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Helping You Stay Informed, Engaged & Protected

ALL POINTS
mobile shredding



ALL POINTS
medical waste



Your Free Monthly Shred & Med Waste News!

Jan 2019

Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

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New Year Clean Out Special Get 10% Off a Purge of 20 Boxes or More!



Records kept beyond their required length of time, become a liability.
How long do you really have to keep those documents?

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Did you know All Points offers?

- On-Site Document Shredding
- Hard Drive and Media Destruction
- Medical Waste Disposal
- On-line Compliance Training (HIPAA, BBP, DOT, OSHA)

Call Now:
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[Click Here For More Information About Our Current Special](#)

*Must be scheduled and performed in the month of January 2019.

Congratulations to Our Awesome Driver Carlos on His Recent Marriage to Princess!



Lifting Weights Just Weekly Reduces Heart Disease

Medicine & Science in Sports & Exercise just reported that even if you do not do any actual "cardio," lifting weights alone will strengthen your heart. Lifting weights has been found to protect you from a heart attack or stroke.



The bottom line is don't give up your aerobic exercise but even a little bit of strength training, just once a week, cuts your risk of heart disease and chances of dying from a cardiovascular event by 40-70 percent - even if the participant was not getting aerobic exercise.

Make pumping iron, at least once a week, your New Years' Resolution!

Source: Bicycling.com

Florida Fines Med Waste Company For Improper Storage and Treatment

It turns out that medical providers really do need to be cautious and prudent when selecting their medical waste hauler. Sadly, many health care providers select their medical waste disposal company based on price alone.



Florida is fining a Tampa based medical disposal company, Sharps MD, after it stored untreated waste in a trailer for more than one year. Under state laws, medical waste must be properly treated within 30 days. And, the medical provider

is the one responsible "from cradle to grave." Thus, selecting a reputable medical disposal company is critical.

A business next door to a client of Sharps MD said he was not surprised at all because "they were really sloppy" and were seen "leaving the containers open at night."

Inside the trailers, unlabeled and untreated medical waste dating back 14 months was found. An expert stated it could contain body fluids, body parts and medication, all of which could create serious health concerns.

Source: ABC News

Here's How to Fall Asleep in Two Minutes!



50-70 million US adults have a sleep disorder, according to the American Sleep Association. 35% of US adults get less than seven hours of sleep per night.

A Harvard study revealed that the average worker loses the equivalent of 11 days of productivity each year due to sleep issues.

The recommended amount of sleep for an adult is seven to nine hours. Here's a quick routine to help you fall asleep in two minutes. It was designed by the US Army to make sure soldiers didn't make mistakes due to grogginess.

- Sit on the edge of your bed, light on, phone silenced, alarm set.
- Relax facial muscles - first tighten them and then slowly let them loosen and let your tongue fall in your mouth.
- Once your face feels like putty, let gravity pull your shoulders down, let arms dangle at your side.
- Once body feels like a lump of clay, clear your mind for 10 seconds. If thoughts come, let them pass and keep your body loose and limp.
- Picture either you lying in a canoe in a calm lake with clear blue skies above or you in a velvet hammock gently swaying in a pitch black room. Repeat the mantra "don't think, don't think, don't think" for 10 seconds.

Source: Fast Company

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STAY CONNECTED:

