



MAX MEYERS LAW **SPOKE & WHEEL**



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FREE Motorcycle Crash Scene Safety Seminar

Join us for a **FREE** Motorcycle Crash Scene Safety Seminar hosted by **Rick Wallace** on **Saturday, May 6th.**

9:30am - 12:30pm (location TBD)



by Max Meyers

Over the years, I have helped many injured motorcyclists who have been in accidents that have terribly changed their lives. I have heard story after story about friends not knowing exactly what to do to help a crashed rider who has sustained serious injuries.



motorcyclists lives by sharing his knowledge and experience. We can improve the quality of care and outcomes of injured motorcyclists by learning and practicing some vital skills. Learn how to ride better and safer, and learn how to take care of a rider when they have crashed.

During the Motorcycle Crash Scene Safety Seminar Rick teaches riders what they need to do at a crash scene; from the time the rider puts their kickstand down to help, to the time they put their kickstand up to resume their ride.

At a crash scene there is a need for Clear, Quick, Decisive, Rescuer Safe actions. These actions need to be learned, practiced, and mastered just like our riding skills. These actions can save lives, decrease pain and suffering, and help speed an injured rider's recovery.

We at Max Meyers Law want to do something to help the rider community and address this problem. So as the riding season approaches, we are putting on a **Crash Scene Safety Seminar**, lead by safety expert **Rick Wallace**.

A little about Rick... he has worked as a Combat Medic, a Respiratory Therapist, a Firefighter/Paramedic and an EMS Educator. He began "patching up" people in 1969 when the army sent him, as a 20 year old, to Vietnam. He served as a combat medic in a recon platoon with the 101st Airborne, taking care of everything from infected leech bites to injured comrades. His life since then has been one of caring for the injured and ill in their homes and on the street.

As a rider, Rick wants to continue to help save

WHAT DOES THE COURSE COVER?

SCENE SAFETY

- Legal considerations
- How to protect ourselves at the scene
- Equipment - Scene Safety Kit - Trauma Care Kit
 - Scene Tasks
 - Communications

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FREE INSTANT DOWNLOAD

Discover the secrets insurance companies don't want you to know.

Get Max's book **The Ultimate Guide to Car Accident Cases in Washington: Car Accident Secrets Unlocked.**

Go to our website www.WaCarAccident.com to get your free download now or call **425.276.7804** to have a copy mailed to you.

Motorcycle Safety Seminar

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TRAUMA CARE

- Mechanisms of injury
 - Verbal First Aid
- Triage of downed rider(s) to prioritize care
- Head-to-toe exam to find all injuries
 - Patient handling
- Assisting EMS on arrival

PREPARING TO RESUME YOUR RIDE

SCENARIO DRILLS

- Multiple scenarios to enable all attendees to practice skills in the roles of scene leader, scene safety, patient care, and victim
- Goal is to develop confidence and an understanding of what is involved in dealing with a motorcycle crash scene

This is a participatory event, to get the most out of it please bring your riding gear and first aid kit.

If you would like to join us for this FREE safety seminar, please email **Dawn** at dawn@maxmeyerslaw.com to reserve your spot by **April 1st**.

Space is limited and will fill up fast! We look forward to seeing you there!



IT'S NOT TOO LATE To Open an IRA and Contribute for the 2016 Tax Year!

Tax season is right around the corner! You may be eligible to deduct contributions made to an IRA before April 15, 2017 on your 2016 taxes. Don't wait...be sure to speak with your Financial Advisor to find out more about your options.

(If you don't have a financial advisor, we highly recommend **Loren Winter** at **Edward Jones** in Kirkland!)

DROWSY DRIVING in Washington

Drowsy driving is a huge problem in the State of Washington and in the United States as a whole. This is largely due to the fact that many people underestimate how dangerous drowsy driving can be. Many people do not know that driving while fatigued can be just as dangerous as driving under the influence of alcohol. How do we fix this problem?

WHAT DO THE STATISTICS SAY?

More than 1,300 drivers and motorcycle riders were involved in fatal drowsy driving crashes in the United States in 2014, according to the **National Highway Traffic Safety Administration (NHTSA)**.

The **National Sleep Foundation (NSF)** believes this number is a bit higher; the NSF claims about 1,550 people die in drowsy driving crashes each year. The NSF also reports that approximately 100,000 accidents result from drowsy driving each year.

However, it is likely this number is much higher than even the NSF's estimations because there is no physical test, such as a Breathalyzer, to determine whether a driver was fatigued at the time of collision.

WASHINGTON STATE DROWSY DRIVING STATISTICS

In the **Washington State Department of Transportation (WSDOT) 2014 Annual Collision Summary**, 2,745 accidents resulted from a fatigued, asleep, or ill driver. Twenty three of these collisions were fatal; more than 1,110 resulted in injuries.

However, just as with the national statistics, it is likely this number is much higher. Drowsy driving can present in other ways that you might never have considered. For example, drowsy driving can cause negligent behaviors such as the following:

- Distracted driving
- Following too closely
- Going over the center line
- Failure to yield right-of-way to a motor vehicle
- Disregarding signals (e.g., stop signs, red lights, yield signs, turn signals, etc.)
- Failure to yield right-of-way to pedestrians or bicyclists

This could lead to thousands more accidents that WSDOT never attributed to drowsy driving.

HOW COMMON IS DROWSY DRIVING?

A survey by the **AAA Foundation for Traffic Safety** found that **more than 20 percent of fatal accidents involve a drowsy driver**. At least one-third of respondents admitted to having fallen asleep at some point in their lives and 10 percent of survey respondents admitted to falling asleep while driving in the last year. People drive drowsy every day; however, unless a driver falls asleep, s/he might not have any idea of how fatigued s/he is.



WHAT IS WASHINGTON STATE DOING TO PROTECT RESIDENTS FROM DROWSY DRIVING ACCIDENTS?

Washington State is well aware that it has a problem with drowsy driving. In an attempt to raise awareness and stop drowsy drivers from getting behind the wheel, Governor Jay Inslee declared **November 6 - 13** of 2016 as **Drowsy Driving Prevention Week**.

But that is not all; **did you know drowsy driving is illegal in Washington State?** If you fall asleep behind the wheel, officers will issue you a ticket for negligent driving and fine you \$550. A negligent driving ticket will most likely raise your insurance rates.

WHAT CAN I DO IF I WAS INJURED IN A DROWSY DRIVING ACCIDENT?

Many people do not think twice about getting behind the wheel when they did not get enough sleep. However, if they cause an accident because they were too tired to operate a vehicle safely, they can be liable for any accidents and injuries they cause.

Proving liability in a drowsy driving crash is often very difficult, but we can help. We can investigate the accident, build your case, and negotiate with insurers to get you the compensation you need and deserve after a drowsy driving accident.

If you or a loved one suffered injuries in a drowsy driving crash in Washington, call us today to schedule a free consultation to discuss your case: 425-276-7804.

Frozen Potato Casserole

Shelly's RECIPE CORNER

In honor of National Tater Day on March 31st, we wanted to share this wonderful recipe that was passed down by Dawn's Grandma. Enjoy!

INGREDIENTS

32 oz. bag of frozen diced or shoe string potatoes
1 stick of melted butter
1 cup sour cream
1 can Cream of Mushroom Soup
1 cup green onions, chopped
1 cup shredded Cheddar cheese
Corn flakes for topping

DIRECTIONS

Preheat oven to 350 degrees. Coat the bottom of a 9x13 baking dish with some of the melted butter. Mix remaining butter in a bowl with Cream of Mushroom soup and sour cream. Put a layer of frozen potatoes in baking dish. Cover with half of the sauce and all of the green onions. Top with layer of half the shredded cheese. Repeat layers and finish by topping with crushed corn flakes. Bake uncovered for 35 minutes. Enjoy!



How Daylight Savings Time AFFECTS YOUR HEALTH

Daylight savings begins this month on the 12th, which means that once again we will be turning our clocks ahead an hour.

It is common to hear people complain about daylight savings. Mostly, people complain about how it effects their sleep! **You may be asking yourself...doesn't changing the clock back and forth have some kind of impact on my health?! Well, studies have shown that the answer to that question is YES!** Time changes can have noticeable effects on your body and overall health.

You may think that daylight saving time is only a small change, but remember it does affect us twice each year. By changing the clocks just one hour, it throws off our circadian process. Studies have shown that the removal of an hour in your day has been linked to more of the following:

Sleep deprivation issues

Associated with an increased risk of stroke

Can alter your appetite due to released hormones that cause us to crave food

Associated with an increase in heart attacks

Linked to more workplace injuries

Linked to more auto accidents

Negative effects on cognitive ability

Here are a few tips from the experts on how to ease your way into the time change:

> **Eat dinner early** - circadian rhythms coincide with the time we eat, so having dinner an hour earlier than normal will help tell your body to go to bed earlier.

Don't forget!
Move clocks **FORWARD** one hour on
Sunday, March 12th

> **Take an afternoon nap** - if you think it is unlikely you will be able to go to bed early, try taking a nap during the day to get some extra Zzzs.

> **Reduce or eliminate** caffeine, alcohol and exercising several hours before bedtime.



> **Avoid screen time** before bed - reducing time in front of the TV, computer or smartphone will help restless sleepers get extra shut-eye before the time change.

> **Expose yourself** to light (especially sunlight) right after you wake up - sunlight tells the body it's time to wake up!

WE ARE ALL IN THIS TOGETHER...MAY THE FORCE BE WITH YOU!



MAX MEYERS LAW^{PLC}



HAPPY ST. PATRICK'S DAY

MARCH 17TH

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MARCH EVENTS CALENDAR

Bike Show MARCH 4 - 5

Check out the vendors of bikes, bike gear, travel accessories, and fitness equipment at the Seattle Bike Show at CenturyLink Field Event Center.

Visit www.seattlebikeshow.com/ for more details.

Travel and Adventure Fair MARCH 4 - 5

Travel Adventure Gear Expo is for outdoor enthusiasts and features a zip line, rock climbing wall, demo pool for kayaks, and tons of outdoor gear at CenturyLink Field Event Center.

Visit www.trailtoadventure.com/ for more details.

Birding Festival MARCH 10 - 12

Wings Over Water Northwest Birding Festival celebrates migratory birds that flock to the pristine coastal area near Blaine. Expert speakers, exhibits, and kids' activities. Free except field trips.

Visit www.wingsoverwaterbirdingfestival.com/ for more details.

Dinosaur Weekend MARCH 11 - 12

Touch fossils and talk to paleontologists about dinosaurs on Dino Weekend at the UW Burke Museum.

Visit www.burkemuseum.org/calendar/dino-day-2017.

Coin Show MARCH 17 - 19

The state's oldest and largest public coin show is at the annual convention of the Pacific Northwest Numismatic Association, Tukwila Community Center.

Visit www.pnna.org/convention/convention.html.

Northwest Women's Show MARCH 18 - 19

The annual Northwest Women's Show features seminars on health and finance, fashion shows, cooking demonstrations, and hundreds of vendors at CenturyLink Field Event Center.

Details can be found at www.nwwomenshow.com/.

Taste of Pike Place Market MARCH 24

Arcade Lights is an artisan food, craft beer, and wine festival featuring more than 70 local artisan food and drink purveyors for ages 21+ to benefit the market.

Visit http://pikeplacemarketfoundation.org/events/arcade-lights/.

Citizen University MARCH 24 - 25

Join 500 people of all political persuasions at Citizen University, a one-day conference where you'll learn the skills to become a more powerful citizen, and great leaders will inspire you to take action, in the Fisher Pavilion at Seattle Center.

Details can be found at www.citizenuniversity.us/conference/.



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