



WHEN DO YOU 'ARRIVE' AT WORK?

Injuries which occur “during the course of employment” are covered by the New Jersey Workers’ Compensation Act. For accidents which take place at the tail end of the workday, the issue of whether an injury is covered boils down to when an employee is deemed to have started or stopped work. Is it when the employee pulls into the complex in which the company is located? Once the employee parks their car? When they enter the elevator? Or is it when they sit down at their desk? Until recently ... [CONTINUE READING](#)



6 WAYS TO DRINK MORE WATER WITHOUT THINKING ABOUT IT

Staying hydrated is one of the pillars of healthy living. In fact, according to the Mayo Clinic, women should drink 11.5 cups (92 ounces) of water a day, and men should drink 15.5 cups (124 ounces) a day. But, if we’re being honest, water can be pretty boring to drink — there are things we’d rather be drinking, and busy schedules make it difficult. Here are some ways to work more water into your daily routine to promote optimal health ... [CONTINUE READING](#)



APRIL FOOLS' DAY GONE WRONG

April 1, aka April Fools’ Day, is when people love to pull pranks on one another. But if they’re not careful, pranks can end with a court case or jail time. Let’s take a look at a few April Fools’ pranks that have brutally backfired ... [CONTINUE READING](#)