

# ALTMAN | ALTMAN

ATTORNEYS AT LAW

Personal Injury | Criminal Defense | General Practice

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AROUND THE OFFICE



# Spring

## Happy Spring from the Altman Legal Team!

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After a long, cold, and very white winter, Spring is finally here! Our team at Altman & Altman, LLP, is excited to present our first quarterly newsletter. We are always striving to reach out to our clients to share the latest in legal news and helpful information. Our goal with our newsletters is to generate awareness about different topics, as well as share some of the things going on in our office.

This quarter's newsletter will highlight bicycle safety. Warmer weather means more outdoor activities, including more cyclists on the roads. Motorists and cyclists are responsible for obeying the rules of the road to ensure safe travels. Whether you're traveling on two wheels or four, we've compiled some helpful tips to help you stay safe this Spring. We hope you enjoy!



## About Our Firm

## SPRING BIKE SAFETY

*Tips every cyclist and driver needs to know to stay safe this spring*

The snow has melted and finally the roads and bike paths are clear for cyclists. Whether you plan to bike your way around this spring, or drive, we want you to remember to travel respectfully and responsibly, and ultimately stay safe.

In the state of Massachusetts, bicycle riders are considered motor vehicle operators. Just like those driving in cars, bicyclists must adhere to the rules of the road by obeying stop signs, signals, and road markings, yielding to other traffic, and traveling in the same direction as traffic. While it is permitted for bikers to travel on the sidewalk, bicyclists should travel in designated bike lanes whenever possible. Always remember if... *(continued on next page)*



Altman & Altman, LLP has been serving individuals of the Massachusetts Commonwealth for nearly 50 years. We concentrate our practice in Personal Injury, Mass Tort, Criminal Defense, and General Practice of law.

At Altman & Altman, we pride ourselves in providing outstanding results for our clients. Exceeding our clients' expectations will always be the foundation of our practice.

### 24/7 Availability

*Our attorneys are available around the clock to answer your questions or to assist you on a new legal matter.*

**Cambridge**  
(617) 492-3000

**Boston**  
(617) 547-1205

you are riding a bike through traffic to use the correct signaling motions before making a turn.

What you do before getting onto a bicycle is equally as important. **ALWAYS** wear a well-fitted helmet, no matter how far you are planning to ride. Helmets are the simplest way to prevent a traumatic brain injury should you be involved in an accident (*See how to fit your bike helmet*). You should also wear appropriate clothing when riding a bike. Wear shoes with laces such as tennis shoes and wear bright clothing, or clothing with reflectors when riding in the early morning or at night to make yourself more visible to other drivers.

Never ever consume alcohol or illicit drugs before riding a bicycle. Not only do you risk injury to yourself, but others as well. Remember that you are responsible just as those driving cars and you may be charged with an OUI if you do ride a bike while under the influence of alcohol or drugs.

As a motor vehicle operator, you have an obligation to bicyclists on the road. Be courteous and share the roads with bicyclists by allowing at least three feet of clearance when passing a person on a bike. Always be diligent when opening car doors and yield to bicyclists at intersections, or taking turns. Remember that you are protected in your vehicle—bicyclists do not have the same advantage.

For more information visit the **National Highway Traffic Safety Administration** website at: [www.NHSTA.gov](http://www.NHSTA.gov).

## ATTORNEY SPOTLIGHT RICHARD FLOOR



Richard Floor is a Civil Litigation Attorney at Altman & Altman. He also serves as the Director of Recruitment at the Firm. He received his Bachelor of Arts Degree from Boston College in 2006 and his Juris Doctorate from Villanova School of Law in 2009. He practices both civil and criminal matters including personal injuries, motor vehicle accidents, traffic violations, and suspended drivers' licenses.

Outside the office Richard enjoys playing golf and softball. He is also involved in local politics in Boston and Cambridge.

# HOW TO FIT YOUR BIKE HELMET

*Wearing a properly fitting bicycle helmet could make all the difference during an accident. Bicycle helmets are the only way to protect against traumatic head and brain injuries, and even death.*

## 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 Straps

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

Make sure your helmet fits correctly. You should not be able to rock it back and forth in front of your eyes. If your helmet does feel loose, try tightening the chin strap and side straps.

*For the most comprehensive list of helmet sizes according to manufacturers visit:*

[www.BHSI.org](http://www.BHSI.org)



## AROUND THE OFFICE

Next month, Altman & Altman paralegal Asya Jackson, will be walking 20 miles for Project Bread's annual Walk for Hunger. Since 1969, Project Bread has been hosting this event to raise funds that support 430 emergency food programs that aid families in crisis. Over 40,000 walkers are expected to participate in the walk.



## WANT MORE HELPFUL INFORMATION?

Check out our daily Boston Attorney Blogs on our Altman & Altman Website, for coverage of news around the Commonwealth and information to help you on your case.

[www.Altmanllp.com/blogs](http://www.Altmanllp.com/blogs)

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