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Personal Injury | Wrongful Death | Auto Accidents | Premises Liability | Product Liability

OVER \$160,000,000 RECOVERED FOR OUR CLIENTS!

Vehicle Submersions



CONTENTS

	Page
Lessons in Vehicle Escape - POGO	2
What is Negligence?	3
Here's to Your Health	3
Guest Column: Sleep is Fundamental to a Healthy Lifestyle	4
Firm News	5

Vehicle Submersions – Water is All Around Us

Lessons in Vehicle Escape: Pop, Open, Get Out (POGO)

The National Highway Traffic Safety Administration reports that an average more than 300 vehicle occupants die in submersion type crashes each year. Florida leads the nation in such deaths.

The Associated Press reports that Palm Beach County alone has 317 miles of canals, not including lakes and ponds. Two of the deadliest Palm Beach County canals run parallel to State Road 80 and Florida's Turnpike. According to the Drowning Prevention Coalition of Palm Beach County, 181 people have drowned in vehicles since 1997 in Palm Beach County.

Seconds can mean the difference between life and death.

It typically takes one to two minutes for a car to fill with water. This can be a difficult situation for any person to escape, especially if they are in shock or injured. The key to survival is to prepare for and have a plan if your vehicle ends up in water.

Most likely, you will not be able to use the door or open the windows, and will need a hammer tool, like in the photograph to the right, that will allow you to escape your vehicle.

Keep the tool in your vehicle in a place that is easy to find and reach for, like your center console or glove box.

To help prepare you and your family for an unexpected vehicle submersion, **please scan the QR Code below with instructions on how to obtain one of these tools from Murray Guari.**

We hope that you will never need to use this hammer tool; please feel comfortable knowing you have one.

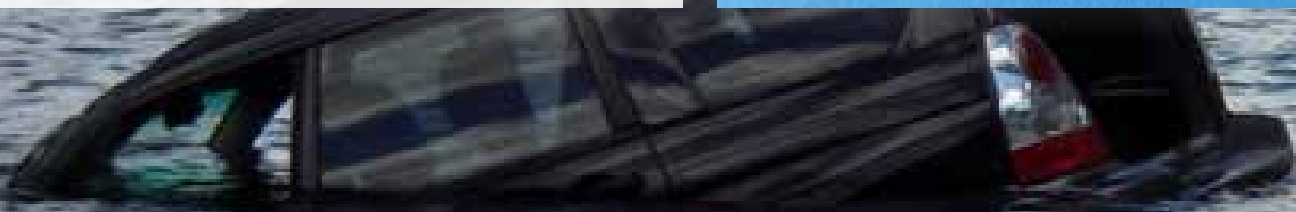
For more information, visit our website at <https://murrayguari.com/submerged-vehicle-drownings>. ■



POGO

- **Pop/release Seatbelt(s)** – release children from restraints and bring them close to an adult who can assist in their escape.
- **Open or break windows.**
- **Get Out** – children should be pushed out of the window first and followed immediately (climb atop the car and then call for help or get to shore).

To avoid panic, the escape procedure must be simple, quick, and easy to remember – POGO.



Knowledge is Power

LEARNING LEGALESE!

Negligence

Negligence is a wrongful act (referred to as a “tort”) arising from carelessness or the failure to act with reasonable care when such conduct causes damage to the person or property of another. To prove negligence in a personal injury claim, a plaintiff has to prove the following four (4) things:

1. The defendant/tortfeasor (the individual that committed the wrongful act) had a duty/obligation to the plaintiff.
2. That the defendant/tortfeasor violated or breached that duty.
3. The breach of duty caused damage/injury to the plaintiff; and
4. The plaintiff suffered damages.

If you have a question about negligence, please contact our offices at (561) 366-9099. ■



HERE'S TO YOUR HEALTH

Popular New Sport - Pickleball

Looking for some exercise that is fun, social, and friendly? Pickleball may be for you. By the end of 2021, more than 4.8 million Americans were taking up pickleball. This statistic demonstrates it is one of the fastest growing sports.

Pickleball is an indoor/outdoor sport that is a combination of tennis, badminton, and ping pong. There can be two players

or four players. The game is played with a racket/paddle and a plastic ball that is about the size of a baseball. The object of the game is to hit the ball over a 36-inch-high net and into the other player's court. The sport can be enjoyed by players of all ages and skill levels. ■



**GUEST
COLUMNIST**

Ira B. Brassloff, M.D. – Internal Medicine Specialist

Sleep is Fundamental to a Healthy Lifestyle

Health and wellness are topics near and dear to me. I firmly believe that adequate sleep is fundamental to a healthy lifestyle. In order to maintain health, you should have between seven and nine hours of sleep each night.

Studies show that lack of sleep is associated with a higher mortality rate. Insufficient sleep leads to chronic health conditions such as diabetes, stroke, heart disease, and high blood pressure. Too little sleep can lead to depression, skin damage, weight gain, decreased sex drive, and impairments in judgment and the ability to learn.

As we strive to succeed and work long hours, we need to realize our bodies require rest. Our bodies need time to unwind, so doing work or checking emails right before bed is not a good idea. Additionally, the light of a phone acts as a stimulant and can keep us awake.

Some steps to improve sleep hygiene include avoiding substances such as alcohol, caffeine, and nicotine. Caffeine and tobacco are stimulants, and although alcohol is a sedative, after several hours, it also acts as a stimulant. Lowering the bedroom temperature and making sure the bedroom is dark and quiet can help encourage sleep. **DO NOT** sleep with the TV on. **AVOID** looking at the clock during the night, even if this means you put the clock where you won't be tempted to look at it. Eating too close to bedtime will



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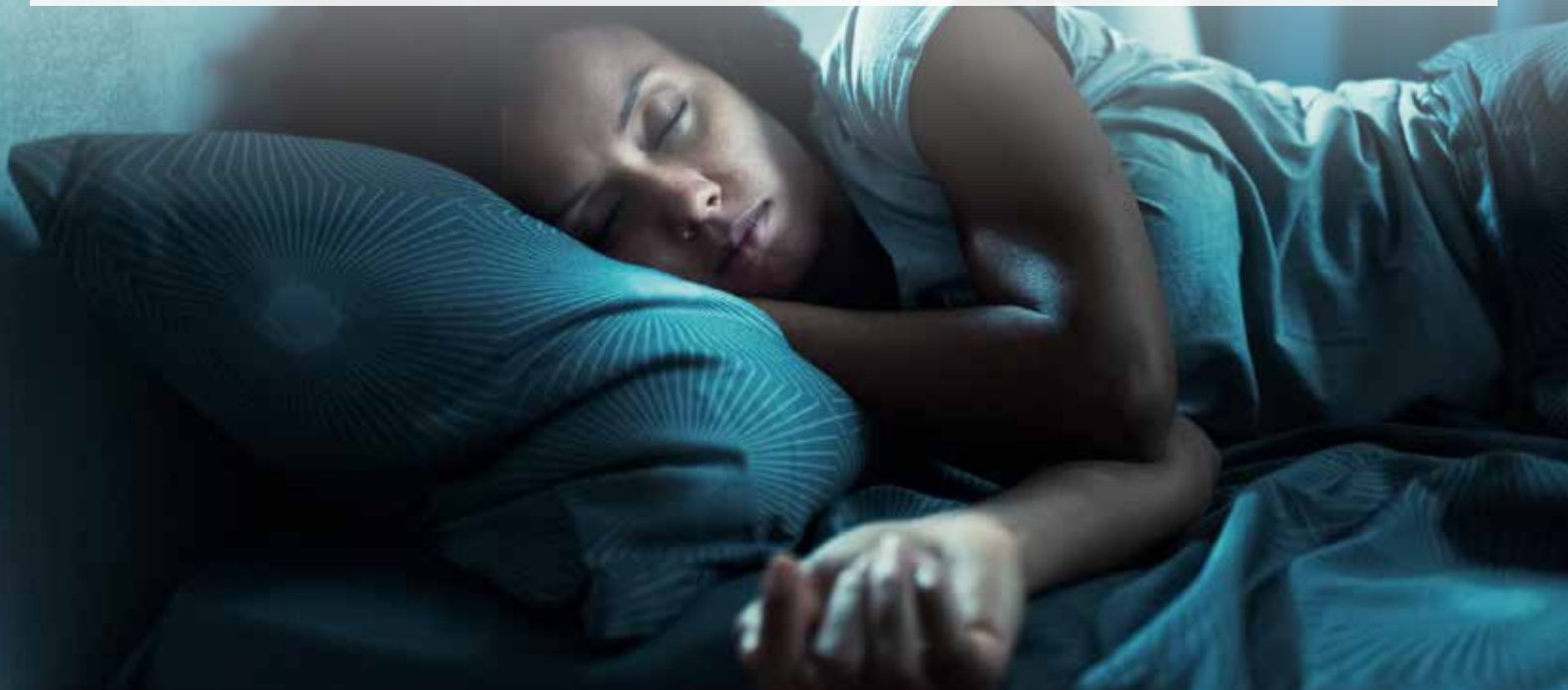
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also make it more difficult to nod off, so eat dinner early enough so that there will be at least a couple of hours before bedtime. Make sure you drink fluids, so you won't wake up thirsty. You should establish a sleep routine and follow it nightly so your body will prepare for sleep.

Prescription medications for sleep are a last resort. Melatonin is an over-the-counter supplement that I have found helpful in my practice. I find 5 or 10 mg of melatonin to assist patients in keeping insomnia at bay. Prescription medications come with side effects, including lethargy the next morning.

Sufficient, quality sleep is necessary to repair and rejuvenate our bodies. Establishing good habits that promote sleep hygiene can help you fall and stay asleep, which in turn, benefits your overall health status. ■



Firm News



Meet Team Member Patricia Ferreira

Patricia joined our firm in September 2022. She is a Legal Assistant for the Pre-Litigation Department who supports the Senior Paralegal and the firm's attorneys by opening up new files and preparing cases for demand and settlement. Originally from Queens, New York, she relocated to South Florida. Prior to joining the firm, she worked for a personal injury / workers' compensation law firm as a legal secretary in the Litigation Department. She has more than 20 years of plaintiff experience. Patricia is also fluent in Portuguese and Spanish.

In her free time, she enjoys playing softball, going to the beach, and spending time with her daughter Chloe. ■



Meet Team Member Crystal Phillips

Crystal joined the firm in 2010. She is a Legal Assistant for the Pre-Litigation Department who supports the Senior Paralegal and the firm's attorneys by working up and preparing cases for demand and settlement.

Originally from Canada, Crystal relocated to Florida where she has worked in the legal field for the past 17 years. She graduated from South University with a bachelor's degree in Public Health and Research. Crystal has always had a strong will and desire to help those in need. Through her engagements, Crystal has and continues to sit on the board for community liaison and community development for the Historic NW, in the city of West Palm Beach. ■

Thank You For Your Confidence And Trust In Us

We at Murray Guari are thankful and humbled by the **positive feedback from our clients**. We remain strong on our focus – helping our clients when they need it most. **Here are a couple of recent reviews provided by our clients:**

*"I had a very complicated case I'm positive I could not have gotten a better result with any other firm. My team consisted of **Jason Guari, Scott Perry and Megan Carney**. Very hard-working team made me feel like I was their only client. Scott's attention to detail and dedication to my case was unbelievable. Can't thank my team enough!" ~ JK*

*"**Mr. Murray** is highly detailed and very organized. The entire office is professional. Yes, he is very caring and does things for free to help out his clients. But what I most appreciated was that everything was done thoroughly and in a timely manner. Because of their diligence, I received a very large settlement.... 10 times over what the insurance agent offered me before I went to Mr. Murray." ~ ZM*

*"Estimada Familia Murray Guari, nos tomamos la libertad de llamarlos Familia porque es de la manera que nos han hecho sentir, durante el tiempo en que estuvieron trabajando en el accidente de carro que tuvimos mi esposo y yo. En ningún momento fue un impedimento no hablar inglés, la comunicación siempre fue la mayor. **Mr. Guari se esforzó por hablar Español para darnos el mejor trato**. No podemos estar más bendecidos y agradecidos de los resultados de su magnífico trabajo." ~ CG*

Recognitions

Our attorneys have been recognized on the local and national levels for their achievements in law, as well as their community leadership and other activities.



**Murray Guari –
Hablamos Español**



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Murray Guari Trial Attorneys PL

Referrals are the Greatest Compliment. How Can We Help?

At Murray Guari Trial Attorneys PL, **we represent victims** throughout Florida who have suffered serious personal injuries due to the negligence of others. **Our team is truly concerned about our clients' well-being and getting justice for them.** We are proud that our clients come to us based on a personal recommendation from past clients and from other attorneys in the community who respect our reputation and the quality of our work. We would be honored to put our experience, skill, and integrity to work for you or anyone you refer. ■



Keith Hedrick, Scott Murray, Jason Guari, and Scott Perry

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