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Memphis ends mask mandate

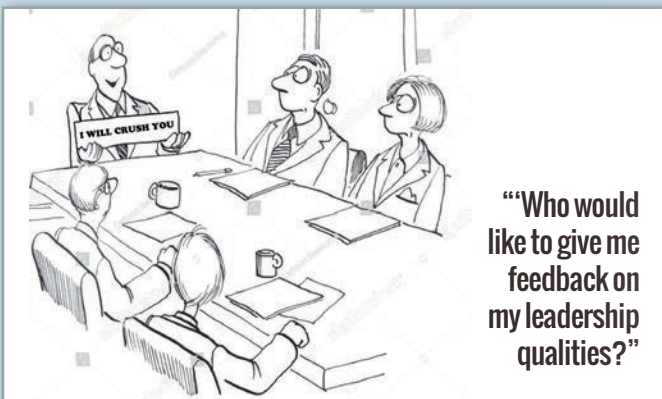
Masking in Memphis will no longer be required. Starting May 15, the city will stop enforcing the mask ordinance. Mayor Jim Strickland says due to Gov. Bill Lee declaring the state is no longer in a public health emergency and Shelby County Health Department lifting the mask mandate, the city can no longer mandate use.

Strickland says the city does not have "stand-alone authority to mandate masks as a response to COVID-19." However, anyone entering City of Memphis facilities, with the exception of parks and outdoor spaces, will still be required to wear a mask.

Masks are still required in these situations:

- Mass transit (airplanes, trains, buses, ride-shares, etc.).
- Working or visiting an establishment (business, restaurant, school, etc.) that requires masks and has signs posted that masks are required.
- Entering property on which a local, state or federal authority has ownership and the authority requires masks.

Private businesses and churches can also continue to require the use of masks.



“Who would like to give me feedback on my leadership qualities?”

3 tips for safely sharing the road with motorcycles

Sunshine and warmer weather can entice many people to hit the open road, including motorcycle riders. Unfortunately, the spring and summer months also experience an increase in roadway collisions, often involving motorcycles.

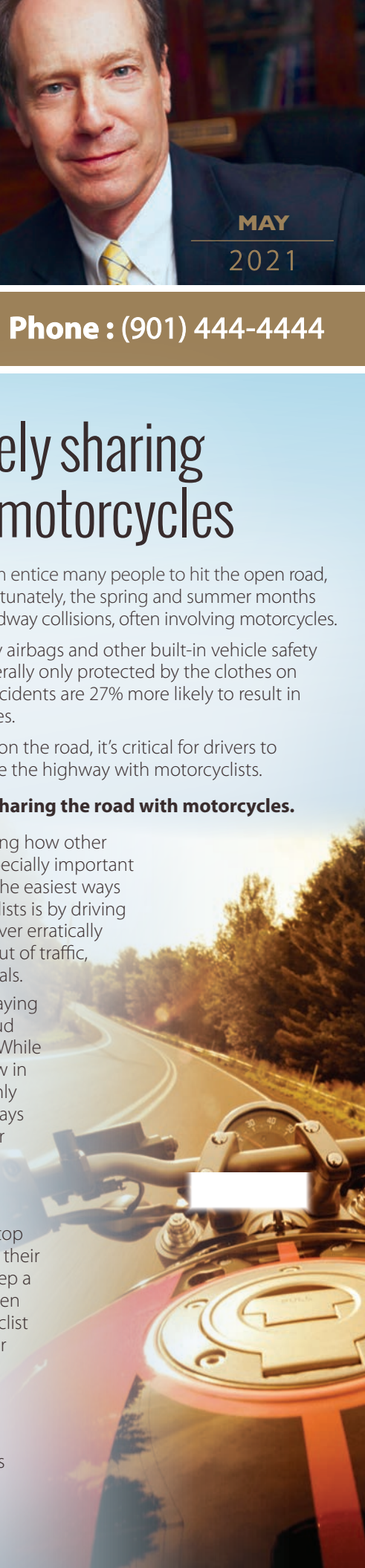
While car drivers are protected by airbags and other built-in vehicle safety features, motorcycle riders are literally only protected by the clothes on their backs. In fact, motorcycle accidents are 27% more likely to result in fatality compared to other vehicles.

To ensure the safety of everyone on the road, it's critical for drivers to understand how to properly share the highway with motorcyclists.

Here are three tips for safely sharing the road with motorcycles.

- 1. Drive Predictably:** Predicting how other vehicles act on the road is especially important for motorcycle riders. One of the easiest ways car drivers can help motorcyclists is by driving predictably. Drivers should never erratically change lanes, suddenly pull out of traffic, and always use their turn signals.
- 2. Listen Closely:** A popular saying in the motorcycle world is "loud pipes save lives." And it's true! While motorcycles are harder to view in blind spots, drivers can certainly hear them. Drivers should always pay attention, using both their eyes and ears, to look out for motorcycles.
- 3. Keeping Distance:** In dry conditions, motorcycles will stop more quickly than cars due to their smaller size. Drivers should keep a safe following distance between their vehicle and the motorcyclist in front of them. This allows for ample opportunity to safely come to a stop.

Every person deserves to enjoy the roadways safely. By following these three simple tips, car drivers can securely share the road with motorcycles in the summer.



Construction accident mistakes

Construction workers are among the five most-often injured sectors of workers according to 2020 statistics from the U.S. Department of Labor.

Those working in the construction industry suffer approximately 250 incidents per 10,000 full-time equivalent workers. That trails only nursing assistants, heavy truck and tractor-trailer drivers, laborers and freight, stock and material movers and light truck drivers.

The Bureau of Labor Statistics 2019 Survey of Occupational Injuries & Illnesses stated 195,600 workplace injuries occurred in construction. Falls, falling debris, electrocution, explosions and burns as well as machinery accidents, are among the most common injuries.

These accidents can leave you in a lot of pain and cause the household bills to pile up due to missed time at work. It becomes very important to follow these guidelines below if you are injured on the job.

The first thing in any workplace accident is to ensure the accident has been properly reported. Do not leave the scene until your

employer has been notified and you are sure there is written documentation of the incident. This includes collecting any evidence of the cause or aftermath of your accident. Cell phone photos, personal notes and names of witnesses are all pieces of information that can aid your case down the road.

Next, you must see a doctor as soon as possible. You will want to seek treatment and begin your path to recovery right away.

Finally, you may have to talk with the insurance company at some point. Always keep in mind that the insurance company is not working for your best interests. They are working to reduce the amount owed to you for your injury.

If you or a loved one has suffered a workplace injury, contact our office to schedule a free consultation.



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The greatest professional compliment we can receive is when one of our clients refers a friend, family member, or neighbor to our firm. Thank you! We appreciate your confidence in us.



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Is there a link between stress and illness?

Many aspects of your life can impact your mental health and cause stress. From a demanding job to numerous family obligations, it seems like you can't ever hide from stress.

While stress can disrupt your sleep and cause ruminating thoughts, it can also cause certain types of diseases. Chronic stress is a mainstay of modern life, but there are ways to mitigate it. Everyone experiences anxiety and stress, but it severely impacts those over 50. In a recent poll conducted by Harvard University, Robert Wood Johnson Foundation, and NPR, about a quarter of 2,500 participants stated that they suffered from a "great deal" of stress during the last month. Another poll by AARP found that 37% of adults ages 50 and up experienced a major stressful life event in the past year, including job loss and the death of a relative.

Stress can cause a wide range of conditions that older Americans are more susceptible to, including:

- The common cold
- Wounds healing at slower rates
- Weight gain
- Heart disease
- Insomnia
- Depression
- Stomach ulcers
- Chronic back, shoulder, & neck pain

If you have experienced any of these stress-related ailments, it's important to take action. There are many ways to reduce stress, including:

- Regular exercise
- Journaling
- Spending time with family & friends
- Meditation
- Cognitive behavioral therapy

- Anxiety-reducing supplements, including lemon balm, green tea, and valerian

If you suffer from chronic stress, it's critical to relieve your anxiety. Stress can cause emotional, mental, and physical issues. To learn how to reduce stress in your life, talk to a qualified therapist about possible treatment options.



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