

The Straight Talk

STRAIGHT TALK

LAW

From Premier Law Group and Straight Talk Law



ATV Safety

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August Calendar:

- 9/6: **Labor Day**
- 9/11: **Patriot Day**
- 9/12: **Grandparents Day**
- 9/21: **International Day of Peace**
- 9/23: **First Day of Fall**

All-Terrain Vehicles (ATV's) became popular in the 70's and remain a rite of passage for some families. As soon as a child gets to a certain age they receive their first quad or dirt bike replacing the bicycle the child received when they turned three. Though these are popular recreational vehicles and highly useful in rural areas and on farms they pose a grave hazard particularly when combined with highways which they are ill-equipped to handle.

In 2007 there were 699 deaths and 151,000 visits to the emergency room due to ATV acci-

dents. 30% of those injured in ATV accidents are young children under the age of 16.

Most states have passed legislation restricting ATV use in order to help curb these statistics. In Washington State ATV's must be registered and titled and the owner must receive an off-road vehicle permit to keep with their ATV. Also, ATV use is prohibited from dusk until dawn unless it is properly



equipped with both a taillight and headlight. And persons under the age of 13 may not operate an ATV on roads or across highways. Though these laws were enacted to help increase safety they do not address the main reasons accidents occur.

If your child is asking for an ATV or is already in possession of one there are a few things you can do to help ensure their safety.

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Supporting the Cause

I'd like to take a quick break from our typical car accident information, and talk about the Seattle AIDS Walk & Run. We are less than six weeks away from this fundraiser and I'd like to urge everybody to join us in donating to the cause.

Taking place in Capital Hill on September 25th, this is one of our city's best fundraising efforts to help support research in the fight against AIDS. Seeing everybody come together in a community-wide effort like this is truly special, and shows what we can accomplish when we work together.



Friend of the firm, Quincy Tyson, who has been HIV positive for nearly two years now, will be participating and is hoping to raise \$1,500 for the charity. Whether you can donate \$5 or \$500, any contribution would be greatly appreciated by Quincy and everyone else who has had their lives affected by AIDS.

If you are interested in supporting Quincy, or the AIDS Walk & Run in any way, you can find more information on his fundraising page. All donations, no matter the amount, go towards local organizations that are researching new ways to prevent AIDS infections, and helping out those who are already affected by the disease. To make a donation please visit the Seattle aids walk webpage and place a donation under **Quincy Tyson's** page (you can search for it under the donation tab)

Learn More About the
Aids Walk at:
www.seattleaidswalk2010.org

**ATTENTION
KIDS:**
Enter to Win Our
**Essay
Contest!!**

Ask a Doc with Dr. Chinn



I have whiplash from a car accident should I use Heat or Ice?

This is a question that is asked quite frequently and is often the result of a bit of confusion regarding the healing process.

Typically it is thought that the primary structures in the neck and back injured in a whiplash are the muscles. While it is true that the muscles are often

strained, stretched and even torn to a degree, the real damage is done to the ligaments.

The spinal ligaments are the rope-like connective tissue that tie our bones together and contribute to the primary integrity of the spinal column. The most important of these ligaments is the intervertebral disc or IVD. This is the part of your spine that is injured the most in a whiplash accident.

Heat is most beneficial when dealing with a pure muscle strain or injury. Ligaments that are inflamed and injured respond best to ice, especially during the initial phase of inflammatory response and the healing process.

So the short answer is "ice". Ice is your friend for the first few days, then, as the inflammation subsides, mobility is restored with specific chiropractic adjustments, massage therapy, and guided exercise. Moist heat, in moderation, can then be applied to assist in muscle repair and tissue circulation after the inflammation is gone.

Inflammation is often seen as a bad thing, however it is still part of the normal healing process. In much the same way that removing a fever can actually make it more difficult for the body's immune response to function, so is the mistake of trying to remove all of the inflammation. I typically recommend about 20 minutes of ice applied to the injured areas, then removal of the cold for about 90 minutes or so to allow the life-giving circulation to return.

All of these recommendations of course are best followed under the guidance of your doctor and health care team. As the saying goes, "You are unique, just like everyone else". Each injury is different, and our bodies all have our individual responses, so the help of a doctor to monitor your body's individual response is very important!

Dr. Chinn is a Chiropractor with Interurban Chiropractic in Tuquwila, Washington. For more information please visit:
www.interurbanchiropractic.com

FREE BOOK

Premier Law Group and Straight Talk Law would like to offer you one of the following books at no charge to you!

The Truth About Washington Auto Accidents
The Truth About Buying Washington Auto Insurance
The Truth About Washington Motorcycle Accidents
The Truth About Lawyer Advertising
In Case Of Death: Straight Talk on Washington Wrongful Death

Email us today and mention this coupon
to receive your FREE Copy: bailie@plg-pllc.com

ATV Safety *(Continued from Cover)*

Enroll in an ATV Safety Course:

Most ATV accidents can be prevented through a proper safety course which teaches riders how to better maneuver and react to situations. There are training classes offered throughout the country which will better equip your child for the road. Some places that offer ATV training are the ATV Safety Institute, most local ATV rider groups, state highway departments, and The National 4-H Council sponsors educational seminars on safe riding for children and teenagers. Drivers that take these classes have a lower injury and crash risk than those learning to ride on their own.

Protect Yourself

Wearing protective gear- particularly a helmet is extremely important. Many injuries on ATV's are head injuries and the simplest way to prevent or lessen these injuries is through the proper use of a helmet. Pick out a motorcycle or motor sport helmet certified by the US Department of Transportation (DOT).

Goggles, gloves, long pants and long sleeved shirts will almost help prevent cuts and abrasions.

Do Not Carry Passengers

The driver's ability to shift weight freely to accommodate a change in situation and terrain is essential in maintaining control of an ATV. Having a passenger's weight in the back makes it difficult to maneuver and control the vehicle.

Keep Off Paved Roads

ATV's are built for land use not pavement and can be difficult to control on paved surfaces. Roads also increase the danger of a collision with cars which often lead to fatal ATV accidents.

Children Shouldn't Be on Adult ATV'S

Children make up 1/3 of the death and injury victims in ATV crashes and most of these injuries occur when the child is operating or riding as passenger on an adult ATV. Children should only ride age appropriate ATV's as these are made with their weight and size in considera-

tion and are easier for children to maneuver.

Don't Drive After Dark

It is illegal in many states to drive from dusk until dawn without a headlight or taillight, but consider not driving at night as a general rule. At night it is difficult to make out tough terrain and common dangers and can often lead to serious injury.

Do Not Operate Under the Influence

Many people think it is safe to operate an ATV, lawn mower or scooter under the influence simply because it is not a car. Reaction time and judgment are affected just as much while on a slower moving vehicle as in a car and the mixture of the two is just as deadly. You also will be ticketed as readily for driving these vehicles under the influence.



Family Corner

While Mommy Was Out

While my wife was away I had the pleasure of spending some father-son time with my oldest son Quinn. We spent a gorgeous summer day out and about in Seattle- taking in some of the pleasures that the city offers. We started off with a stroll around the Seattle Center where we checked out the Seattle Children's Museum. Quinn loved the museum as he was for once able to touch everything without having to

worry about breaking it. After the museum we ventured over to Safeco Field to watch the Mariners.

It was a great day for a game, but sadly, the Mariners haven't been playing very well. Quinn's main entertainment was the cotton candy and the Mariners

Moose.. Luckily, he loves to dance and enjoyed 'shaking it' to the music throughout the game. After the sugar wore off we ventured back home where Quinn quickly fell asleep and left daddy some time to recuperate.



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TRIVIA QUESTION OF THE MONTH

What was the first movie to be filmed in color?

First person to email the correct answer to **Bailie@plg-pllc.com** will win a Starbucks gift card!!



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Kids 10-17 Enter to Win!!!!

ESSAY CONTEST

Who: Kids 10-17

What: A Poem or Essay on the Topic:
"If you were president, how would you make driving safer"

When: NOW! (submissions accepted through September 15th)

Where: Submit masterpiece to bailie@plg-pllc.com

Why: The winner will receive a \$50.00 Target Gift Card as well as have their work published in the October Newsletter and on the



This newsletter is intended to educate the general public about personal injury, medical malpractice, and small business issues. It is not intended to be legal advice.