



Weekly Safety Tip

Walking Health Tips



SAFETY & HEALTH SHARE



Walking

Walking ~111 minutes/day can increase life expectancy by up to

11 years



Set a timer to walk for 5 minutes each hour



Skip the elevator or escalator and use the stairs



Turn phone calls into "walking meetings"



Park farther from your destination for extra steps

Source: British Journal of Sports Medicine, 2024

Wellable

David A. Varwig, CSP-retired and Vice-Chair of SCNWO Board of Directors

Weekly Safety Share



SAFETY SHARE

Beware of Credit Card Skimmers

Beware of Credit Card Skimmers

Stay vigilant at the pump—detect card skimmers, protect your account, and keep your transactions secure

When you pay for gas at the pump, give the card scanner a careful look.

A credit card skimmer that can capture information needed to access your account illegally may have been installed by a thief.

Here's what to look for:

- Loose or misaligned parts on the keypad or card reader slot could mean trouble. Report the problem and avoid the pump.
- Compare the card reader with others at the station. They should all look alike.
- Some geographic areas require a security seal on the pump. If it is broken, or if pump panels don't look secure, a skimmer could have been installed.



Be proactive:

- Use a credit card and a gas pump compatible with contactless credit card technology. Since this technology uses radio-frequency communication, there is no need to insert your card into a payment terminal, thus eliminating one threat posed by an illegal skimmer. In addition, the technology creates a one-time code for the transaction, further thwarting thieves.
- If not using a contactless credit card system, cover your hand when entering a PIN to authorize the transaction. Some thieves hide cameras when they install skimmers.

Finally, paying inside or using pumps close to the store and within sight of an attendant may be more secure. And check your account frequently for unauthorized transactions and report problems promptly.

Source Acknowledgement: **AAA**

DA Varwig for SCNWO



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