

DAYLIGHT SAVING TIME TIPS

Safety Topic V6-0308

Conduct

In the Spring clocks moved forward when Daylight Saving Time starts. In the Fall, at the end of Daylight Saving Time, the clocks move back, and everyone enjoys one extra hour.

When Daylight Saving Time begins, we have basically lost an hour of time. Even though losing only one hour doesn't seem like much, it can cause quite a disruption in our schedules and affect our mental and physical health for a few days until our bodies adjust.

The time change can cause people to become anxious, stressed, or fatigued and these feelings have the potential to affect our own safety and the safety of those around us, at home, on the job, or while on the road.



Workplace injuries increase when workers' reaction time and awareness are decreased from being fatigued.

- Adjust your sleep with the upcoming time change to help your body sync with the time difference.

Take into consideration your daily commute and the other drivers on the road that may be rushed or stressed because of the time change.

- For a while after daylight saving time starts, the morning hours may be darker which may affect your drive to school or to work.
- As you, and other drivers, are adjusting to the darker morning conditions, take extra care while driving.

Avoid being late which can cause you to rush. Do as many tasks as you can the day before so the first morning you have to go to work after the time change is as calm as possible.

- If you are responsible for others in the morning, especially young children, make sure their clothes are ready, alarms are set, and you allow yourself extra time and patience to guide them through the morning routine an hour earlier than normal.

Discussion

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Do you have any tips or tricks you use to help yourself adjust to daylight saving time?

Do you think we should continue to observe Daylight Saving Time? Why or why not?