



THE LAW OFFICES OF R.F. WITTMAYER, LTD.  
PERSONAL INJURY LAW

Together we can prevent accidents and promote safety in our community

We hope you will find the information included in each of our new eNewsletters to be helpful to you on the subjects of safety and accident prevention as well as other important legal topics. Please feel free to share this newsletter with your family and friends.



As a life long resident of Arlington Heights, I am very familiar with the communities in this region. I started first grade in Arlington Heights many years ago and have resided here ever since. My wife and I raised our children here and are proud to call Arlington Heights our home.

I believe in actively supporting accident prevention and safety related activities and organizations in the community. Let us know if you or your organization will be participating in or sponsoring a safety related event and we will help promote it through this eNewsletter.

### How to be an informed voter for Judicial Candidates on Election Day, 2014--Tuesday, March 18th

The Illinois Bar Association has valuable information to help you

Your vote really does count! On our firm's Facebook page you will find a link to the Illinois Bar Association's information about all of the judicial candidates. They have done the work for you of evaluating each candidate for a judgeship. The evaluations of each judicial candidate are not endorsements of any particular candidate. Potential judges undergo a rigorous screening process to help determine whether they possess the legal knowledge and skills, integrity, and temperament to be good judges. [Visit our firm's Facebook page to learn about the qualifications of](#)



## Avoid the Temptation to Text & Drive

A texting driver is 23 times more likely to get into a crash than a non-texting driver



Of course we all know it is against the law now to use a hand held cell phone while driving in Illinois, but many drivers are tempted to text--especially young drivers. One million people around the country still text while driving each day. We all need to be more aware of how dangerous it is to take our eyes off the road--even for a few seconds. [Watch short videos and read more about the dangers of texting while driving from the Ad Council...](#)

## Preventing Back Injuries at Work and at Home

There are many basic things you can do to avoid hurting your back

Here is a website with some very practical tips about how to avoid injuring your back. These tips pertain to the work place but they are relevant to safety in your home, as well. There is a quiz at the end of the page where you can test what you learned about preventing an injury to your back.



[Read these practical tips about preventing a back injury from researchers at Oklahoma State University...](#)

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personal injury law*

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