

Stay Safe in the Sea!

Or the ocean, or the lake, or the river...
Here are 10 tips to keep you and your whole crew safe out on the water!



1. Make sure you are purchasing or renting boats that are right for the activities you want to do and body of water you'll be on. The internet is a great place to start your research, and be sure to ask boat owners you know and trust for advice.
2. Get basic training in navigation, rules and safety before setting out.
3. Check the weather before your trip, and be sure that you are skilled enough to navigate the conditions.
4. There should be enough safety equipment for everyone on board, including personal flotation devices and a first aid kit.
5. Do a check on the boat and engine just before pushing off--better to find a malfunction before you leave.
6. File a 'float plan' with a trusted friend or family member, so someone will know where you are at all times.
7. Make sure everyone has protective gear--not just life jackets but also warm clothes and sunglasses.
8. Have a VHF radio on board as well as flags and flares to signal an emergency.
9. Be aware of your surroundings at all times while out, and watch your alcohol intake, as your judgement will be impaired.
10. In case of an emergency, the sooner you alert authorities the better. Don't wait until it's dark!

Dates to Remember

August 4th
US Coast Guard Day

August 11th-12th
GeekGirlCon in Seattle, WA

August 12th
2012 Summer Olympics Closing Ceremonies

August 26th
Women's Equality Day

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Are You Wearing the Right Life Jacket?

You are going to wear a life jacket--it's just the smart thing to do. However, not all life jackets are created equal. If you are getting ready to spend some time in the water, it's important to do some research into the right type of life jacket for your activity. That which might be helpful to the strong swimmer on a general boat outing might not save the life of a non-swimmer on a jetski. Also, the right life jacket for an adult is certainly not going to be right on a child (in fact, children should be using life jackets made especially for a child.) Equally as important is wearing the jacket the whole time you are on the water. There won't be time to dig through the boat for a jacket in an emergency.



Types of Life Jackets



Inflatable

An inflatable life jacket, vest or belt style, is a stylish and comfortable if somewhat expensive choice. It is not meant for children or non-swimmers, and if you expect to be submerged (i.e. when water skiing) this is not the choice for you.



Vest Type

This vest-type jacket is probably the image that comes to mind when you think of a life-jacket. It is not as comfortable as an inflatable, but it will protect children and non-swimmers. It is also inherently buoyant, so no inflation is required to make the wearer float.



Vest Type Flotation Aid

A much more rugged choice, the vest-type flotation aid is perfect for high impact activities like water-skiing or white water rafting. It is inherently buoyant, and will sufficiently protect non-swimmers as well as children (though the correct size should be used for all wearers.)



Check out www.safeboatingcampaign.com for more safety tips and to join the Wear It! campaign.



Driving by the numbers

- ▷ 429.7 million dollars will be spent on highway maintenance in Washington State between 2011-2013.
- ▷ 88% of the US adult population (over 18) has a driver's license.
- ▷ Drunk driving costs the United States 142 Billion dollars a year.

The High Price of Safe Roads

In late July, Henry Jessop's wife was driving their family on I-5 near Northgate when they got an unexpected surprise. A concrete panel was knocked loose from the road and flew up through the windshield. The piece of road hit Henry Jessop in the chest, knocking the wind out of him. According to the Secretary of Transportation, Paula Hammond, this could be the symptom of a larger problem. Much of Interstate 5 was built in the 1960's, and as it ages it falls farther and farther into disrepair. Pair that with budget issues and you have a serious issue. The number of repairs required far exceeds the money or personnel that are available to fix them. The area that caused the accident with the Jessops was fixed hours after the incident.

This is just another reason why it is so important to be alert and vigilant when out on the road. There's no way to predict something like this, but you can make sure that you are ready to react to any situation quickly. Who knows how much



much more dangerous the Jessop's trip would have been if the driver had been distracted by texting or her passengers. It also highlights the importance of keeping our roads in good repair, especially in a city with a high commuter rate like Seattle. We only hope that future such accidents can be avoided.



Don't forget to check the back for a chance to win a Starbucks gift card!

Trivia! The first person to get these three trivia questions correct will win a \$20 Starbucks giftcard!

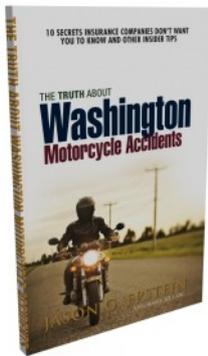


True or False? Starfish are herbivores who survive mostly off plankton.

What were the first life-jackets made out of?

What is the largest animal to ever live on the earth?

Email responses to dlee@plg-llc.com.



If you or someone you love has a motorcycle--order this book! Summer is primetime for motorcycles, which means it's also primetime for motorcycle accidents. Unfortunately, the injuries sustained in motorcycle accidents can be severe and long term, so it's important to know what your options are to get the care you need after a crash. This book contains helpful information written by an experienced motorcycle accident attorney that could mean all the difference in case of the worst.

Email dlee@plg-llc.com or go to www.premierlawgroup.com to order today!



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