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# Safety on Wheels

## Essential Tips for Cars, E-Bikes, & Motorcycles

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## E-Bike Safety

# A Growing Concern Demands Awareness and Care

The popularity of electric bicycles (e-bikes) has surged, offering a convenient and eco-friendly way to commute, exercise, and explore. Their pedal-assist and full-electric modes make hills easier and distances shorter, attracting riders of all ages and fitness levels. However, their increasing use has also led to growing safety concerns. With speeds reaching up to 28 mph, recent accidents and national statistics highlight the potential dangers of e-bikes, underscoring that they are not toys, but “motorized vehicles” requiring caution and responsibility.

According to the American College of Surgeons, e-bike injuries are becoming a public health concern. The Consumer Product Safety Commission (CPSC) estimates 53,200 emergency room visits due to e-bike injuries between 2017 and 2022, with a sharp rise to 24,400 in 2022 alone. Tragically, the CPSC reports 104 e-bike-related fatalities during that period. Locally, Palm Beach County has seen trauma center admissions for e-bike injuries more than double from 29 in 2023 to 66 in 2024, with common injuries including head trauma, internal injuries, and fractures.

The increased speed and weight of e-bikes compared to traditional bicycles are key risk factors. Riders must be mindful of their velocity, which requires greater stopping distances and quicker reactions, particularly in shared spaces with pedestrians and vehicles.

### Key Safety Tips for E-Bike Riders:

- **Wear a Helmet** – A properly fitted helmet can significantly reduce the risk of serious head injuries.
- **Know Your Bike** – Familiarize yourself with the controls, braking system, and pedal assist levels before riding.
- **Be Visible** – Wear bright or reflective clothing and use front and rear lights, even during the day.
- **Follow Traffic Laws** – Obey traffic signals, stop signs, and yield to pedestrians. Ride in designated bike lanes when available.
- **Stay Alert** – Watch for road hazards, parked cars, and distracted drivers. Use both sight and hearing to stay aware.
- **Maintain Your E-Bike** – Regularly inspect tires, brakes, lights, and battery function to ensure safe operation.

**Understand Local Regulations:** Be aware of any age restrictions or rules specific to e-bike usage in your community. Florida law prohibits riders under 16 from operating certain e-bikes on roads, though regulations for trails and off-road areas vary. A recent Florida Senate bill aimed at allowing local governments to set their own age restrictions failed, leaving regulations inconsistent.

As e-bikes become more common, prioritizing safety through education and responsible riding is crucial. These powerful machines demand respect, careful operation, and a commitment to safety to prevent unnecessary injuries and fatalities. ■





# Motorcycle Safety

## The Importance of Visibility and Protective Gear

Riding a motorcycle offers an unmatched sense of freedom, but it also comes with increased risk. Unlike drivers in enclosed vehicles, motorcyclists have little protection in a crash, making visibility and proper gear essential for safety.

### The Reality of Motorcycle Crash Risks

Since 2015, more than 5,000 motorcyclists have been killed in traffic crashes annually, according to the National Highway Traffic Safety Administration (NHTSA). In 2022, there were 6,218 motorcyclists killed—accounting for 15% of all traffic fatalities. Motorcyclists were about 22 times more likely than passenger vehicle occupants to die in a motor vehicle crash and were 4 times more likely to be injured.

### Be Seen: The Critical Role of Visibility

Motorcycles are smaller and harder for other motorists to spot, leading to many avoidable accidents. Riders must take proactive steps to improve their visibility:

- **Wear Bright Colors** – High-visibility clothing in neon yellow, orange, or red increases your chances of being seen, especially in daylight.
- **Use Reflective Gear** – At night, reflective strips on jackets, pants, gloves, and helmets help you stand out in headlights.
- **Keep Headlights On** – Ensure your headlight is always on, even during the day, and consider auxiliary lights for added visibility.
- **Smart Lane Positioning** – Ride in the lane's best position for visibility, avoid blind spots, and always assume other drivers might not see you.
- **Signal Clearly** – Use turn signals well in advance to communicate your movements.

### Gear Up: The Necessity of Protective Equipment

In a crash, protective gear is often the difference between minor injuries and life-threatening trauma. Always wear:

- **Helmet (DOT-Approved)** – The most important piece of gear, a helmet dramatically reduces the risk of fatal head injuries.
- **Jacket & Pants** – Leather or abrasion-resistant textiles protect against road rash and impact injuries.
- **Gloves** – Reinforced gloves protect your hands from debris and help prevent severe injuries in a fall.
- **Boots** – Over-the-ankle boots provide critical support, reducing the risk of fractures.
- **Eye Protection** – A full-face visor or goggles shield your eyes from wind, debris, and insects, ensuring clear vision.

### Ride Smart, Stay Safe

Motorcycling is fun, but safety should always come first. By increasing visibility and wearing the right protective gear, riders can significantly reduce their risk of injury and ensure a safer experience on the road. ■



# Car and Truck Safety

## The Often-Overlooked Importance of Tire Maintenance

While modern safety features like airbags and anti-lock brakes have revolutionized vehicle safety, one of the most critical—and often neglected—components is your tires. As the only point of contact between your vehicle and the road, tires play a crucial role in traction, braking, and stability. Poor tire maintenance can lead to serious accidents, making regular checks essential.

### The Real Cost of Tire Neglect

According to the National Highway Traffic Safety Administration (NHTSA), tire failures contribute to approximately 11,000 crashes annually in the United States, resulting in about 200 fatalities and 6,000-10,000 injuries each year. These sobering statistics highlight why proper tire maintenance isn't just about vehicle performance—it's a matter of life safety.

### Tire Pressure: A Key Factor in Safety

Keeping tires properly inflated, as specified in your vehicle's manual or doorjamb sticker, is vital for:

- **Optimal Traction** – Ensures maximum road grip for safe acceleration, braking, and cornering.
- **Even Wear** – Prevents premature tire replacement due to uneven wear patterns.
- **Reduced Blowout Risk** – Underinflated tires flex more, generating excessive heat which can lead to dangerous blowouts, particularly at high speeds.
- **Better Fuel Efficiency** – Proper inflation lowers rolling resistance, improving gas mileage.

### Tread Depth: Essential for Road Grip

Tires rely on tread depth to channel water away and maintain grip, especially in wet conditions.

- **Check with the Penny Test** – Insert a penny into the tread with Lincoln's head facing down. If you see the top of his head, your tread is below the legal limit (2/32 of an inch) and it's time for new tires.
- **Prevent Hydroplaning** – Worn tires struggle to maintain traction on wet roads, increasing skid risks.

- **Inspect for Damage** – Regularly check for cracks, bulges, or embedded debris that could weaken the tire.

### Additional Tire Maintenance Tips

- **Rotate Regularly** – Promotes even wear and extends tire life.
- **Check Alignment** – Prevents uneven tread wear and ensures smooth handling.
- **Consider Tire Age** – Be aware of the age of your tires. Even if the tread looks good, tires older than six to ten years may be at a higher risk of failure due to material degradation.
- **Consider Seasonal Tires** – Winter tires with special tread patterns and rubber compounds enhance safety in snow and ice conditions.
- **Visit NHTSA Website** – <https://www.nhtsa.gov/vehicle-safety/tires>

While high-tech safety features grab attention, well-maintained tires remain a driver's first line of defense. Regular tire care helps ensure safer travels—for you, your passengers, and everyone on the road. ■



# Firm News



## Meet Pre-Suit Paralegal Brenda Sheffield

Brenda joined the firm in December 2024. She has over 20 years of experience as a licensed claims adjuster and manager handling property damage, personal injury protection and injury claims. She also spent 2 years working in the legal field as a Legal Assistant, Senior Case Manager, and Pre-Litigation Paralegal.

Brenda Sheffield was born and raised in Delray Beach and graduated from the University of Florida with a Bachelor of Science Degree in Business Administration and Management.



## Meet Pre-Suit Legal Assistant Hanosh Kapadia

Hanosh Kapadia joined the firm in January 2025. He was born and raised in West Palm Beach, FL, and graduated from the University of Central Florida with a bachelor's degree in business. He hopes to continue his education and earn his law degree, with the goal of one day practicing personal injury law as an attorney. He is a Legal Assistant for the Pre-Litigation Department supporting the Senior Paralegal and the firm's attorneys working up and preparing cases for demand and settlement.



## Meet Litigation Paralegal Elena Gamez

Elena joined the firm in March 2025 as a Litigation Paralegal. Born to Cuban parents, Elena was raised in South Florida and is fluent in Spanish. As a Litigation Paralegal with over 15 years of experience, Elena specializes in the preparation of the legal documents such as summonses, complaints, and motions. She manages discovery, works closely with clients when their cases are in litigation, and assists in trial preparations. On her free time, she enjoys relaxing, reading, being by the ocean, nature runs, creative crafts, working out, meditations, yoga and spending time with her family and college daughter.



## Meet Legal Assistant / Intake Specialist Bailey Rydzewski

Baily Joined the firm in March 2025 as a Legal Assistant in the Intake Department supporting the Senior Paralegal and the firm's attorneys in opening new files. Bailey grew up in Delray Beach, FL, and graduated magna cum laude from the university of North Florida with a bachelor's in psychology and a minor in sociology.

## 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:**



**Sophea Piunti**



A huge thank you to Scott Murray and his team for helping me with my case and working with me to achieve the best possible outcome. You guys are truly amazing. The BEST law firm in town.



**Kerry LoCascio**



We had a great experience working with Keith and Jason as well as all the staff at Murray Guari. They were there for us every step of the way and worked very hard for us. Top notch attorneys, recommend 100%!!



**La Palma Realty**



From start to finish, Attorney Scott Perry's service was outstanding, and the final result was way better than expected. THANK YOU SCOTT & Murray Guari !!!

*We have over 126 5-Star Reviews on Google!*



# 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.



## Super Lawyers

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**Murray Guari Trial Attorneys** is a boutique personal injury law firm in South Florida. We've been helping clients for over 20 years to recover compensation for injuries caused by negligence.



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

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