

# Safety Talk

## End of Daylight Saving Time Can Be Deadly



### **End of Daylight Savings Time Can Be Deadly!**

Sunday morning November 6, 2016 all of us will be turning clocks one hour back for the end of Daylight Saving Time. Most of us think: “*Fantastic! I get another hour of sleep*”; and yes you will. However, there is a huge difference between the “*society clock*” and the “*biological clock*” we all work from. During such time changes there is statistically an increase in safety incidents.

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.

Pedestrians walking around at dusk are nearly three times more likely to be struck and killed by cars in the days following the end of daylight savings time than just before the time change. 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 times 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.