



International Longshore and Warehouse Union

I L W U Local 13 • 630 Centre Street • San Pedro, CA 90731 • (310) 830-1130

Bulletin #38-26

July 10, 2026

EXECUTIVE BOARD MEETING CANCELLED

Due to Port Meetings, the Executive Board Meeting scheduled for Thursday, July 9, 2026, was cancelled and **rescheduled for Thursday, July 16, 2026, at 6:30 p.m., at the Local 13 Office.**

HEAT ADVISORY

We are currently experiencing hot weather. Your safety is our top priority. Please follow these safety guidelines today to prevent heat illness:

1. **Stay Hydrated:** Drink one cup of water every [15 to 20] minutes. Do not wait until you are thirsty.
2. **Take Rest Breaks:** Find a cool place and take a break of at least [5-10] minutes when you feel tired or hot.
3. **Find Shade:** Employers must provide access to shade. Rest in the shade for at least five minutes.
4. **Watch for Symptoms:** Look out for signs of heat exhaustion. These include dizziness, headache, nausea, or heavy sweating.

If you or a coworker show signs of a heat stroke (like confusion, red skin, or loss of consciousness), call 911 immediately. Please reach out to your [foreman/supervisor] if you need more water.

Fraternally,

Mario Medina
President

Brandi Good
Vice President

Gabriel "Big Gabe" Zuniga
Secretary/Treasurer