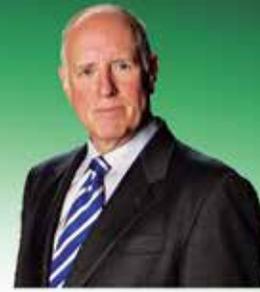


Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

MAY 2016

www.kalfusnachman.com

Page 1

May 2016, Vol 20

In This Issue...

- ✓ [Bicycling Safety – Our Focus and Our Passion](#)
- ✓ [Fitting Your Bike Helmet](#)
- ✓ [Associate Attorney Michael J. Levens Joins Kalfus & Nachman](#)
- ✓ [Petextrians and the Case Against Distracted Walking](#)
- ✓ [Kalfus & Nachman Cares](#)
- ✓ [Happy Mother's Day](#)
- ✓ [Hampton Roads Show dates](#)

Bicycling Safety – Our Focus and Our Passion

Spring is upon us here in the Hampton Roads area, taking a bicycle for a spin in the fresh air is just what we need. Our favorite trail is right here in Norfolk, At the Norfolk Botanical Gardens. You can ride your bike from 4 p.m. to 7 p.m. Mondays, Wednesdays and Thursdays through Oct.



The National Highway Traffic Safety Administration (NHTSA) agrees, naming May as Bicycle Safety Month to encourage everyone, bicycle riders and drivers, to model safe behaviors for the safety of all road users.

The campaign continues with the motto, "Be a Roll Model," which emphasizes the importance of both bicycle riders and drivers can play in reducing the risks of traffic accidents and preventable injuries and deaths.

Here at Kalfus & Nachman we are committed to Bicycle Safety in the community.

In 2015, Attorney Tom Fitzgerald discussed "Sharing the Roads with Bicycles" on the WAVY News' Hampton Roads show. Attorney Fitzgerald emphasized that bicyclists and vehicle drivers must share the road and be respectful of each other, and highlighted legislation that has recently been brought up in the Virginia General Assembly:

- Mandate a 3-foot passing zone when passing a bicyclist. This is the law in 22 other states.
- Treat bicyclists like vehicles so that if they are hit from behind, the car or truck driver will be at fault. Virginia is the only state not to give bicyclists this protection.

In 2012 Attorney Paul Hernandez appeared on WAVY's Hampton Roads show to share bicycling safety rules: *....continued on page 2*

Our Offices

Norfolk
Military Circle
870 North Military
Highway,
Suite 300
Norfolk, VA 23502
757.461.3303

Newport News
749-B J. Clyde
Morris Blvd.
Newport News,
VA 23601
757.245.4878

Roanoke
Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012
540.343.4878

Call 1-888-hurtline or
visit us
www.kalfusnachman.com

We service Virginia and
North Carolina

Follow us...

 [on Facebook](#)

 [on Google+](#)

 [on Youtube](#)

 [on Twitter](#)

....continued from page 1 **Bicycling Safety – Our Focus and Our Passion**

- The most severe injury for bicyclists is a head injury, so always wear a helmet – it's required by Virginia law. The helmet must fit well and clip tightly to the head, especially for children.
- Add visibility by wearing a reflective device that goes over clothes.
- Be sure to have a light on the front of the bike, as the law requires, and a red flashing light on the back in addition to all other bicycle reflectors.
- Bicyclists must follow the rules of the road just like a car – drive in the same direction as traffic and stop at stop lights. It's best to walk a bicycle across when crossing streets.
- Always assume that drivers don't see you.
- Stick to neighborhood roads instead of busy highways when riding with children.

Both of these segments are available on our website www.Kalfusnachman.com and our YouTube Channel.

Fitting Your Bike Helmet

Buy it. Fit it. Wear it.
EVERY RIDE!

The Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: www.bhsi.org/.

STEP 1

Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

STEP 2



Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

STEP 3



Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

STEP 4



Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

STEP 5



Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

STEP 6



Final Fitting:

A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.

B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.

C. Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.

D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Associate Attorney Michael J. Levens Joins Kalfus & Nachman

The personal injury and disability benefits law firm of Kalfus & Nachman announced Monday that a new associate attorney has joined the practice. Michael J. Levens worked for several years as a magistrate for the City of Lynchburg, Virginia, before joining Kalfus & Nachman as an associate attorney.

"We are honored to have Michael on the team," said Paul Hernandez, an attorney at Kalfus & Nachman. "He is already proving himself to be an exceptional advocate, and we look forward to seeing the contributions he will make in service to our clients."

Levens received his law degree in 2014 from the Liberty University School of Law. He graduated second in his class. During law school, Levens interned for Judge William Petty on the Virginia Court of Appeals.

As a magistrate for the City of Lynchburg, Levens was responsible for conducting hearings on probable cause, issuing arrest and search warrants and more. During that time, he also served as an adjunct professor preparing third-year students of Liberty University School of Law for the bar exam.

Hailing from a musical family, Levens plays the double bass outside of the office as part of the bluegrass band Kinfolk.

Please welcome Michael to the team.



Petextrians and the Case Against Distracted Walking

It's bad enough that we have to watch out for distracted drivers buried in their cell phones. But now drivers might even need to be wary of pedestrians.

That's because pedestrian fatalities—for the first time since the 70s—are again on the rise, despite vastly improved vehicle safety systems.

And a major reason for those higher casualties is the same cause for many traffic fatalities and accidents—texting and other mobile device use.

Amazingly, distracted drivers aren't fully to blame here. As it turns out, texting on the go, no matter whether you're walking, driving or riding a bike, vastly increases your risk of having an accident.

Distracted walkers (so-called "petextrians") are at risk for death and injuries in situations that normally prove harmless. In the past decade, pedestrians consumed with electronic devices have walked off bridges, in front of trains, into oncoming traffic, and straight off roofs.

Some studies indicate pedestrians distracted by mobile devices tend to misjudge their path by more than 60%, which is often far more than the margin of error between stopping on a street corner and stepping in front of a car.

An Ohio State study found that more than 80% of distracted walking accidents happen to young adults between 21 and 25, and surprisingly half of these accidents even happen at home.

Some of these falls are so tragic because they could have been avoided simply by the victim **coming to a stop and checking their surroundings before glancing at their phone.**

That's all it takes. The difference between walking from A to B and getting into a serious accident can sometimes amount to a quick peek at your phone.



Kalfus & Nachman Cares

Kalfus & Nachman is using their Facebook Page to help local causes, like yours. In the month of **April 2016** we featured the Norfolk Animal Adoption & Care Center.

The Norfolk Animal Care and Adoption Center cares for 400 - 600 animals each month, and nearly 6,000 animals each year. They find new homes for over 2,000 pets annually.

....continued on page 4

...continued from page 3 **Kalfus & Nachman Cares**

Organizations applying must meet the following criteria:

Have current tax-exempt status under Section 501(c) of the Internal Revenue Code.
Be located in, and serve, Hampton Roads or Roanoke, VA.
Be active on social media sharing news of your organization.

Selection Process:

A response will be provided via email or phone within 2 weeks of your request to gather more information.

Our Community Initiatives Team will meet to discuss if the opportunity is a good match for our Kalfus & Nachman Cares of the Month Program.

If you are interested in Kalfus & Nachman featuring your organization, contact the Director of Marketing @ Kalfus & Nachman by calling 75-461-4900 or e-mail mlm@knlegal.com



Norfolk

Military Circle
870 North Military
Highway,
Suite 300
Norfolk, VA 23502

Roanoke

Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012

Newport News

749-B J. Clyde
Morris Blvd.
Newport News,
VA 23601



**Hampton Roads Show in
May 12 & 26, 2016.**

