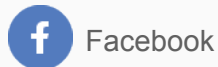


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The summer is flying by and back to school is right around the corner. It's getting to be time to start thinking about school supplies. Of course, your children's safety is in the forefront of our minds. Personal Injury cases involving children are among the most heart-wrenching. Our first article offers some safety tips. Back to school means an increase in traffic and school speed zones are back in play. Our own Jon Corra wrote a blog revealing pedestrian deaths are at a 25-year high. Please take time to read this piece as well as "Back to School Means Sharing the Road" below. We want everyone to be safe and certainly every accident is tragic, especially those involving innocent children.

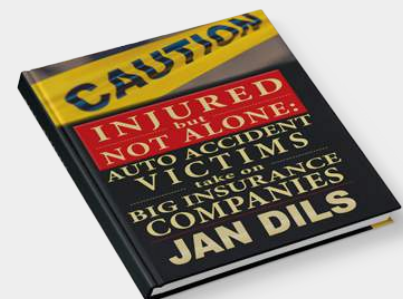
At Jan Dils, Attorneys at Law, we see many senseless Personal Injury cases inflicted on our clients. Don't be a victim or the cause of an accident. There is a tremendous amount of public awareness around drunk driving (and the severe and costly legal consequences), but did you know that driving after going more than 20 hours without sleep is the equivalent of driving with a blood-alcohol concentration of 0.08 percent? Reaction times are slower and even the briefest of nods – microsleep – can lead you to swerve into oncoming traffic or off the road. Drowsy driving puts everyone at risk. Hopefully this article will provide some sobering facts for all drivers to think about before getting behind the wheel or pushing the limit in terms of driving long distances without ample rest breaks. The hope of getting to your destination faster is moot if you don't get there at all. Unfortunately, our team has represented safe drivers hit, injured or worse because someone else was careless. If you are a victim, you know we are always here for you. Call

Personal Injury law blog

[What To Do If You Witness
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877.526.3457 or send us an [email](#). However, most importantly, don't be the cause of a life-changing accident.

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School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work.

It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. More children are hit by cars near schools than any other location, according to the National Safe Routes to School program. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and

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vehicles

- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way



Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children. Speeding in a school zone or passing a stopped bus comes with heavy fines, but that is still not the most serious consequence. Remember the rules of the DMV:

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children. If the yellow or red lights are flashing and the stop arm is extended, traffic must stop

- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

At Jan Dils, Attorneys at Law, we want to keep our children safe. A Personal Injury case involving a child has a life-long impact on the driver and, of course, the family. Be smart. Share the road.

Source: <https://www.nsc.org/home-safety/seasonal-safety/back-to-school/drivers>

The Sobering Truth About Driving While Drowsy



According to the American Sleep Foundation, about half of U.S. adult drivers admit to consistently getting behind the wheel while feeling drowsy. About 20 percent admit to falling asleep behind the wheel at some point in the past year – with more than 40 percent admitting this has happened at least once in their driving careers.

These startling figures show how prevalent drowsy driving is. What drivers may not realize is how much drowsy driving puts themselves – and others – at risk.

Impact of Drowsiness on Driving

Driving while drowsy is similar to driving under the influence of alcohol:

Drivers' reaction times, awareness of hazards and ability to sustain

attention all worsen the drowsier the driver is.

Driving after going more than 20 hours without sleep is the equivalent of driving with a blood-alcohol concentration of 0.08 percent – the U.S. legal limit.

You are three times more likely to be in a car crash if you are fatigued. A driver might not even know when he or she is fatigued because signs of fatigue are hard to identify. Some people may also experience microsleep, a short, involuntary nod. Microsleep of just four or five seconds can result in a vehicle traveling the length of a football field if the driver is driving at a highway speed.

Prevalence of Drowsy Driving Crashes

According to the National Highway Traffic Safety Administration (NHTSA), every year about [100,000 police-reported crashes involve drowsy driving](#). These crashes result in more than 1,550 fatalities and 71,000 injuries. The real number may be much higher, however, as it is difficult to determine whether a driver was drowsy at the time of a crash.

A study by the American Automotive Association (AAA) Foundation for Traffic Safety estimated that 328,000 drowsy-driving crashes occur annually. That's more than three times the police-reported number. The same study found that 109,000 of those drowsy-driving crashes resulted in an injury and about 6,400 were fatal. The researchers suggest the prevalence of drowsy-driving fatalities is more than 350 percent greater than reported.

Beyond the human toll is the economic one. The NHTSA estimates fatigue-related crashes resulting in injury or death cost society \$109 billion annually, not including property damage.

Interventions for Drowsy Driving

Drowsy driving affects everyone, but especially those under age 25, who make up an estimated 50 percent more of drowsy-driving crashes.

That means interventions focusing on this age group – males especially – can help reduce drowsy driving among those vulnerable. One such intervention is for parents to incorporate discussions and rules on drowsy driving while completing their [parent-teen driving agreements](#).



Other ways to reduce drowsy driving include:

- **Crash avoidance technologies:** New and existing safety technologies, such as drowsiness alert and lane departure warnings, can detect common drowsy-driving patterns and warn drivers to stay in their lane or take a break.
- **University interventions:** College students receive less than average sleep, with some estimates at less than six hours a night; education programs aimed at college students may help curb drowsy driving and instill healthier behaviors that can last into adulthood.
- **Getting more sleep:** According to the American Academy of Sleep Medicine and the Sleep Research Society, adults should get seven or more hours of sleep each night.
- **Medication labels:** An article by *Consumer Reports* found that side effects warnings are not always clear; new labeling guidelines may help drivers understand when to drive or not drive after taking these medications.
- **Employers:** Workplaces with strong off-the-job safety and health programs can include key information on getting sufficient sleep and refraining from driving drowsy.

In an effort to reduce the staggering statistics that result from drowsy driving, the NHTSA continues to work closely with the state and local partners, law enforcement agencies, and the more than 350 members of the Road to Zero Coalition to help address human choices that are linked to 94 percent of serious crashes. The NHTSA also continues to promote vehicle technologies that hold the potential to reduce the number of crashes and save thousands of lives every year and may eventually help reduce or eliminate human error and the mistakes that drivers make behind the wheel.

Stay connected with the NHTSA: Search for open recalls using the [VIN Look-up Tool](#) | Download the SaferCar mobile app for [Apple](#) or [Android](#) devices | Receive recall alerts by [email](#) | Follow the NHTSA on [Facebook.com/NHTSA](#) | Follow on [Twitter.com/NHTSAgov](#) | Watch 5-Star Safety Ratings crash tests on [YouTube.com/USDOTNHTSA](#).

Sources:

<https://www.nsc.org/road-safety/safety-topics/fatigued-driving>

<https://www.nhtsa.gov/risky-driving/drowsy-driving>

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