

Did You Know...

End Of Daylight Saving Time Can Be Deadly

With the end of daylight savings time comes an increase of darkness around the time of rush hour, when traffic is at a peak and many are making our way home from work. Drivers aren't used to the decreased visibility – nor are pedestrians, who might take chances crossing roads when they shouldn't.

The end of daylight saving time can leave many feeling fatigued, which can pose safety risks both at home and in the workplace. Some things to keep in mind when switching back to standard time are:

Fatigue -- Studies suggest that it takes people who work traditional hours several days to fully readjust their sleep schedule after the time change. While it may seem a welcome gift to get an extra hour of sleep as opposed to losing an hour in the spring, there is a physiological consequence to changing our clocks. Don't be surprised if you feel a bit sluggish during the first week or so of November.

Accidents -- Evidence suggests that time changes increase safety problems both at work and at home. Just being aware of the increased risk of accidents in the period immediately following the time change may help you stay alert. Try to avoid building up a sleep debt in the days before the change.

It is not all negative, let's use the occasion of setting your clocks back as a cue to:

- ✓ Check and replace the batteries in your smoke and carbon monoxide (CO) alarms.
- ✓ Prepare your vehicle for winter.
- ✓ Prepare your job site and home for winter.

