/vomiting was 105.4 degree Fahrenheit. At approximately 2:30 P.M. on July 15, 2015, the carrier tried unsuccessfully to reach his supervisor. At the third try, he reached her and informed her of his cramping. At approximately 2:40 P.M. another supervisor telephoned him to determine what assistance was needed to complete his route, and informed him to return to the station because he was not authorized to work more than eight hours. At approximate 2:50 P.M., the carrier started cramping and vomiting severely. At approximately 3:05 P.M. a supervisor arrived and asked a neighbor to call 911 for assistance.

The U.S. Postal Service was previously cited for a violation of OSH ACT of 1970 Section (5)(a)(1), which was contained in OSHA inspection number 917092, citation number 1, item number 1 and was affirmed as a final order on 04/30/2014, with respect to a workplace located at 20 Forest Street, Medford, MA 02155.

The U.S. Postal Service was previously cited for a violation of OSH ACT of 1970 Section (5)(a)(1),

See pages 1 through 4 of this Citation and Notification of Penalty for information on employer and employee rights and responsibilities.

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which was contained in OSHA inspection number 538158, citation number 1, item number 1 and was affirmed as a final order on 10/24/2014, with respect to a workplace located at 3525 South Cottage Avenue, Independence, MO 64055.

Among other methods, one feasible and acceptable abatement method to correct this hazard is to establish a Heat Stress management Program which incorporates guidelines from the American Conference of Governmental Industrial Hygienists' (ACGIH) Threshold Limit Values (TLV) and Biological Exposures Indices (BEI) and /or the National Institute for Occupational Safety and Health (NIOSH) document, "Working in Hot Environments." Such a program may include, but is not limited to:

1. Provide a work/rest regimen that allows the body to cool in between work activities, such as but limited to cool, climate-controlled areas where heat-affected employees may take breaks frequently, such as 15 minutes/60 minutes of work to prevent heat-related illnesses.
2. Train and re-train management not only about the effects of heat-related illness specific to recognizing, monitoring and reporting heat-related illness symptoms, but also to ensure employees are monitored while on the routes during high heat days in order to prevent heat-related illnesses.
3. Ensure that employees are provided ample opportunity to acclimate to the heat, to develop a heat acclimatization programs for new employees or employees returning to work from absences of three or more days or when employees not acclimatized to the heat are being substituted for employees on leave.
4. Monitor, encourage and permit employees to drink fluids frequently throughout their work shifts when providing adequate amounts of cool, potable water or other liquids in the work area.
5. Conduct environmental heat stress exposure monitoring.

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Company Name: United States Postal Service
Inspection Site: 1701 Shannon Street, Monroe, LA 71201

ABATEMENT DOCUMENTATION REQUIRED FOR THIS ITEM

Date By Which Violation Must be Abated: 02/23/2016
Proposed Penalty: \$0.00


Dorinda Folse
Area Director

SUMMARY OF PROPOSED PENALTIES

Summary of Penalties for Inspection Number -	1087510
Citation 1, Repeat	\$0.00
TOTAL PROPOSED PENALTIES	\$0.00

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Occupational Safety and Health Administration

Inspection Number: 1086762
Inspection Date(s): 07/23/2015 - 12/07/2015
Issuance Date: 01/05/2016



Citation and Notification of Penalty

Company Name: United States Postal Service
Inspection Site: 501 Sterlington Rd, Monroe, LA 71203

Citation 1 Item 1 Type of Violation: **Repeat**

OSH ACT of 1970 Section (5)(a)(1): The employer did not furnish employment and a place of employment which were free from recognized hazards that were causing or likely to cause death or serious physical harm to employees in that employees were exposed to heat stress, heat exhaustion and heat stroke.

On or about the week of July 13-17, 2015, the employees of the United States Postal Service (USPS) Main Station Monroe, LA Post Office were exposed to a high level of ambient heat during the performance of their duties delivering mail to customers at their homes and businesses in Monroe, LA. During the week of July 13-17, 2015, the National Weather Service issued a heat advisory indicating that the seasonal elevated ambient outdoor temperatures were increasing throughout the week, and the afternoon temperatures would range from 91.0 to 93.9 degrees Fahrenheit with humidity levels of 51% to 61% creating a heat index of between 100.2 to 105.4 degrees Fahrenheit.

(a) A city postal carrier at the North-side USPS Station had not become acclimated to walking and delivering mail in excessive heat. On the afternoon of July 15, 2015, at approximately 3:09 P.M., a mail carrier delivering mail on a park and route loop experienced extreme muscle cramps and vomiting while walking. The employee walked in the heat and direct sun carrying mail and at times working from an enclosed vehicle without air-conditioning. The temperature/heat index at the time of the cramping/vomiting was 105.4 degree Fahrenheit. At approximately 2:30 P.M. on July 15, 2015, the carrier tried unsuccessfully to reach his supervisor. At the third try, he reached her and informed her of his cramping. At approximately 2:40 P.M. another supervisor telephoned him to determine what assistance was needed to complete his route, and informed him to return to the station because he was not authorized to work more than eight hours. At approximate 2:50 P.M., the carrier started cramping and vomiting severely. At approximately 3:05 P.M. a supervisor arrived and asked a neighbor to call 911 for assistance.

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Citation and Notification of Penalty

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Inspection Site: 501 Sterlington Rd, Monroe, LA 71203

ABATEMENT DOCUMENTATION REQUIRED FOR THIS ITEM

Date By Which Violation Must be Abated: 02/23/2016
Proposed Penalty: \$0.00



Dorinda Folsie
Area Director

SUMMARY OF PROPOSED PENALTIES

Summary of Penalties for Inspection Number -	1086762
Citation 1, Repeat	\$0.00
TOTAL PROPOSED PENALTIES	\$0.00

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Among other methods, one feasible and acceptable abatement method to correct this hazard is to establish a Heat Stress management Program which incorporates guidelines from the American Conference of Governmental Industrial Hygienists' (ACGIH) Threshold Limit Values (TLV) and Biological Exposures Indices (BEI) and /or the National Institute for Occupational Safety and Health (NIOSH) document, "Working in Hot Environments." Such a program may include, but is not limited to:

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3. Ensure that employees are provided ample opportunity to acclimate to the heat, to develop a heat acclimatization programs for new employees or employees returning to work from absences of three or more days or when employees not acclimatized to the heat are being substituted for employees on leave.
4. Monitor, encourage and permit employees to drink fluids frequently throughout their work shifts when providing adequate amounts of cool, potable water or other liquids in the work area.
5. Conduct environmental heat-stress exposure monitoring.

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