



Citation and Notification of Penalty

Company Name: United States Postal Service
Inspection Site: 400 Rayon Dr, Parkersburg, WV 26101

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 recognized hazards related to working outside during periods of excessive heat:

a.) On July 27, 2016, at job sites located on mail routes in Parkersburg, West Virginia, with an afternoon heat index of 94 degrees Fahrenheit, the employer exposed employees to the recognized hazard of excessive heat during mail delivery. Beginning at approximately 10:00a.m., a city carrier assistant began delivering mail on a park and loop mail delivery route. The employee would park an enclosed Postal Service Truck (LLV) without air conditioning, and walk a mail delivery route in a loop back to the truck. The delivery route on foot was somewhat flat but did have some hills and was mostly in the direct sunlight. In the afternoon the employee began to have signs and symptoms of heat stress. At approximately 2:30p.m. the employee went to the hospital where he was diagnosed with heat related illness.

The United States Postal Service, was previously cited for a willful violation of this occupational safety and health standard or its equivalent standard OSH ACT of 1970 Section (5)(a)(1), which was contained in OSHA inspection number 538158, Citation 01, Item number 001 and was affirmed as a final order on 10/24/14, with respect to a workplace located at job sites on mail routes in Independence, Missouri.

Among other methods, feasible and acceptable means of hazard abatement include:

- (i) Providing a climate-controlled environment or vehicle where heat-affected employees may take their breaks and/or recover when signs and symptoms of heat-related illnesses are recognized.
- (ii) Acclimatizing employees returning to work after an extended absence to working in the heat or beginning a new route.
- (iii) training supervisors and other employees in the proper response to employees reporting heat induced illness symptoms, which includes stopping work, getting to a cool place, and providing help,

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



Citation and Notification of Penalty

Company Name: United States Postal Service
Inspection Site: 400 Rayon Dr, Parkersburg, WV 26101

evaluation and medical assistance,

(iv) requiring trained supervisors to go into the field and conduct in-person evaluations of employees complaining of heat induced symptoms, arranging for medical attention or other assistance as necessary,

(v) establishing work rules and practices that encourage employees to seek assistance and evaluation when experiencing heat stress symptoms, and;

(vi) establishing a heat stress management program which incorporates guidelines from the ACGIH's threshold limit values and biological exposure indices and/or National Institute for Occupational Safety and Health (NIOSH) document, "Working in Hot Environments;" such a program should be tailored to the particulars of the employer's work, and may include, the following:

1. Provide adequate amounts of cool (50 degrees to 60 degrees F), potable water and electrolyte replacements (specific recommendation should be made by medical consultation) in the work area and require employees to drink frequently, e.g. one cup every 20 minutes.
- 2.) Provide a work/rest regimen.
- 3.) Training employees about the effect of heat-related illness, how to report and recognize heat-related illness symptoms and how to prevent heat-related illnesses.
- 4.) Including a heat acclimatization program for new employees or employees returning to work from absences of three or more days.
- 5.) Providing a cool, climate-controlled area where heat-affected employees may take their breaks and/or recover when signs and symptoms of heat-related illnesses are recognized.
- 6.) Providing shaded areas where heat-affected employees may take their breaks and/or recover on worksites that don't have access to climate-controlled areas.

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



Citation and Notification of Penalty

Company Name: United States Postal Service
Inspection Site: 400 Rayon Dr, Parkersburg, WV 26101

- 7.) Providing specific procedures to be followed for heat-related emergency situations and procedures for first aid to be administered immediately to employees displaying symptoms of heat-related illness.
- 8.) Using dermal patches for monitoring core temperatures to better identify when workers need to be removed from the work area.
- 9.) Allowing employees to modify their work schedules in the summer months to begin an hour to two hours earlier, and end their shift one to two hours earlier.
- 10.) Monitoring the National Weather heat advisories or alerts and physically checking on carriers in the field during heat advisories or alerts.

ABATEMENT DOCUMENTATION REQUIRED FOR THIS ITEM

Date By Which Violation Must be Abated:
Proposed Penalty:

03/08/2017

\$69713.00

A handwritten signature in black ink, appearing to read "Prentice Cline", written over a horizontal line.

Prentice Cline
Area Director