

Your Free Monthly Newsletter From Your Friendly Shredding Company  
Helping You Stay Informed, Engaged & Protected

ALL POINTS  
mobile shredding



ALL POINTS  
medical waste



## Your Free Monthly Shred & Med Waste News!

July 2018

Happy  
4th of  
July!

### 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.

[Visit Our Website](#)

### Summer Shred Special

**Get your first month of shredding free when you sign up for monthly service! \***



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

[Click Here for Record Retention Schedules](#)

**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:  
772.222.3266**

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

\* Must be minimum of \$40/month account with a minimum of a two year agreement. To receive, e-mail [Inez@AllPointsProtects.com](mailto:Inez@AllPointsProtects.com)

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## Top Sunscreen Habits to Protect Your Skin

Skin cancer is now the number one most common cancer in the US. Exposure to UV light is the most preventable behavior to minimize your risk from this cancer. Here are the top tips to protect yourself from skin cancer:



1. **Stay in the Shade** - Sunscreen isn't the only way to stay safe. Find a shady tree or sit under an umbrella so you can still enjoy the outdoors without damaging your skin.
2. **Wear Sunglasses** - Wearing sunglasses whenever you're outdoors protects your eyes from UV exposure, which can prevent cataracts and limit blue light that causes macular degeneration.
3. **Wear Tightly Woven or UV Protective Clothing** - If you have to work or be outside for long periods of time, use sun safe clothing. A wide brimmed hat and long sleeved shirts will help protect from rays that cause aging and skin damage. Chose clothing made of tiny fibers woven together or UV protective wear for the best protection.
4. **Wear Sunscreen** - The American Academy of Dermatology recommends selecting a sunscreen with at least SPF 30. Most people do not apply enough sunscreen. The recommended application is one ounce, which would fill a shot glass. It should be reapplied every 2 hours (30-45 minutes if you're sweating or in water). Avoid spray sunscreens and apply your sunscreen at least 15 minutes before you go in the sun.
5. **Wear Sunscreen Year Round** - The sun can even penetrate windows (inside buildings or in your car) making sunscreen necessary during all seasons and all times of day. Make applying it to your body part of your morning routine.
6. **Don't Strive For a Healthy Tan** - There is no such thing as a "healthy tan." A tan is a sign that your skin has been damaged by the sun.

A sunburn is your body's natural response to UV damage. Use these tips to enjoy summer, avoid burns and minimize your risk of cancer.

Source: CNN

## Top 5 Reasons to Shred Your Documents

In today's society, every business and most residences collect and accumulate sensitive and confidential material. You can protect yourself from identity theft, data breaches and liability under current laws with as little as \$40/month for a document shredding service! Here are the top 5 reasons to hire an on-



site document shredding company.

- **Prevent Identity Theft** - In 2017, there were 16.7 million identity theft victims in the US alone! The cost of all lost data was over \$17 billion. One million were identity theft victims were children.
- **No need to remove paper clips** - Our state-of-art on-site trucks can shred paper clips, binder clips and staples, making it hassle free.
- **It's the Law** - Fines have increased 6000%! The best policy to ensure your organization is compliant with all laws and regulations and to keep you and your customers safe, is to adopt a "shred everything, all the time, in the same manner" policy.
- **Protect Yourself and Your Employees** - Shred everything on a regular basis. By implementing a "Shred-All" policy, you avoid the risks of human error or poor judgment regarding what needs to be shredded. Create a culture of security by educating and training employees on information security best practices.
- **Save Valuable Space** - Keeping records past their required retention period creates liability. Shredding old documents also can clean out much needed space and save the cost of storage units being used to house such records.

Learn more about why you should shred your documents [Here](#)

## 5 Tips To Save On Your Summer Vacation

Last year almost 75% of Americans went into debt to take vacations. Here's 5 tips to save money on your next get away:



- **Check with your credit card company** - Often major credit card companies will help you with flight and hotel discounts. Check with card services.
- **Book last minute** - If you can be flexible with your travel plans, try booking a few days before your allotted vacation time. Many airlines and hotels will offer deals at the last minute in an effort to fill up capacity.
- **Carry your bag on** - In the past few years, airlines have started charging to check your bags. Save up to \$100/person by carrying your luggage on your next flight.
- **Don't buy anything at the airport** - Airports are known to significantly increase their prices for pretty much all items. Save money by packing your snacks and reading material.
- **Join rewards programs** - Join travel rewards programs for airlines and hotels to experience the benefits of points. Many programs will even offer you discounts or free nights when you first sign up.

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[www.shredwithme.com](http://www.shredwithme.com)

STAY CONNECTED:

