

- HAYWARD, Robert Francis, Overseer, London Postal Region.
- HEAD, Edward John, Overseer, Post Office, Bristol.
- HEASMAN, George Frederick, Assistant Inspector, Post Office, Eastbourne.
- HEATH, Robert, Skilled Labourer, R.N. Armament Depot, Upnor.
- HEATH, Victor, Shipwright (Local Chargeman), H.M. Dockyard, Portsmouth.
- HEEDEN, Alice, Postal and Telegraph Officer, Ripon.
- HEDINGTON, Harry Clifton, Head Porter, London Postal Region.
- HEFFERNAN, John Leonard, Postman, Liverpool.
- HEMPSEED, Thomas, Postman, Greenock and Port Glasgow.
- HENRY, Charles James, Telephonist, Chesterfield.
- HERBERT, Sidney Charles, Acting Foreman of the Yard, H.M. Dockyard, Devonport.
- HIGGINS, Edward Charles, Overseer, London Postal Region.
- HILL, Cyrus, Overseer, Post Office, Birmingham.
- HILL, Ernest William, Postman, Cheddar Sub Office, Weston-super-Mare.
- HODGES, Frank Herbert, Overseer, London Postal Region.
- HOLBROOK, Frank, Skilled Workman, Class I, London Telecommunications Region.
- HOLLANDS, Albert George, Skilled Labourer (Welder), H.M. Dockyard, Chatham.
- HOLMES, Gilbert, Postman, Stroud.
- HOLMES, John Bristow, Postman, Andover.
- HONEY, Reginald Henry, Postman, Wallingford Sub Office, Abingdon.
- HOOPER, Henry, Postman, London Postal Region.
- HOPKINS, William, Postman, Cardiff.
- HORLEY, George Richard, Postman, Newdigate Sub Office, Dorking.
- HORNE, Edgar, Skilled Workman, Class II (A), Bradford Telephone Area.
- HOUSE, Edward Sydney, Inspector, Post Office, Birmingham.
- HUNTER, Henry, Postal and Telegraph Officer, Hull.
- HURRELL, Frederick Gerald, Plumber (Local Chargeman), H.M. Dockyard, Devonport.
- HURST, Robert, Postman, Rochdale.
- HUTCHINS, D.C.M., William, Telephonist, London Telecommunications Region.
- HUTCHINSON, Horace Herbert, Postman, Chesham and Amersham.
- HUTCHINSON, John Thomas, Assistant Inspector, Post Office, Sleaford.
- HUTT, Charles Henry, Postman, Buckingham Sub Office, Bletchley.
- HYDE, Edgar Charles, Postman, Evesham.
- HYDE, Josiah Percival Augustus, Postman, Wellingborough.
- HYEM, Albert Edward, Overseer, London Postal Region.
- ISAAC, Frederick, Shipwright, H.M. Dockyard, Devonport.
- JACKSON, Ernest William, Postman, Woolton Sub Office, Liverpool.
- JARVIE, James, Postman, Glasgow.
- JOHNS, B.E.M., George William, Master Cooper, Royal Victoria Yard, Deptford.
- JOHNSTON, James Alexander, Sorting Clerk and Telegraphist, Portadown.
- JONES, Harry, Overseer, Post Office, Henley-on-Thames.
- JONES, Richard, Postal and Telegraph Officer, Bangor.
- JONES, William Arthur, Postman, Pontypridd and Porth.
- KEARLEY, Mabel Louise, Overseer, London Postal Region.
- KEAST, Edwin, Assistant Foreman of Storehouses, R.N. Armament Depot, Bull Point.
- KEEVIL, Frederick James, Ship Fitter, H.M. Dockyard, Chatham.
- KENIRY, John Joseph, Overseer, London Postal Region.
- KERMEEN, John Burndred, Postal and Telegraph Officer, Liverpool.
- KERR, Joseph Irvin, Postman, St. Annes Branch Office, Blackpool.
- KIEL, George John Edward, Overseer, London Postal Region.
- KIMMIS, Ernest William, Postal and Telegraph Officer, London Postal Region.
- KING, Gladys Mary, Sorting Clerk and Telegraphist, Brentwood.
- KING, William Henry, Overseer, London Telecommunications Region.
- KIRBY, Sidney Henry, Skilled Workman, Class I, London Telecommunications Region.
- KIRBY, Vincent, Overseer, Post Office, York.
- KITTO, Thomas, Postal and Telegraph Officer, Edinburgh.
- KNIGHT, Joseph, Skilled Workman, Class I, Birmingham Telephone Area.
- LADD, Herbert Edward, Sorter, London Postal Region.
- LAMBETH, Arthur Lewis Stanley, Plumber (Chargeman), H.M. Dockyard, Chatham.
- LAMING, Frederick, 2nd Class Master of Yard Craft, Royal Clarence Yard, Gosport.
- LAMM, Joshua, Head Postman, London Postal Region.
- LANCASTER, Joseph (Hercules), Shipwright (Assistant Overseer Grade I), H.M. Dockyard, Devonport.
- LARCOMBE, Lawrence, Head Postman, London Postal Region.
- LARGE, Sidney Charles, Officer, H.M. Prison, Wandsworth.
- LAWFORD, Alfred Charles, Postman, London Postal Region.
- LAY, Thomas Polley, Postman, Milton Common Sub Office, Oxford.
- LEAKEY, William Thomas, Shipwright (Chargeman), H.M. Dockyard, Chatham.
- LECKEY, Henry, Sorter, London Postal Region.
- LEGGOTT, Florence Eveline, Overseer, Post Office, Hull.
- LEVICK, William Frederick, Postman, London Postal Region.
- LEWIS, Herbert John, Postman, Newport, Monmouthshire.
- LILLINGTON, Walter Richard, Sorting Clerk and Telegraphist, Sherborne.
- LINDOP, Fred, Overseer, Post Office, Liverpool.
- LINTER, Edward, Boilermaker, H.M. Dockyard, Portsmouth.
- LITTLEWOOD, Alfred Edward, Engine Fitter, H.M. Dockyard, Portsmouth.
- LIVINGSTON, John Ingram, Postman, Glasgow.
- LOCKETT, Isaac, Postman, Crewe.
- LONG, Charles Scotney, Overseer, London Postal Region.
- LONG, William, Postman, Willington Sub Office, Durham.
- LORD, Fred Hargreaves, Assistant Inspector, Post Office, Blackpool.
- LOVELL, Charles George, Postman, Elham Sub Office, Canterbury.