



# National Association of Letter Carriers

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## MEMORANDUM

From the Desk of Manuel L. Peralta Jr.  
Director of Safety & Health

March 6, 2026

To: All NALC Regions, Branch Officers, Shop Stewards & Safety Representatives  
Resident Officers - CAU Staff

Subject: 2026 Heat Illness Prevention Program (HIPP) / Stand Up Talks - For 2026

Last week the NALC requested copies of all HIPP stand up talks prepared for the 2026 season. I wanted you all to have this information available to distribute to your branches for use before we run into problems with the heat. If management has not received their copies, through their network, please reach out to them, share the material and start sharing the information through stand up talks to get our membership ready for the heat.

Attached you will find the USPS reply to my request for information along with the HIPP stand up talks that were available at the time of this communication. The stand up talks are numbered (by the USPS) for reference as follows:

<u>Talk #</u>	<u>Brief Description/Reference</u>
#1763	Heat Related illness - Heat Stress & Heatstroke  Tips for avoiding heat stress this summer
#2044	Heat Stress For Supervisors - "...The following recommendations should be followed by supervisors to provide assistance to their employees:..."  Train yourself - Train your employees - Monitor the weather - Have a plan - Heat Stroke is a medical emergency.
#2045	Heat Stress  Stay Cool - Hydrate - Dress appropriately - Utilize shade to stay cool - Know the signs of heat stress - Here are some things to look out for.
#2060	What is Heat Stress  Heat stress can be the result of internal body heat generated by exertion (hard physical labor) and environmental heat arising from working conditions.  Prevention - Stay Hydrated - know the symptoms - call 911 or supervisor in case of emergency

#2061 Heat Stress Symptoms - SUT

Heat illness - Risk factors - Know the symptoms - A person experiencing heat stroke may...

#2062 Heat Stress - And Hydration

Stay hydrated - don't wait until you're thirsty

Drink water - Drink sports drinks containing electrolytes

Avoid sugary drinks - caffeinated drinks - alcohol

#2064 Heat Stress Prevention and You - Heat Talk

Preventative Measures - Long list of suggestions including discussing medication with your physician.

Call supervisor or 911 if you have heat related illness symptoms.

#2066 Heat Stress - Needs to be taken seriously

Heat stress occurs when the body has to work too hard to cool off.

How heat leaves the body

#2067 Heat Stress - Stay Healthy in the Heat

Prevention - water - rest - shade

Three degrees of heat illness

Heat cramps - heat exhaustion - heat stroke

Heat related deaths are preventable when signs and symptoms are recognized.

#2070 Heat Related Illness - Heat Talk

Heat waves and droughts have taken more lives than almost any other natural disaster

Excessive humidity can interfere with the body's natural cooling process - causing excessive sweating and loss of water and salts.

Some tips to follow to help avoid heat illness.

#2071 Drink Up - Heat Talk

Reminder - Drink water often - take your scheduled breaks in the shade - report heat symptoms early - know what to do in an emergency

- #2072 Heat Stress - Protect Yourself  
Things to do to prevent heat illness  
What to do if you or a co-worker display signs of a heat related illness
- #2073 Heat Stress - Water - Rest - Shade  
Follow these 3 simple rules
- #2074 Heat Related illness and Medication - Heat Talk  
Keeping hydrated and taking note of how your medications may affect you.
- #2075 Do's and Don'ts - Heat Talk  
Tips on things you should do and things you should not do.
- #2076 Heat Stress - Heat Talk  
Hydration - Heat Strokes - prevention tips
- #2078 Heat Wave - Heat Talk  
When high temperatures are forecast - re-emphasizing measure to prevent heat related illness.  
Taking note of symptoms - and understanding prevention tips
- #2079 Hot Days Ahead - Heat Talk  
General Heat Safety reminders  
Note on medications and how they might affect you.
- #2082 Heat Stress - Recognizing Heat Illness  
Recognizing symptoms and identifying related first aid.
- #2083 Heat Stress - Tips for Beating the Heat  
Recognizing symptoms
- #2084 Heat Stress - Know the Signs and Symptoms  
Safety talk to be given entering Hot - Hot - Hot weather.
- #2085 Heat Stress - The Heat is On  
Heat and Humidity teaming up - your heart will work harder.