ALL POINTS mobile shredding

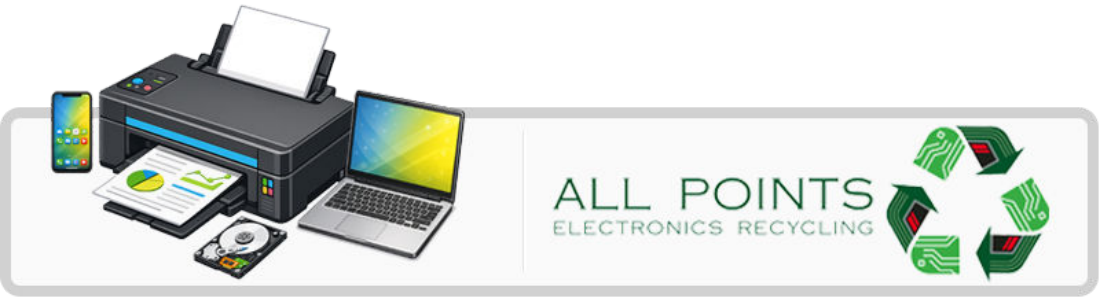
ALL POINTS medical waste

August Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



All Points is expanding! Check out our new division!

In addition to secure shredding and medical waste services, we now offer **All Points Electronics Recycling** — providing secure electronics recycling and IT asset disposition (ITAD) services.

From hard drives and servers to laptops and backup media, protecting sensitive data doesn't stop at paper. We now offer:
• Secure hard drive destruction
• IT asset disposition (ITAD)
• Electronics recycling
• Serialized tracking and certificates of destruction
• Responsible, compliant downstream recycling

This is a natural extension of our commitment to protecting our clients and making compliance simple. Same family-owned company. Same trusted team. Expanded services.

If you have electronics to recycle or would like a quote, we would love to help.

Thank you for continuing to trust All Points.

Visit Our New Website Today!

uRISQ Module Spotlight

Is Your Digital Front Door Locked?

Think of your business website and firewall as your digital front doors. Hackers are constantly "knocking" to see if they're unlocked. Are you sure yours is secure?

With uRISQ's **Threat Scanning module**, you don't have to wonder. Each month, your systems are scanned just like criminals would do — only instead of exploiting what's found, you receive a clear report on any vulnerabilities and how to fix them.

This proactive approach keeps you a step ahead of attackers, reducing your risk of downtime, financial loss, and reputation damage.

Don't let someone else find your weaknesses first.

Contact us to learn more about uRISQ: 772.222.3266

Greetings from the **IFMA Trade Show**

Friday Shred Event:

August Special
1 Month Free Compliance Training!

Sign a new 3-year Medical Waste contract in August and receive **1 month of FREE online compliance training.**

- Applies to new Medical Waste contracts only

Two Locations!

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

- Confidential Documents
- Hard Drives

EVERYTHING IS SHREDDED 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 or check only)

All Points Mobile Shredding Cape Coral:
(Every second Friday of the month)
921 SE 13th Place, Cape Coral, FL

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

July Health & Wellness
Beat the Heat: How to Protect Yourself from Florida's Most Dangerous Summer Threat

As temperatures climb through August, heat isn't just uncomfortable, it's one of the most dangerous weather-related health threats in the

- Must be a 3-year agreement with standard terms
- Must be signed in the month of August
- NAID AAA Certified
- HIPAA Compliant
- Certificate of Destruction Provided

Compliance training isn't optional — it's the law. Let us make it easier and more affordable to get started.

Call us today at **772.222.3266** or visit **allpointsprotects.com** to learn more.

Are You Compliant? We Can Help!

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

For More Information, Call 772.222.3266

All Points is Proud of Our Over 500 5-Star Google Reviews. Consider Writing One!

country, and Florida's combination of high heat and high humidity makes the risk especially serious.

According to the CDC, heat-related illness is largely preventable, yet thousands of Americans are sickened by heat exposure every year, and some cases are fatal. The National Safety Council reported 294 U.S. deaths from weather-related excessive heat in a single recent year. OSHA has responded by launching a National Emphasis Program in 2026 specifically targeting outdoor and indoor heat-related hazards in the workplace.

Understanding the warning signs matters because heat illness can escalate quickly. Heat exhaustion typically develops when the body loses excessive water and salt through sweating. Warning signs include pale or moist skin, muscle cramps, fatigue, headache, dizziness, nausea, and a rapid heart rate. If left untreated, heat exhaustion can progress to heat stroke, a medical emergency in which body temperature exceeds 103 degrees and the person may experience confusion, disorientation, or loss of consciousness.

Certain groups face elevated risk, including people who work outdoors, older adults, young children, and anyone with a chronic health condition. According to UCLA Health researchers, emergency rooms see a measurable spike in patient visits on days with extreme heat, underscoring how quickly heat-related emergencies can overwhelm even well-prepared communities.

The good news is that heat illness is almost entirely preventable. The CDC and OSHA both recommend staying hydrated before you feel thirsty, taking frequent breaks in shaded or air-conditioned areas, wearing lightweight clothing, and never leaving children or pets

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!

Click Here to Read Our Google Reviews

Click Here to Write All Points a 5-Star Google Review!

The Science of Gratitude: Why a Simple "Thank You" Is Good for Your Health

It's easy to dismiss gratitude as a nice sentiment rather than a health strategy. But a growing body of research shows that practicing gratitude produces measurable benefits for both mental and physical well-being.

unattended in a parked vehicle. If someone shows signs of heat exhaustion, move them to a cool area, offer water, and apply cool, wet cloths. If you suspect heat stroke, call 911 immediately, this is a true medical emergency.

Stay smart, stay cool, and look out for each other this August.

Sources: CDC; OSHA (National Emphasis Program on Heat, 2026); National Safety Council; UCLA Health

Security & Compliance

Business Email Compromise: The $3 Billion Scam Hiding in Your Inbox

While ransomware grabs the headlines, a quieter and often costlier threat is draining businesses of billions of dollars every year, and it doesn't require any malware at all.

Business Email Compromise (BEC) is a scam in which criminals impersonate a trusted party, a company executive, a vendor, or a business partner, to trick employees into wiring money or sharing sensitive information. According to the FBI's Internet Crime Complaint Center (IC3), BEC generated more than $3 billion in reported losses in 2025 alone across nearly 25,000 complaints, making it the second-most financially damaging cybercrime category in the country, behind only investment fraud.

A major 2025 meta-analysis published in the *Proceedings of the National Academy of Sciences*, synthesizing data from 145 studies across 28 countries, found that gratitude interventions consistently produced small but meaningful increases in well-being, regardless of cultural background. Even brief gratitude exercises, like writing a weekly thank-you note, showed measurable benefits.

According to UCLA Health, practicing gratitude for just 15 minutes a day, five days a week, for at least six weeks can enhance mental wellness and create a lasting shift in perspective. A review of 70 studies involving more than 26,000 people found a consistent association between higher levels of gratitude and lower rates of depression.

The physical health benefits are just as compelling. Gratitude activates the parasympathetic nervous system, your body's natural "rest and digest" response, which helps counteract the effects of chronic stress. Research shows that people who practice gratitude regularly report improved sleep quality, lower blood pressure, and stronger immune function. One study involving nearly 5,000 participants found that higher gratitude was associated with lower resting heart rate, lower blood pressure, and greater participation in regular physical activity.

Gratitude also appears to benefit specific patient populations. A 2023 systematic review found that gratitude interventions helped reduce stress and burnout among healthcare professionals, and separate research found gratitude practices supported better medication adherence among heart failure patients.

The bottom line: gratitude isn't just a feel-good habit, it's a low-cost, evidence-backed practice with real

What makes BEC especially dangerous is its efficiency. The average reported loss per BEC complaint now stands at roughly $123,000, one of the highest per-victim figures of any cybercrime category. Approximately 86% of BEC losses are transmitted via wire transfer or ACH, meaning the money often moves too fast to recover once the fraud succeeds.

Criminals are also getting smarter. The FBI's 2025 report specifically flags artificial intelligence as an emerging enabler of BEC schemes, with AI chat tools generating convincing, official-sounding emails that mimic a company's CEO, and voice cloning technology being used to authorize fraudulent wire transfers over the phone. Businesses reported more than $30 million in losses tied specifically to AI-enabled BEC scams in 2025.

Unlike malware-based attacks, BEC exploits trust and everyday business processes, a wire transfer request, an invoice payment, a vendor update, which is exactly why traditional antivirus and firewall protections don't catch it.

The most effective defenses are procedural: verify any request for a wire transfer or sensitive information through a separate communication channel, train employees to recognize urgency and pressure tactics, and use multi-factor authentication on all email accounts. Every business, regardless of size, should treat this as a real and growing risk.

Sources: FBI Internet Crime Complaint Center (IC3) 2025 Annual Report; Association for Financial Professionals (AFP) 2025 Fraud Survey; SpyCloud 2026 Annual Identity Exposure Report

physiological benefits. This August, consider starting a simple gratitude journal, or just take a moment to tell someone you appreciate them. Your body may thank you back.

Sources: Proceedings of the National Academy of Sciences (2025); UCLA Health; American Heart Association (Circulation); OJIN: The Online Journal of Issues in Nursing

"Perseverance is not a long race; it is many short races one after the other."

- Walter Elliot

"Well done is better than well said."

- Benjamin Franklin

"The best way to predict the future is to create it."

- Abraham Lincoln

WE OFFER ELECTRONIC & HARD DRIVE DESTRUCTION
Click Here to Learn More!

Call Now for a Free Quote
772.222.3266

Legal & Compliance

Medical Waste Compliance: What Every Florida Healthcare Business Needs to Know

For any business generating medical or biomedical waste, compliance isn't a single rule, it's a layered set of federal and state requirements, and the penalties for getting it wrong can be severe.

At the federal level, OSHA's Bloodborne Pathogens Standard (29 CFR 1910.1030) requires every facility with employees who may be exposed to blood or other potentially infectious materials to maintain a written exposure control plan, provide appropriate personal protective equipment, and deliver bloodborne pathogen training before an employee begins working with regulated waste, followed by annual refresher training. The Department of Transportation separately regulates how medical waste is packaged, labeled, and transported under 49 CFR 173.197, requiring DOT-compliant containers and shipping manifests for every load.

Florida adds its own layer of requirements on top of the federal baseline. Under Florida Administrative Code Chapter 64E-16, biomedical waste generators, transporters, and storage facilities must follow specific rules for segregation, labeling, and storage duration, and Florida Statute Chapter 381.0098 requires that all regulated medical waste be transported only by a licensed biomedical waste transporter to a state-approved disposal facility. The Florida Department of Health also requires initial and refresher training for any employee who handles, transports, stores, or treats biomedical waste.

The penalties for non-compliance can be substantial. Fines for violations of federal biohazard waste regulations can range from $1,000 to $75,000 per violation, or up to $25,000 per day for continuing violations. OSHA has issued fines exceeding $90,000 against individual healthcare practices for bloodborne pathogen violations in recent enforcement actions.

The good news is that compliance doesn't have to be complicated. Partnering with a NAID AAA Certified, licensed medical waste provider takes the guesswork out of packaging, transport, documentation, and training. All Points Mobile Shredding & Medical Waste handles every step, from proper container setup to state-compliant disposal, and provides full documentation to support your compliance records.

Call 772.222.3266 to learn more about setting up compliant medical waste service.

Sources: OSHA 29 CFR 1910.1030; DOT 49 CFR 173.197; Florida Administrative Code Chapter 64E-16; Florida Statute 381.0098; Daniels Health

Check Out Our 5-Star Google Reviews Here!

Click Here to Learn About On-Site Shredding

Click Here to Learn About Electronics Destruction

All Points Mobile Shredding & Medical Waste
772.222.3266
clientcare@allpointsprotects.com
allpointsprotects.com

Connect with us

All Points Mobile Shredding | 505 SE Central Parkway | Stuart, FL 34994 US

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!