



August Newsletter

Your Monthly Shred & Med Waste News!

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YOUR TRUSTED SECURITY & COMPLIANCE COMPANY

Welcome to August 2025!

As we continue through the summer months, South Florida businesses are experiencing unprecedented growth, and with that growth comes increased responsibility for protecting sensitive information. This month, we're highlighting exciting local developments, important compliance updates, and practical security tips to keep your business protected.



Friday Shred Event: Two Locations!

Every Friday All Points Mobile Shredding is offering a Shred Event for you:

- Confidential Documents
- Hard Drives

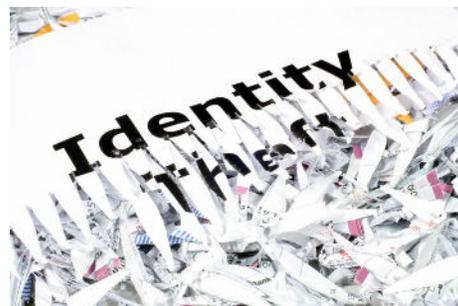
EVERYTHING IS SHREDDED ON SITE!

FRIDAYS FROM 9:30AM-
10:30AM

New Customer Promotion!

1 Month Free
(up to \$200 value)

New customers who sign a 3-year service agreement during August will receive one month of free service! For more information, call 772.222.3266.



Are You Compliant?
We Can Help!

Peter's Hardware:

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

*\$20/box, \$25/hard drive
(cash or check only)*

All Points Mobile Shredding
Cape Coral:(By appointment
only)

921 SE 13th Place, Cape
Coral, FL

*\$25/box (credit card/debit
card only)*



August Heat Safety: Protecting Yourself During Florida's Hottest Month

August typically brings Florida's most intense heat and humidity, making heat-related illness prevention crucial for residents and outdoor workers. The National Weather Service reports that heat is the leading weather-related killer in the United States, claiming more lives annually than hurricanes, tornadoes, floods, and lightning combined.

Heat exhaustion symptoms include heavy sweating, weakness, nausea, headache, and muscle cramps. More serious heat stroke presents with high body temperature (103°F or higher), hot and dry skin, rapid

All Points offers online compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire and Electrical Safety, and Hand Hygiene.

**For More Information,
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All Points Mobile Shredding and Medical Waste loves to delight our clients!

We believe our reviews speak for the level of service we provide.

We are proud of our over 500 5-Star Google Reviews and very thankful to our wonderful clients who provided them!

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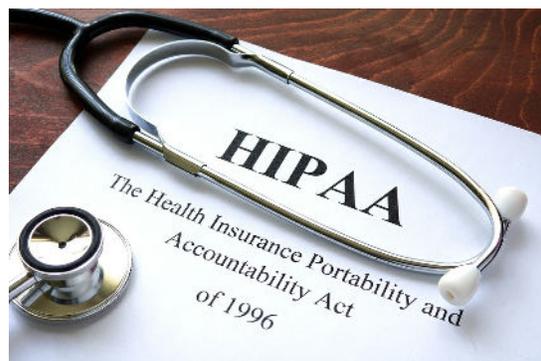
pulse, and confusion or unconsciousness—requiring immediate emergency medical attention.

The "heat index" combines air temperature with relative humidity to determine perceived temperature. When the heat index reaches 105°F-129°F, heat exhaustion and heat cramps become likely with prolonged exposure. Above 130°F, heat stroke becomes highly likely. Effective prevention strategies include staying indoors during peak heat hours (10 AM-4 PM), wearing lightweight and light-colored clothing, and taking frequent breaks in air-conditioned environments. Avoid alcohol and caffeine, which can increase dehydration risk.

For outdoor workers, OSHA recommends implementing heat illness prevention programs including acclimatization periods for new workers, frequent water breaks (every 15-20 minutes), and buddy systems to monitor colleagues for heat stress symptoms.

Remember that certain medications, including diuretics, beta-blockers, and antihistamines, can increase heat sensitivity. Consult with healthcare providers about heat precautions if you take any medications regularly.

Sources: National Weather Service, OSHA, CDC Heat Stress Guidelines



The Science of Summer Sleep—Why August Nights Hit Different

Recent sleep research reveals fascinating insights about how our bodies respond to summer's extended daylight and higher temperatures, particularly during August's peak heat.

Scientists have discovered that our internal circadian clocks are more sensitive to light exposure than previously understood. Even small amounts of light exposure in the evening can delay melatonin production by up to 90 minutes, making it harder to fall asleep during long summer days.

Core body temperature naturally drops 1-2 degrees before sleep onset, but August's persistent heat can interfere with this cooling process. Researchers found that bedroom temperatures above 70°F significantly impact sleep quality, reducing both REM and deep sleep stages.

Interestingly, our brains have evolved specialized neurons that respond to seasonal light changes. These "seasonal affective neurons" help regulate energy metabolism and mood throughout the year. During August's intense heat and extended daylight, these neurons can trigger increased appetite and altered sleep-wake cycles. Sleep scientists have also identified the "summer sleep

OSHA's New Heat Safety Standards Affect Workplace Document Security

The Occupational Safety and Health Administration (OSHA) has proposed new heat injury and illness prevention standards that indirectly impact how businesses handle document security during extreme weather events.

Under the proposed rule, employers must develop heat injury and illness prevention plans when temperatures reach 80°F. This includes ensuring adequate hydration stations, rest areas, and emergency response procedures—all of which require documentation and record-keeping.

For businesses using outdoor document storage or mobile shredding services, the new standards require additional safety protocols. OSHA specifically addresses situations where workers handle materials in high-heat environments, mandating that employers provide climate-controlled rest areas within reasonable access. The proposed standards also require training documentation for all employees exposed to heat hazards, creating new categories of records that must be maintained and eventually destroyed according to retention schedules. These training records contain personal information and must be disposed of securely. Florida's Workers' Compensation system has seen increased claims related to heat exposure, leading to stricter documentation requirements for workplace safety programs. Employers must maintain detailed records of heat safety training, incident reports, and medical monitoring - all requiring secure destruction when retention periods expire.

paradox" - while we get more light exposure (which should improve sleep quality), the combination of heat, later sunsets, and increased social activities often leads to poorer sleep during peak summer months.

One breakthrough study found that people who use blackout curtains and maintain bedroom temperatures between 65-68°F during summer months report 23% better sleep quality compared to those without environmental controls.

The research suggests that our ancestors' sleep patterns were far more seasonal than modern habits, with natural "short sleep" periods during summer months being completely normal.

Sources: Journal of Sleep Research, National Sleep Foundation, Circadian Biology Research



"In the depths of summer, I finally learned that within me there lay an invincible summer."

- Albert Camus

"Live in the sunshine, swim the sea, drink the wild air."

- Ralph Waldo Emerson

"August rain: the best of the summer gone, and

The proposed OSHA standards include specific provisions for protecting workers who handle confidential materials outdoors, such as mobile shredding operators and document transport personnel. These provisions require additional safety measures that generate more compliance documentation.

Smart businesses are proactively updating their document retention policies to address the new heat safety documentation requirements while ensuring all heat-related safety records are disposed of securely when no longer needed.

Sources: OSHA Proposed Rulemaking, Florida Division of Workers' Compensation, National Institute for Occupational Safety and Health (NIOSH)

the new fall not yet
born. The odd uneven
time."

- Sylvia Plath



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Security & Compliance: New Florida Cybersecurity Laws Impact Document Destruction Requirements

Florida businesses should be aware of significant cybersecurity legislation that strengthens data protection requirements and impacts document destruction practices.

House Bill 473, effective July 1, 2024, requires Florida state agencies to implement comprehensive cybersecurity measures and could influence private sector standards. The legislation mandates that all government entities establish formal incident response plans and data retention policies that include secure destruction protocols.

The Florida Department of Legal Affairs recently issued guidance

clarifying that "reasonable security measures" under the Florida Information Protection Act must include proper disposal of both physical and electronic records containing personal information. This explicitly covers hard drives, backup media, and paper documents. A landmark case, *Miami-Dade County v. Digital Forensics Solutions (2024)*, established that organizations cannot rely solely on "data wiping" software for compliance. The court ruled that physical destruction of storage media provides the only legally defensible method for ensuring data cannot be recovered.

New proposed amendments to Florida Statute 817.568 would require businesses with over 100 employees to maintain certificates of destruction for all disposed media containing customer data. The proposed law includes penalties up to \$10,000 per violation for inadequate destruction documentation.

The Florida Bar's recent ethics opinion 24-3 clarifies that law firms must use NAID AAA Certified destruction services when disposing of client files to maintain attorney-client privilege protection. This sets a precedent that other professional services may need to follow. Businesses should ensure their document destruction vendor provides detailed certificates of destruction, maintains proper chain of custody documentation, and carries adequate cyber liability insurance. These practices demonstrate reasonable security measures and help satisfy evolving legal requirements.

Sources: Florida Department of Legal Affairs, The Florida Bar, Florida Legislature

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