

Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

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www.kalfusnachman.com

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Get Your Child Back to School Safely



Back to school time is exciting and fun and a great time to reinforce safety guidelines with your child.

Getting to School

Here are some quick tips for walkers:

- Never walk to school alone – and don't accept a ride from a stranger.
- Stay on the sidewalk or walk facing traffic.
- Cross the street at a corner or intersection.
- Stop – look left, right and left – and listen before crossing the street.

When biking to school be sure to:

- Wear a helmet that fits correctly.
- Follow the rules of the road like riding along with the traffic flow – you can find complete Virginia rules here.continued on page 2

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....continued from page 1 **Get Your Child Back to School....**

- Wear bright colors and reflective materials especially if riding at night.
- Practice riding skills like stopping, signaling a turn and looking over your shoulder.

The greatest risk to children who ride school buses to school is not the bus ride itself, but getting on and off the bus:

- Line up for the bus at least 3 giant steps away from the street.
- Wait until the bus stops and the driver signals you to enter.
- Never walk behind the bus.
- Wait until the driver tells you it's safe to cross the street and walk far enough in front of the bus to see the bus driver and they can see you.

Be Ready for Fall Sports

No matter what fall sport your child enjoys – soccer, football, field hockey or cross country – prepare him or her for enjoyment, not injury:

- Have your child evaluated with a pre-participation physical exam.
- Encourage your child to stay well hydrated before, during and after sports with a personalized water bottle.
- Gentle stretching before and a cool-down after activities can help avert injuries.
- Prevent overuse injuries by varying sporting activities and taking some time off.

Backpack Safety

A too-heavy backpack can cause back pain and poor posture and serious neck and back injuries. Carrying a backpack that is too big can change a child's gait and posture and increases the risk of falling.

- Choose a backpack that ends above the waist and that has padded, adjustable straps.
- Carry only what is necessary – a backpack should weigh no more than 10% of the child's weight.
- Invest in a pack with rolling wheels if permitted.

Surviving the Hot Summer Nights during the Dog Days of August

We all know how hot it gets here in the summer months! Here are a few ideas you can use to help stay cool.

- a. Choose Cotton
- b. Stick Sheets in Freezer right before bed time
- c. Freeze a hot water bottle right before bed time
- d. Turn on a fan across the room
- e. Dampen sheets and blankets
- f. Loose clothing as summertime jammies
- g. Cold compresses on your pulse
- h. Sleep alone
- i. Sleep in hammock
- j. Drinking water and getting hydrated before bedtime
- k. Cold showers
- l. Turn off lights
- m. Hang out wet sheets
- n. Cook out, stay away from the stove
- o. Encourage cold feet
- p. Unplug at night
- q. Camp at home
- r. Hog the bed

Looking for a Job? How's Your Social Media Profile?

Postings on social media sites like Facebook, Twitter and LinkedIn are a fun way to share daily experiences and photos with friends and family. But be warned – anything placed on social media becomes public and can be used against you in a job search.

It's a fact that 98% of employers check out Facebook pages and LinkedIn profiles when considering a candidate. Recruiters use social media sites to get a better picture of a job applicant over and above the information available in a cover letter, resume or interview. A candidate can be screened for indefinable qualities like character and personality which may not be evident in standard employment documents.

And there lies the problem – there may be photos or language on your social media sites that could discourage a potential employer from considering you for a position.

Do any of these appear on your social media pages?

- Inappropriate or provocative photos or information
- Evidence of drinking or drug use
- Evidence of poor communication skills
- Negative remarks about prior employers
- Discriminatory comments on gender, race or religion
- Statements that contradict your qualifications

Clean up your social media sites. First Google yourself to find out what's out there. Clean up photos and inappropriate status updates. Lastly, change your settings to keep your private life private.

Attorney Tom Fitzgerald of Kalfus & Nachman explains the dangers of social media, especially for a personal injury case, in this video.

If you or a family member has been injured in a pedestrian, bicycle or vehicle accident or other personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-361-0430** for your initial free consultation. Kalfus & Nachman PC, Personal Injury attorney in Norfolk, can help you determine whether you need a lawyer for any personal injury case.

From all of us at Kalfus & Nachman

We thank all of our friends for voting Kalfus & Nachman Law Firm the Best of Reader's Choice Award – Virginia Coastal Magazine 2015, this is the second year in a row winning this prestigious honor.

We look forward to continuing to offer our Hampton Roads Community top notch legal service!



Let's cheer the K&N team on in the "2015 Rock and Roll Marathon"

The Annual Rock 'n' Roll Marathon held at Virginia Beach Sept 5-6, 2015 has raised more than \$310 million for participating charities. We will have a few of our Kalfus & Nachman team members participating in the race. So we are putting together our 1st ever, "Kalfus & Nachman Cheer Team or Individual".



We are looking for the best Kalfus & Nachman Cheer Team or individual for the race. All we ask is that you wear a T-shirt, which can be picked up at 870 N. Military Highway and post a photo of you and your team along the course route on K&N Facebook page.continued on bottom



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....continued from top Let's cheer the K&N team on in....

We need your cheer photos of the K&N Cheer teams cheering the runners along the way. Get creative with green & black face paint, green wigs, etc. and have fun doing it. Photos must be uploaded to the K&N Facebook Page no later than Sept. 10, 2015 @ 12:00am. The winner will receive a gift card valued at \$100.

For more information email mlm@knlegal.com. *Rules and regulations apply.

**Winner will be selected by Kalfus & Nachman Staff only. Only one gift card per team. The photo must be uploaded no later than Sept. 10, 2015 @ 12:00 am. The winner will be notified by Kalfus & Nachman. Kalfus & Nachman reserves the rights to all photos posted and to be used for promotional purposes only.*



As Seen On WAVY TV

Tune in for New Legal Matter Segments on

August 13, 2015 on WAVY TV

August 27, 2015 on WAVY TV