

## The Role of the UPSEU Local 1222 Unit Officer/Steward

*As a Unit Officer/Steward, you are UPSEU Local 1222's representative in the workplace. To many of your co-workers, you are the union. As a union leader, you must be an organizer, an educator, a mobilizer, a sounding board, a communicator and a defender of workers' rights on the job.*

### **What a Unit Officer/Steward Needs to Do**

- Attend unit membership meetings to find out what's happening.
- Distribute important information to co-workers.
- Listen to what members have to say and follow up on issues.
- Talk to everyone in your work area to ensure you're on top of the issues.
- If you see a violation of the contract or an injustice in the workplace, contact your UPSEU Local 1222 Labor Relations Representative right away - don't wait for someone to complain!
- Represent all members fairly. It's not just the right thing to do, it's the law.
- Communicate with your UPSEU Local 1222 Labor Relations Representative when you need help and support.



### **What a Unit Officer/Steward Needs to Know**

#### **KNOW THE GRIEVANCE PROCESS**

Explore the ways to settle problems without having to file a grievance  
Know where to find the grievance process described in your contract  
Follow the procedures carefully and be especially aware of timelines

#### **KNOW YOUR CO-WORKERS**

Learn about their work and working conditions  
Know the various departments, job classifications and other details  
Keep an up to date email or phone list of co-workers to more easily mobilize  
Know your fellow Unit Officers/Stewards or potential leaders

#### **KNOW UPSEU Local 1222**

Know your UPSEU Local 1222 Labor Relations Representative  
Read the Shop Talk Newsletter  
Be familiar with the [www.local1222.org](http://www.local1222.org) website

#### **KNOW YOUR CONTRACT**

What it says, what it means, how it works  
Where to find key provisions  
How to get contracts into the hands of members  
How the contract protects you and your co-workers



## Bicycle Accidents on the Rise

While bike riding is a great way to enjoy the outdoors and get some exercise during the fall season, it is also becoming more dangerous. According to recent studies, bicycle-related injuries requiring medical treatment have increased recently in the United States, largely driven by an increase in accidents involving older adults. If you have been in a bicycle accident involving a motor vehicle, it is important that you contact an experienced attorney in order to protect your rights.

Some interesting statistics:

From 1998- 2013, the incidence of hospital admissions due to bicycle related injuries increased by 120% and the increase in emergency department visits increased by 65%.

Injuries in bike riders older than age 45 resulting in emergency room visits increased by 42% and injuries resulting in hospital admission increased by 65%.



When bike riding, safety is key, particularly if it has been awhile since you last rode a bike. It is important to wear a helmet, to choose the correct bicycle size for your body and NOT to use a headset or cell phone when riding. It helps to be familiar with the area and terrain where you are riding beforehand, if possible. Most importantly, consider wearing brightly colored or reflective clothing/gear and to use hand signals to make yourself more visible to drivers on the road.

## Nursing Home Neglect

Nursing home neglect can become an unfortunate reality for elderly residents at inpatient facilities, who may not have the ability or resources to seek help. It is important for family members and friends of nursing home residents to be aware of their rights under both Federal and New York State law. If a facility commits neglect, the resident has a legal right to seek compensation for pain and suffering.

You may have a case if the nursing home facility:

- Departs from the accepted standards of care in providing medical treatment leading to injury or death,
- Neglects residents by failing to provide adequate nutrition or cleaning services,
- or physically abuses residents.

Signs of nursing home neglect include:

- Bed sores
- Falls or other accidents
- Malnutrition
- Unexplained injuries
- Extreme changes in behavior
- Unclean conditions

If you or a loved one is a victim of nursing home neglect, it is important that you contact an experienced attorney in order to protect your rights.



# How to Be Heart Healthy



American Heart  
Association

## What is a Heart Attack?

A Heart Attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or stopped. This happens because coronary arteries that supply the heart with blood can slowly become thicker and harder from a buildup of fat, cholesterol and other substances called plaque. This slow process is known as atherosclerosis. If the plaque breaks open and a blood clot forms that blocks the blood flow, a heart attack occurs.

## What are the warning signs of a Heart Attack?

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Here are the signs that can mean a heart attack is happening:

- 1) Chest discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- 2) Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- 3) Shortness of breath often comes along with chest discomfort, but it can occur before chest discomfort.
- 4) Other signs may include breaking out in a cold sweat, nausea or lightheadedness.
- 5) Women are somewhat more likely than men to experience symptoms such as shortness of breath, nausea/vomiting and back or jaw pain.

**If you have any of the signs above, call 911 and get to a hospital right away**

## How to prevent a Heart Attack by living a heart-healthy lifestyle:

- \* Stop smoking
- \* Choose good nutrition
- \* Reduce blood cholesterol
- \* Lower high blood pressure
- \* Be physically active every day
- \* Aim for a healthy weight
- \* Manage diabetes
- \* Reduce stress
- \* Limit alcohol

## Recommended Schedule for Screening Tests for optimal heart health:

- BLOOD PRESSURE - at each regular healthcare visit or at least once every 2 years if BP is less than 120/80  
Starting at age 20
- CHOLESTEROL ("fasting lipoprotein profile" to measure total, HDL, LDL, cholesterol and triglycerides)  
Every 4-6 years for normal risk people; more often if you have elevated risk for heart disease and stroke  
Starting at age 20
- WEIGHT/ BODY MASS INDEX (BMI) - During your regular healthcare visit  
Starting at age 20
- WAIST CIRCUMFERENCE - As needed to help evaluate cardiovascular risk.  
This is a supplemental measurement if your BMI is greater than or equal to 25 kg/m<sup>2</sup>.  
Starting at age 20
- BLOOD GLUCOSE TEST - At least every 3 years  
Starting at age 45



## Local 1222 Shop Talk

## Recommended Disaster Checklist

# A Guide for Building your own Home Emergency Kit from the American Red Cross



You don't have to go to the lengths on Doomsday Preppers to ready your home for an emergency. But having food, water and other essentials on hand and ready to grab at a moments notice, could help you down the road, when you might not have time to go shopping or round up supplies.

The federal government recommends having enough food and water on hand to survive at least 72 hours at home. If an emergency struck today, would you be ready?

Use the checklist below, based on the information from Ready.Gov and the American Red Cross, as guidance for building your own home emergency kit.

- \* One gallon of water per person, per day
- \* 2 week supply of non-perishable food
- \* Battery powered radio and extra batteries
- \* Flashlights, battery powered lanterns
- \* First aid kit with bandages, gauze & tape
- \* Dust masks to avoid contaminated air
- \* Wrenches, pliers, various other tools
- \* Solar cell phone chargers
- \* Manual can opener
- \* Garbage bags
- \* Pet food & extra water
- \* Copies of insurance policies & bank records
- \* Sleeping bags, blankets, changes of clothing
- \* Matches in a waterproof container
- \* Small portable fire extinguisher
- \* Personal hygiene items, i.e. toothbrushes, etc.
- \* Books & games for entertainment
- \* Disposable plates, cups, utensils
- \* 7 day supply of prescription medications
- \* Extra cash

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