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July 2022

Queen City Letter Carriers - NALC Branch 43 News & Views

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Ted Thompson
President

From the President's Desk

I want to start this month's article by congratulating Patrick Dougherty on his recent graduation from the NALC Leadership Academy. Pat now joins other Branch 43 Leadership Academy graduates of Dave Kennedy, Mike Mize, Doug Lape, and myself. For those unaware, the NALC Leadership Academy is a rigorous four week-long session which includes three weeks of training and instruction with a fourth week working at the National Business Agent's (NBA) office for their perspective region. The Academy curriculum is designed to both develop and enhance the knowledge and skills that are essential for leaders. Students will be taken out of their comfort zone with assigned tasks. Students selected to attend will work 12-hour days during instruction and have at-home learning projects between weeks. Selection to the academy is competitive. With hundreds of applicants, only 30 are chosen to attend. Applications for the next Leadership Academy will be put out in the near future.

As I write this article the heat index is expected to be 98° or higher. Over the last few years, the NALC has dealt with hundreds of heat related injuries. Unfortunately, over this same time, three letter carriers have died due to their injuries. These injuries have resulted in multiple Occupational Safety and Health Administration (OSHA) citations against the Postal Service. As a result of OSHA citations, the Postal Service has developed heat-safety training material that all letter carriers, and those that supervise them, are to receive. Every carrier should have already had, or should be given before, delivery in extreme heat.

This is an approximately 20-minute course. If you have not received this training prior to working in extreme heat, please contact your steward or the branch office. The NALC wants to hold the Postal Service responsible for inadequate heat training or policies. If you, or a member you know, is dealing with heat related illness or injury please contact the branch office. Especially if this illness or injury could have been avoided. The branch office has Initial Heat Injury Reports (IHIP) that will be forwarded to our national Director of Safety and Health Manny Peralta. This information will be logged into a national database to be utilized with whatever administration or agency possible to further the NALC's efforts in protecting letter carriers during extreme weather conditions. During extreme weather, I also encourage every letter carrier to get in a buddy program. A buddy program is a group of people that message each other throughout the day to make sure no one is suffering from the weather to the point where medical attention becomes necessary. While management in some offices is good at checking up on their employees, in other offices they are poor to say the least. In that event, if the employer will not look out for your health, let's do it for ourselves! Everyone should be able to leave work the same way they reported – healthy.

As previously reported, the NALC has negotiated a new joint route adjustment process with the Postal Service. This new process is called the Technology Integrated Alternate Route Evaluation and Adjustment Process (TIAREAP). The NALC and USPS will select teams for this adjustment process. For the Ohio 2 District, currently six NALC members have been assigned to this team, including Branch 43 members Alex Harper and Matt Bauer. Alex will be working as a Route Evaluate Adjustment Team (REAT) and Matt will be the NALC seat

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NEWS & VIEWS

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EDITOR'S (Taylor Whitt) NOTES

Branch 43 members are encouraged to send articles to the *News & Views*. Items of interest about your station, current events, etc. are welcome. The following guidelines apply:

- (1) We may edit your article for grammar, punctuation, spelling, etc.
- (2) If it should prove necessary to edit an article for space or coherence, every effort will be made to preserve the substance and intent of the article.
- (3) Unsigned articles will not be printed. Letters, criticism and suggestions for improving the *News & Views* are also welcome. If your letter is not intended for publication, please state so. Letters held to 150 words are less likely to be edited.
- (4) Articles must arrive at the Branch office by the 15th in order to make the next month's issue. Digital format is preferred. Send items to: taylorwhitt777@gmail.com

Printed in House

President cont.

at the table for adjustments using Carrier Optimal Routing (COR). For street time evaluation and adjustments, this process will be technology driven through a program called Digital Street Review (DSR). Of great benefit to the carrier, this program will also allow adjustment teams to choose a representative day for the carrier and digitally generate or create a PS Form 3999, thus bypassing the need to have someone from management walk with the carrier. While this program and the technology it provides with more information than any other route adjustment process, the actual evaluation and adjustment of routes must be based on what the letter carrier actually did, along with his or her input on the route. This technology will allow the adjustment teams to identify and eliminate data errors. However, clean data and ample input from the carrier is critical. Ways letter carriers can provide clean data includes keeping edit books updated, delivering the route in proper line of travel or order, and by carrying your scanner with you at each and every delivery on your route. This includes up to the door for parcel drops. By doing these, along with taking your appropriate lunch, breaks, and comfort stops, you will help provide clean data to give you the most accurate and fair evaluation and adjustment possible. Offices or zones (zip codes) can be selected for evaluation and adjustment by either party. Thus far, I have not selected any zones for evaluation and adjustment. I would like to hear from the stewards and membership if you believe your route or station routes are overburdened. For offices currently on A & B delivery, or with numerous vacant or residual vacancies in the zone, I have been informed those zones will most likely not provide the data necessary for adjustment through this process. However, all carriers still reserve the right to a special route inspection as outlined through chapter two of the M-39. To

qualify for a special route inspection, the route must show 30 minutes or more of overtime for three or more days of the week. If your route would qualify, and you would like a special route inspection, you must inform management of your request in writing. A sample request template is available on our website www.branch43.org. All letter carrier driven or requested special route inspections (271g) will go through the TIAREAP process for which team members will be assigned for review, and if appropriate, adjustment.

The Postal Service has informed the NALC of their intention to develop Sorting and Delivery Centers (SCD). The idea of these centers is to consolidate smaller installations from multiple locations into one building. This year there have been consolidations in Georgia, Texas, and New York. While no official notification has been received by the NALC, I have received word that the Postal Service is looking at consolidating the Amelia Post Office with the Batavia Post Office. Should this happen, and we receive official notification, we will be at the table every step of the way. Branch 43 is no stranger to office consolidations. Branch 43 offices that have been consolidated in the past include Williamsburg, Avondale, Price Hill, College Hill, and Walnut Hills.

As national convention approaches in August, I wish to remind all delegates we will be having a delegate meeting prior to the general membership meeting on July 14th. Information on hotel accommodations, events, training, and convention sessions will be shared. Branch 43 is always looking for more membership involvement. There are many positions and possibilities within our organization. Anyone wishing to get involved or learn more please contact the branch office. Until then, I hope to see many of you at the July meeting.

Fraternally,
Ted Thompson



Pat Dougherty
Vice President

From the Vice President Filing a CA-1 for a Traumatic Injury

A traumatic injury is defined as: “A wound or other condition of the body caused by external force, including stress or strain, which is identifiable as to the time and place of occurrence and member or function of the body affected. The injury must be caused by a specific event or incident or series of events or incidents within a single workday or work shift.” The key to this definition is that an event or events must have occurred during a single workday or work shift.

Step 1: Notifying your supervisor- Immediately notify your supervisor and request a Form CA-1, Federal Employee’s Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation this form must be supplied to employee immediately. If a carrier needs medical treatment than management must provide the Form CA-16, Authorization for Examination and/or Treatment and management must provide it to the carrier within 4 hours. The Form CA-17, Duty Status Report must be provided immediately, and the CA-1 and CA-17 are available at the Department of Labor and Branch 43.org website.

Step 2: The CA-1- Request a CA-1 from your supervisor. The Postal Service is required to provide you the form upon request, which is available on your supervisor’s computer. If you are refused a form, contact your shop steward immediately. Complete the employee portion of the CA-1, do not let a supervisor fill it out for you. Be thorough in describing the cause and nature of the injury. If you cannot describe the cause and nature in the space provided, write them down on a separate piece of paper, placing your name, address, phone number and Employee ID number at the top of the page. Sign and date the extra page and make a copy. At the bottom of the CA-1, question number 15 allows you to choose between Continuation of Pay (COP), or Sick and/or Annual leave. To qualify for COP you must: 1) File your claim within 30 days of the date of injury. 2) Begin losing time within 45 days of the date of injury. 3) Provide medical evidence of your disability, signed by a doctor, within 10 days.

If you elect COP, you will be paid your regular pay for 45 calendar days. You should always elect COP. The first three workdays of COP are waiting days and

you must use either sick and/or annual. After the waiting days you will continue to get paid every two weeks as if you were working. Once you have reviewed and signed your CA-1, physically hand the completed CA-1 to your supervisor. Do not leave it on your supervisor’s desk or inbox. The supervisor’s instructions for the CA-1 requires them to give you the signed receipt on page 4 immediately. The CA-1 receipt establishes a record of your injury and the date you filed your claim. If the supervisor does not give you the receipt, ask for your shop steward. Make a copy of the CA-1 page you filed out. You should also request a copy of the completed CA-1 once management has filled out their portion. The Postal Service is required to give the completed CA-1 to you. The Postal Service has 10 working days to submit the CA-1 to the Office of Worker’s Compensation Programs, (OWCP.)

Step 3: Seeking Medical Treatment- You have the right to seek treatment from your own doctor. If the Postal Service insists that you go to their doctor, you must be seen by them, but you do not have to be treated by them. Injured workers should always choose the doctor that treats them. Medical reports must be signed by a doctor. If you are examined by a physician’s assistant or nurse practitioner, ask them to have a doctor review and countersign the report. Request a CA-16. The Postal Service is required by law to provide the CA-16 within four hours of your request. If for any reason your supervisor refuses to give you a CA-16, contact your shop steward and call the OSHA Whistleblowers hotline at 1-800-321-6742 to report it. You can use the CA-16 to see the doctor of your choice. If your doctor refers you to a specialist, the CA-16 will also cover those expenses. Review the CA-16 to make sure your supervisor properly fills out sections 8-11 including a signature. Section 12 of the CA-16 should contain OWCP’s address. You also need to request a **CA-17 Duty Status Report** from your supervisor. The Postal Service is responsible for filling out the job requirements on the left (side A) of the CA-17. Your doctor fills out the right (side B) of the CA-17, listing any medical restrictions. Once your doctor has completed the CA-17, make a copy of the completed CA-17 and give one copy to your supervisor. The CA-17 normally provides enough medical evidence for the Postal Service to make you a job offer and entitle you to COP. The Postal Service has 10 business days to send your CA-1 claim to OWCP, OWCP will send you a notification including your claim number within a month. If you do not receive a notice from OWCP that your claim has been received, contact your shop steward or National Business Agent’s office. Note: Your



Mark Camilli
Region 11 NBA

NBA Summer 2022 Report

Greetings to all from Region 11. The last few months have been quite active. We've finally achieved the long sought-after legislation of Postal Reform. More recently, the USPS has agreed to start addressing staffing issues, and we have also agreed to a new joint route adjustment process. Staffing has been a major concern throughout our Region and in many locations (including other industries) across the country. Along with Region 11 staff, I am planning on providing informational training sessions about these new memos. We will conduct them at the local level. We hope to see you soon.

There are two memos that have been agreed on to start addressing staffing. The first MOU Re: *City Delivery Staffing Adjustment – Conversions to Part-time Flexible and Full-time Regular Status (M-01985)*, allows for numerous conversions of CCAs to career positions, which will provide adjustments to the CCA caps and in turn will allow these locations to hire more employees. Of note under this memo for Region 11, Cleveland, Ohio was allowed the most conversions in the country - 155 CCAs, who will be converted to career. At the time of this writing, it's

being reported to me that there are currently 200 applicants being processed at this location. With having all those CCAs converted to career and backfilling with that many new hires - hopefully this influx will provide much needed relief. In Region 11, just under 400 CCAs will be converted to career under this memo.

The second MOU Re: *City Delivery Staffing Adjustment – Hiring Part-time Flexible City Letter Carriers (M-01986)*, identifies 22 installations across the country (Region 11 has five of them) to convert any of their remaining CCAs to PTFs and then requires the USPS to hire directly PTFs. Of note under this memo for Region 11, Cincinnati, Columbus, Ohio and Albany, Schenectady, Ithaca, NY – these locations have not been able to hire due to their local competitive market, which has caused workhour violations, non-delivery of mail and forcing senior carriers to work Sundays, hopefully by being able to post “career” positions, this will make a difference in being able to hire new employees at these locations and provide much needed relief. Both memos will be closely monitored, and I have asked Branch Presidents to provide reports of where we have non-delivery of mail and workhour violations to possibly add their locations to these memos. While they are not an end all, fix all – these memos will provide much-needed relief and lay groundwork for future negotiations.

Continued on following page

Heat Safety Tool

By U.S. Department of Labor (DOL), Occupational Safety and Health Administration (OSHA) and the Centers for Disease Control and Prevention (CDC), National Institute for Occupational Safety and Health (NIOSH)

Android

iPhone

When you're working in the heat, safety comes first. With the OSHA-NIOSH Heat Safety Tool, you have vital safety information available whenever and wherever you need it - right on your mobile phone.

The App allows workers and supervisors to calculate the **heat index** for their worksite, and, based on the heat index, displays a **risk level** to outdoor workers. Then, with a simple "click," you can get reminders about the **protective measures** that should be taken at that risk level to protect workers from heat-related illness-reminders about drinking enough fluids, scheduling rest breaks, planning for and knowing what to do in an emergency, adjusting work operations, gradually building up the workload for new workers, training on heat illness signs and symptoms, and monitoring each other for signs and symptoms of heat-related illness.

Working in full sunlight can increase heat index values by 15 degrees Fahrenheit. Keep this in mind and plan additional precautions for working in these conditions.

The OSHA-NIOSH Heat Tool is available in English and Spanish for Android and iPhone devices. To access the Spanish version, set the phone language to Spanish.

Stay informed and safe in the heat, check your risk level.

For more information about safety while working in the heat, see OSHA's [heat illness webpage](#), including online guidance about using the heat index to protect workers.

NBA cont.

As I wrap up this article and we enter the summer months, I want to remind you of some safety related information that I've written in a past article - Water. Rest. Shade. That is the Occupational Safety and Health's (OSHA) mantra for heat illness prevention. Each year letter carriers suffer from heat related injuries regardless of age or physical condition. Especially susceptible, new, and returning letter carriers from being off for a lengthy period need to "acclimatize" or build a tolerance for working in the heat. For a helpful tool on your smartphone, I encourage you to download (type in your app search) "OSHA-NIOSH Heat Safety Tool". It gives you an indicator of the current heat index and associated risk levels specific to your current location. It also gives you precautionary recommendations specific to heat index risk levels, hourly forecast of heat index values, recommendations, signs, and symptoms of heat related illnesses and related first aid information. Please share this information with your co-workers.

Mark Camilli



Denny Doud
NALC DRT Rep

Steward's Corner

Skipping your Breaks and Lunch. Have you ever thought about the monetary value?

For those of you out there who choose to skip your breaks and lunch in order to keep piece or make your street time or are just plain being bullied by your Supervisor or Manager here is something for you to think about.

First of all your break (2 -10 minute breaks) and your lunch (1- 30 minute) are both negotiated items that the Union has fought hard for you for you to keep as one of your rights as a Letter Carrier. Secondly for the math part of this a Carrier has 250 breaks and lunches throughout the year if they take 4 weeks of annual leave.
 $250 \times 10 \text{ Minutes} = 2500 \text{ minutes per year or } 41.7 \text{ hours}$
 skipping both of your breaks equals 83.3 hours per year.

Skipping you lunch every day = $250 \times 30 \text{ minutes} = 7500 \text{ minutes divided by } 60 = 125 \text{ hours}$
 Using a City (Grade 2) Step O pay -the cost to you for skipping your lunch and breaks is as follows:
 Skipping one break $40.7 \text{ hours} \times 34.30 = \1396.01
 Skipping two breaks $83.3 \text{ hours} \times 34.30 = \2857.19
 Skipping two breaks and a lunch $208.3 \text{ hours} \times 34.30 = \7144.69

As you can see the figures above show by doing the Post Offices route in 8 hours and skipping just one break everyday cost you \$1396.01 per year, skipping two breaks cost you \$2857.19 add your lunch in to the mix and you now have cost yourself a total of \$7144.69 per year.

I am sure that you're Manager/ Supervisor is going to remember all the money that you have saved them when it comes time for them to make their numbers and your reward will be plentiful.

Personally if you have this much money to throw away perhaps you should contact the branch and make a donation to LCPF (Letter Carrier Political Fund). After all the Union has fought for this right that you have chosen NOT to utilize. In closing you should take your breaks and lunch all the time **it is your contractual right.**

Parts of this Article were taken from Branch 1096 Newsletter

Denny Doud
NALC DRT Representative

M-01985 - Conversion to PTF			
CENTRAL	Ohio 1	AKRON PO	29
CENTRAL	Ohio 1	BARBERTON PO	1
CENTRAL	Ohio 1	CLEVELAND PO	155
CENTRAL	Ohio 1	LIMA PO	1
CENTRAL	Ohio 1	TOLEDO	34
CENTRAL	Ohio 2	DAYTON PO	36
CENTRAL	Ohio 2	GROVE CITY PO	2
CENTRAL	Ohio 2	HAMILTON PO	2
CENTRAL	Ohio 2	MIDDLETOWN PO	3
CENTRAL	Ohio 2	PICKERINGTON PO	1
CENTRAL	Ohio 2	SPRINGFIELD PO	2
CENTRAL	Ohio 2	WESTERVILLE PO	2

M-01986 - Hiring of PTF				
Area	District	Installation	Lead Finance #	NALC PTFs to Achieve
ATLANTIC	DE-PA 2	NORRISTOWN PO	416088	34
ATLANTIC	DE-PA 2	READING PO	416928	14
ATLANTIC	MA-RI	BOSTON PO	240799	190
ATLANTIC	New York 3	ALBANY PO	350060	18
ATLANTIC	New York 3	ITHACA PO	354160	7
ATLANTIC	New York 3	SCHENECTADY PO	357535	15
ATLANTIC	Pennsylvania 1	CAMP HILL PO	411136	4
ATLANTIC	Pennsylvania 1	HARRISBURG PO	413484	21
ATLANTIC	Pennsylvania 1	PITTSBURGH PO	416608	104
CENTRAL	IA-NE-SD	CEDAR RAPIDS PO	181503	14
CENTRAL	Indiana	INDIANAPOLIS PO	174037	93
CENTRAL	KS-MO	KANSAS CITY PO	284218	74
CENTRAL	KY-WV	LOUISVILLE PO	204788	62
CENTRAL	MN-ND	MINNEAPOLIS PO	266360	107
CENTRAL	MN-ND	ROCHESTER PO	267960	14
CENTRAL	MN-ND	SAINT PAUL PO	268360	66
CENTRAL	Ohio 2	CINCINNATI PO	381603	92
CENTRAL	Ohio 2	COLUMBUS PO	381792	72
CENTRAL	Wisconsin	STEVENS POINT PO	567900	4
WESTPAC	California 1	SANTA ROSA PO	056996	24
WESTPAC	CO-WY	DENVER PO	072358	112
WESTPAC	Washington	SEATTLE PO	547616	111



Matt Bauer
Compensation

Compensation Officer Report

Are You Registered?

Office of Workers' Compensation Program (OWCP) is requiring all injured workers to file claims online. If you file your claim via paper, then a 3rd party is entering these online on your behalf. Below is the process for claims filed via paper form:

Injured worker requests form from management (CA-1 or CA-2). Injured worker then gives the completed form back to supervisor (hopefully keeps a copy for themselves). Management gives a CA-16 to injured worker and sends the completed form from step one to London, KY within in 10 working days. London, KY office (a 3rd party company) enters your claim online at www.ecomp.dol.gov. OWCP receives and begins to process your claim.

Within these 5 steps, there is a major possibility of delay. If step 3 is ever delayed, please let your steward know to file a grievance as local management is required to send the form within 10 working days to OWCP. There is a much better way of filing your claim for an OWCP claim. If you visit www.ecomp.dol.gov and file your claim the following steps occur:

Injured worker logs in and files their form on the website and receives proof that their form was submitted via an Electronic Control Number (ECN) and via email. Management receives an email from OWCP to fill out their portion of the form submitted. When they complete their portion, the website reminds them to print and give a CA16 to the injured worker. OWCP receives the claim and begins the process.

Other than the 2 steps left, you also get a notification for each of the steps. You will have record of the date and time of each step to follow your claim. This is a HUGE win for the carrier! We can easily track the claim from start to finish. The website also will give the carrier control of processing their compensation, upload important documents, and see the ENTIRE file (including supervisor notes, OWCP notes, and doctor reports).

I am asking every carrier, to register for an ECOMP username and password immediately, even if you have never been injured. Once you are registered, this will give you the peace of mind that if you ever have the unfortunate event of injury, you will be able

to quickly file your claim from your smartphone. You will then receive confirmation and proof that your supervisor was alerted to fill out their portion of the form.

Currently, there are 30% - 35% of injured postal employees that use the ECOMP website to file their claims. When you compare this to the rest of the federal employees from other agencies, it is alarming. Currently other agency groups have more than 95% that use ECOMP website when they are injured on the job. We need to change this. Please register online now at www.ecomp.dol.gov.

When you file a claim, the proof is on the injured carrier that the claim was eligible for workers' compensation. Claims need 5 basic elements to prove your case. The 5 basic elements are:

1. Be timely filed (3 years from date of injury or last exposure).
2. Be a civil employee (Federal Employee).
3. Fact of injury

Factual component – must establish that the injured worker experienced the accident.

Medical component – must establish a medical condition diagnosed in connection with the accident/exposure.

4. Performance of Duty (injury occurred within assigned duties).

5. Causal Relationship – must establish by medical professional that the diagnosis was caused by the accident/exposure.

If you filed a claim and have any questions or concerns regarding the process, please contact me at matt.bauer@branch43.org.

Matt Bauer
Compensation Officer

Registered For ECOMP Today!



Employees' Compensation
Operations and Management
Portal (ECOMP)

Vice President cont.

medical records are protected by the Privacy Act. Except for the CA-17, the Postal Service is not entitled to your personal medical records.

Step 4: Once your claim has been filed- OWCP's goal is to return each disabled employee to work as soon as he or she is medically able. Thoroughly explain your work duties to your doctor. Delivering mail is physically demanding work and returning to work before you have properly healed can lead to debilitating, life-long injuries. Take a CA-17 to every medical appointment and provide a copy of the completed form to your supervisor. The Postal Service has an obligation to offer you work within your restrictions and the completed CA-17 must be provided to the Postal Service to determine if there is work available within your restrictions. **Never refuse a job offer.** Refusing a job offer can lead to termination of your benefits. If the Postal Service offers you work and compels you to either accept or refuse a job offer, always accept the job offer. If you are uncertain if you can perform all the duties of the job, write "under protest" next to your signature. You have the right to take the job offer to your doctor. If your doctor believes the job offer exceeds your limitations, he or she must write a medical narrative listing the specific duties you cannot perform. Your doctor should send medical reports directly to OWCP. You can also upload medical reports into your claim file via **ECOMP**. Your medical reports are protected by the Privacy Act and should be sent directly to OWCP, not the Postal Service. The Postal Service is prohibited from calling your doctor. Any contact with your doctor must be in writing, and the Postal Service is required to send you a copy of the letter, and your doctor's response.

Step 5: Once you have filed your claim, OWCP has three options: 1) Request more information- OWCP will notify you if your case lacks enough information to decide your case. They will send you a development letter requesting more information listing a series of questions for both you and your doctor to answer. These letters always give you exactly 30 days from the date on the letter to respond. 2) Accept the claim- OWCP will send you a letter accepting your claim, listing the accepted conditions and a "Now That Your Claim Has Been Accepted" attachment that includes tools for managing your claim. Read the attachment carefully and keep it handy as it has important information you can reference regarding your claim. If you are on COP and it appears you will not return to work after 45 days, the Postal Service is required to provide you with form CA-7 to request wage-loss compensation after 30 days. The CA-7 comes with instructions on how to properly fill it out and submit it. If you do

not receive a CA-7 from the Postal Service, request one from your supervisor or print one off Branch43.org. Submit the completed CA-7 every two weeks to your supervisor or district Health Resource Management, HRM office. Send a written request for a copy of the completed CA-7, including management's portion every time you submit it to HRM. The Postal Service has five working days to complete their portion of the CA-7 and send it to OWCP. Keep a copy of every CA-7 for your file.

3) Deny the Claim- If OWCP denies your claim, they will normally list the basis for the decision. Along with the denial, OWCP will give you a list of your appeal rights. Each venue has specific time limits that are absolute. In order to successfully appeal a denial, you must address OWCP's reasons for the denial. It often involves further medical documentation and new medical opinions from your doctor or a specialist.

At our recent state convention in July Doug Lawrence our Regional Workers Compensation Assistant explained to us that it is easier to file a claim for Covid-19 due to the American Rescue Plan Act of 2021 that President Biden signed on March 11, 2021. The passed act makes it much easier for federal workers diagnosed with Covid-19 to establish coverage under the Federal Employees Compensation Act (FECA). To establish a Covid-19 claim, you simply need to establish that you are a "covered employee," meaning that: 1) You were diagnosed with Covid-19. Specifically, within 21 days of your diagnosis of Covid-19, you carried out duties that required contact with patients, members of the public, or co-workers; or include a risk of exposure to the novel coronavirus. What does the change in the law mean? 1) you are only required to establish that your duties included a risk of exposure to Covid-19. 2) If you establish that you are a "covered employee," any diagnosed Covid-19 will be deemed to have been proximately caused by your federal employment. If you were previously diagnosed with Covid-19 you should consider filing a Covid-19 FECA claim now even if you have fully recovered and/or had an asymptomatic infection. You have three (3) years to file a claim from the day of injury (DOI). For a Covid-19 claim fill out the CA-1 and the DOI will be the last day you worked prior to the positive Covid-19 test. Be safe and enjoy the rest of your summer.

In Solidarity,
Patrick Dougherty

Last Punch Bunch



Steve Art- Parkdale



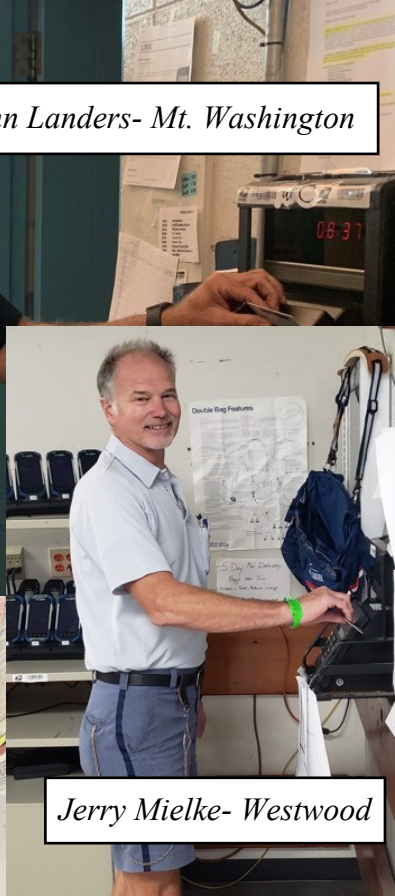
Kelly Rudd- Symmes



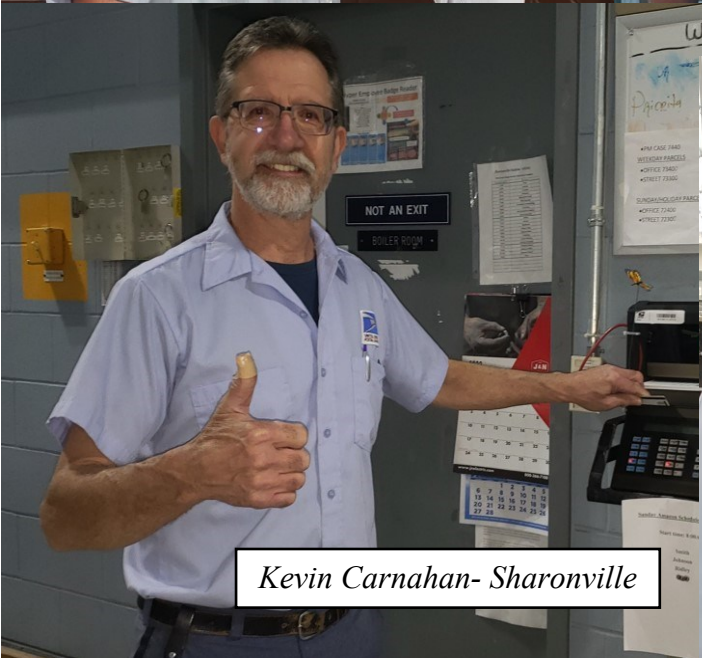
Stephanie Pick- Norwood



John Landers- Mt. Washington



Jerry Mielke- Westwood



Kevin Carnahan- Sharonville



Joe Lee- Lockland



NALC Health Benefit Plan



NALC Health Benefit Plan

Customer Service

For eligibility, claim and benefit information

1-888-636-NALC (6252)

For additional information visit our website at:

www.nalc.org/depart/hbp

www.nalchbp.org



Make the Call!

USPS Employee Assistance Program

1-800-327-4968

(1-800-EAP-4-YOU) TTY: 1-877-492-7341

www.EAP4YOU.com

Family and Medical Leave Act (FMLA)

Human Resources Share Service Center

1-877-477-3273 Option 5, then Select 6

TTY: 1-866-833-8777

MAILING ADDRESS:

HRSSC FMLA EASTERN

PO Box 970905

Greensboro NC 27497-0905

FAX: 651-456-6041



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Independence & Life

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Mary
Harry
Albert
Richard
Mark

Berndsen
Colegate
Depenbrock
Dison
Eveland Jr.
Fee
Giblin
Ginn
Holl
Holzschuh
Jacobs
Johnson
Knue
Kroner
Leslie
Lusk
Martin
McCleary
McNulty
Meale
Mees
Miles Jr
Neeley
Padgett
Petersen
Rosenacker
Schwettman
Sellmeyer
Smethurst
Walter

July Retiree Birthdays

**Happy
Birthday**

July Gold Carders

Jerry
Robert
Billie
Herman
Dennis I'
Fred
Gerald
Raymond
William
Donald
Paul

Ashmore
Caldwell
Chitwood
Douglas
Estridge
Hugenberg
Knight
Koch
Saurewein
Scheben
Wilbers

**June YOPC
Attendees**

Deborah Bryant
Liz Darby
JR Ford
Jerry Giesting
Art Holt
Dick Keller
Robert Wilkinson

Join fellow retirees next month for sharing old times, playing cards and lunch

**Motions made at the
June Membership
Meeting**

To dispense with the roll call of Officers and reading of the previous months minutes.

Carried

Donate \$100 to Brads Blessings Golf Outing.

Carried

Cancel the August Officer and Membership Meetings due to National Convention.

Carried

Pay the bills. **Carried**

To adjourn. **Carried**



**Harold W. Burns
Thomas J. Dwyer**



**Join fellow retirees
for lunch**

**1:00 pm - 1st Monday
of each month**

August 1st

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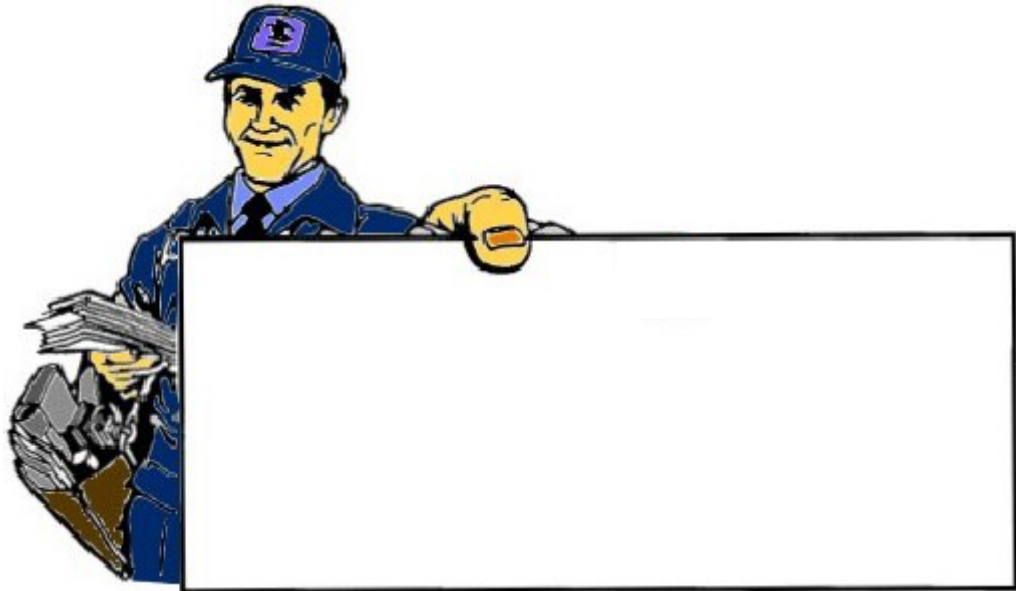
*Balance must be at least \$10,000 or greater to qualify. For loan balances below \$10,000 only the 90 day deferment will be offered. Member must qualify for the loan under normal underwriting guidelines. Minimum rate floor of this offer is 2.99% APR. Interest will accrue over the 90 day deferment period regardless of balance. Member must be able to provide verification of existing rate. Existing PFCU loans are excluded. This institution is not federally insured. **MEMBERS' ACCOUNTS ARE NOT INSURED OR GUARANTEED BY ANY GOVERNMENT OR GOVERNMENT-SPONSORED AGENCY**

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Upcoming Events

- July 4th Holiday** - Monday, July 4th
- Officers Meeting** - July 14th, 6:00 PM
- Delegates Meeting** - July 14th, 7:00 PM
- Branch Meeting** - July 14th, 7:30 PM
- August YOPC** - Wednesday, August 3rd

