

ALL POINTS
mobile shredding



ALL POINTS
medical waste



Your Free Monthly Shred & Med Waste News!

November 2019

Your Monthly News & Updates

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Are You in Compliance with the New Rules for Hazardous Waste in Florida?

This February, the EPA issued a new rule governing hazardous waste. The objective of the new rule is to make it easier for healthcare facilities to comply and manage their waste while protecting the environment. Here are some key takeaways of the new rule:



- It prohibits the disposal of hazardous pharmaceutical waste by pouring it down the drain or flushing it down the toilet.
- Nicotine replacement therapies like gum, patches and lozenges are exempt from being P listed.
- It created two hazardous pharmaceutical waste categories - those that can be returned in a take back program, and those that cannot.
- It provides new requirements for container storage emphasizing the need to protect the public from hazardous pharmaceutical waste materials storage.

The new rule impacts all Florida healthcare facilities that manage pharmaceutical products. These healthcare facilities are included:

- Hospitals
- Clinics
- Doctors Offices
- Surgery Centers
- Urgent Care Facilities
- Nursing Homes
- Pharmacies
- Drug Treatment Centers

[Click Here to Learn More About the New Hazardous Waste Rule in Florida](#)

Why Everyone Should Go Walking



Harvard Medical School found that walking just 20 minutes a day can reduce the risk of heart disease by 30%. Not to mention it's great for your mental health and leads to weight loss. These are some other health benefits of walking:

- **2 Hours** - The amount of time your life expectancy is increased for every hour of brisk walking.
- **36%** - The percent that symptoms of depression are reduced by walking 30 minutes a day.
- **2 Hours** - This many hours of walking each week can reduce your risk of stroke by 30%.
- **1 Hour** - This amount of walking each day can reduce arthritis and pain associated with arthritis.
- **7 Pounds** - Walking 20 minutes a day can burn this many pounds of body fat every year.

Source: Blue Cross Blue Shield Healthy Tips

Tips to Cut Back on Your Cell Phone Time

Maybe it's the fear of boredom? Or, the need for distraction? Regardless, our phones have become a compulsive escape. As we enter the holiday season, here are some tips to cut back on your cell phone habit and spend more quality time with your loved ones:



- **Turn Off Alerts** - Turn off the vibrating mode too.
- **Charge Your Phone Outside Your Bedroom** - Invest in a \$10 alarm clock and improve your quality of sleep.
- **Phone Free Mornings** - Challenge yourself to go the first 10 minutes of every morning without your phone.
- **Delete Social Media Apps** - This will free up so much free time! These apps are designed to hook you.
- **Don't Use Your Phone for Entertainment** - Try only watching shows on tv and reading in a book.

In 2019, the average US adult will spend 3 hours and 43 minutes a day on their cell phones. 90% of Americans overuse, misuse or abuse their cellphones. Use these tips to be a healthy phone user!

Source: Health.com

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STAY CONNECTED:

