



# *Share Photos and Videos* **FROM YOUR UPS ACTIONS**

Show UPS that the Teamsters are building a powerful, coordinated movement to win a strong contract in 2023. Follow the instructions below for submitting photos and videos from your local union's actions. The Teamsters will feature content from actions happening in every region of the country across the International's social media platforms.

*To submit image or video files from your phone:*

- 1** Open the UPS Teamsters app and click on "Share Action Photos/Videos." Upload your files and indicate your local union.
- OR-
- 2** Visit [ibt.io/UPSaction](http://ibt.io/UPSaction) to upload files and indicate your local union and location of the action.
- OR-
- 3** Email your files to [UPSvictory@teamster.org](mailto:UPSvictory@teamster.org). Remember to include your local union, as well as the UPS center/location where the action took place.

## *Quick Tips*

- If you are sending video files, please keep them short — no longer than one minute and no larger than 50 MB.
- For photos, move in close to the action; avoid taking photos from a faraway distance.
- When possible, rotate your phone sideways/horizon to avoid vertical image and video files.

**JOIN THE CAMPAIGN.**



**DOWNLOAD THE APP.**