

DAVID E. GORDON

The Law Office of David E. Gordon

Board-Certified Civil Trial Specialist

Fewer than 2% of Tennessee lawyers are board-certified.



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Preventing Fall Sports Injuries

For many high school students, fall not only means a return to class, but a return to the field. Whether it's for the school team or an intramural league; whether football, cheerleading, soccer, field hockey, or any other sport; knowing how to minimize the chance of injury is vitally important. You know what they say about an ounce of prevention, right?

In the weeks before classes start, many athletes are already taking to the practice field. Two-a-days are tough for any athlete; for teenagers they can be dangerous. The number one way to stay safe on a hot August afternoon is to stay hydrated. Athletes should make sure to drink plenty of fluids (without caffeine!) and watch for warning signs of heat-related problems, such as dark-colored urine, fatigue, dizziness, headaches, nausea, cramps, excessive sweating, or a cessation of sweating. If one experiences any of these symptoms, they should immediately take a break to cool down and rehydrate.

A general way to lessen the chances of athletic injury is to have a warm-up and cool-down routine. Coaches should work with athletes to develop such routines. Coaches should also be encouraging athletes to train during the offseason. Showing up in shape will benefit in many ways, including making injuries less likely.

Properly fitting pads and helmets are another key to injury prevention. Make sure to have any protective equipment fitted at purchase. If you suspect an improper fit, ask the coach to take a look. While no helmet or pad can completely protect against injury, a proper fit will minimize the risk of serious injuries like concussions.

What Happens If You Are Injured in a Work-Related Car Crash?

Suppose a local route driver is injured in an accident while on his way to make a delivery or a salesperson is injured on the way to a presentation. First, it is important to know that worker's compensation benefits apply, even if the accident is the employee's fault. But if the accident is not the employee's fault, then the injured worker should also be compensated by the other driver. The driver at fault is obligated to pay the injured worker like any other injured motorist; namely, for medical bills, lost earnings, pain and suffering, and loss of enjoyment of life. (Remember, however, that if you get paid by the at fault driver, the workers' compensation insurance company is entitled to reimbursement for everything it paid for the employee).

In the event of a serious injury, the claim against the other driver for your pain and suffering and loss of enjoyment of life will be the much larger claim. Workers compensation benefits in TN and MS have been cut down by the state legislatures, resulting in very little money for even permanent injuries. So the victim of a car wreck at work should consult a lawyer to see whether he can be compensated fully by the other driver or through your company's automobile insurance.

It is possible in this situation that your own automobile insurance policy will provide compensation to you even though you were injured in a company vehicle while at work. This would be the case if the other driver is uninsured, there is no uninsured coverage on the company vehicle, and you have uninsured motorist coverage on your personal policy. It may sound confusing. That's why you should contact The Law Office of David E. Gordon for a free discussion of your rights.



What to Do if You Suspect Elder Abuse and Neglect

When older adults can no longer care for themselves their loved ones are tasked with finding a trusted care provider.

Unfortunately, up to five million older Americans are abused annually. If you suspect your loved one is being abused or neglected, you must take immediate action.

1. Understand the Signs

Identifying common signs of elder abuse can help determine if your loved one's health is jeopardized.

- ▶ Bruises, broken bones or cuts
- ▶ Weight loss, poor hygiene and unattended medical problems
- ▶ Behavioral changes, including timidity, withdrawal or depression

2. Document Evidence

Start documenting valuable evidence to support your claim. Take photos of any injuries and document when and where they occurred. Keep track of other types of abuse, including neglect and emotional or financial abuse.

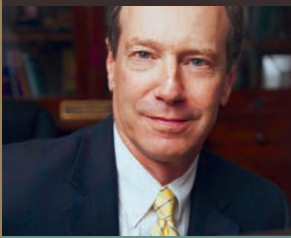
3. Contact an Experienced Elder Abuse Attorney

Contact an elder abuse lawyer as soon as possible. If you suspect your senior loved one is suffering abuse or neglect at the hands of their caregiver, call our office today.

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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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Who Should You Call First After a Car Crash: An Attorney or Your Insurance Company?

Automotive accidents can be terrifying and overwhelming experiences for those involved. This can lead to short-sighted decisions that can impact victims' chances of compensation for their pain and suffering.

For example, a victim might call their insurance company before speaking to an attorney. The information they provide their insurance provider can return later to haunt them.

After a car crash that was not your fault, you should always contact a lawyer before calling your insurance company. An attorney can help protect your rights and claim. This will help you secure compensation for damages.



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