



June Newsletter

Your Free Monthly Shred & Med Waste News!

Visit our website



## No-Touch Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for you:

- Confidential Documents
- Hard Drives

**EVERYTHING IS SHRED ON SITE!**

FRIDAYS FROM 9:30AM-  
10:30AM

Peter's Hardware  
975 SE Federal Hwy, Stuart, FL  
(Across from the McDonald's on Us-1)

*\$20/ Box. \$25/hard drive.  
(CASH only. Credit Cards for 5  
or more boxes)*

## June Special!

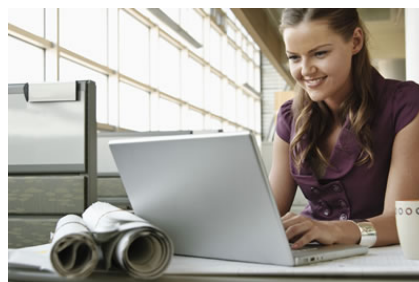
*Sign up for On-Line  
Compliance Training, Get  
1 Month FREE*



All Points offers on-line compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire & Electrical Safety & Hand Hygiene.

**For More Information,  
Call 772.222.3266**

**Want to Sound More  
Influential at Work?**



Research shows that the things we



say and the words we use can improve how we are perceived in the work place.

For example, saying "sorry" too much and for the wrong reasons can undermine your appearance of confidence. A simple shift to "sorry for the delay" or "thank you for your patience" makes a far more positive impression.

## Interesting Facts - Did You Know?

- Peanuts aren't technically nuts (they're seeds)
- Armadillo shells are bulletproof
- The tallest living man is 8 feet 2.8 inches and is from Turkey
- Giraffe tongues can be 20 inches long
- The first footprints on the moon will remain there for one million years

Source: Parade



Another common pattern seen at work is using the word "but" which often can be replaced with "and" to have a more much positive tone.

When it comes to customer service, saying "I can't" or "we're not able to" when turning down a customer request appears negative. Instead try "Here's what we can do for you" while providing a workable solution even if it's not exactly what they are asking for.

Finally, ask for what you need rather than starting with "I know you're really busy..." or "I hate to bother you but..." It creates the impression that you're a burden rather than assuming the person will let you know if they are too busy.

Source: Fast Company

**Call Now for a Free Quote 772.222.3266**

## What Happens to Your Eyes Staring at a Screen?



Eyestrain in real. Looking at screens, whether it's your cell phone, computer or the big screen tv, for too long causes the tiny muscles around your eyes to get strained. This can result in headaches, blurry vision, eye watering, and sensitivity to light.

There is a myth that the blue light coming from your screens is causing the problem. The American Academy of Ophthalmology recommends against blue-light blocking glasses because it can damage cells in your retina in certain conditions.

Doctors do agree, however, that avoiding screen time at bedtime is a good idea.

During the day, use the 20-20-20 rule. Every 20 minutes take a 20 second break to look at something 20 feet away.

Source: LifeHacker



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Connect with us

