



Safety Talk

Daylight Savings Time



Tips for adjusting to Daylight Savings Time:

- Give yourself a jump start in adjusting to the time change. In the days leading up to the time change, try going to bed and waking up a bit earlier than usual to prepare your body for the hour you will lose. Remember that other family members, particularly children, may need some help in adjusting their schedule as well.
- Expose yourself to light -- ideally, sunlight -- as soon as you wake up. Seeing light first thing after waking up can help reset your body's clock, so try eating breakfast in front of a window or making a walk part of your morning routine.
- Avoid caffeine after lunch and other stimulants that can affect wakefulness, especially a few days before and after the time change.
- Try not to nap during this time as well, since napping can decrease your ability to sleep at night.
- Avoid driving if you are sleep deprived. If possible, take public transportation to work for a few days after the time change. If you must drive, make sure to get a full night's sleep each night and remain vigilant when on the road.

On November 4, 2018 at 2:00am, all of us will be turning our clocks one hour back for the end of Daylight-Saving Time. To help with the time change, you can change your clock back an hour before heading off to bed.

The Canadian Centre for Occupational Health and Safety (CCOHS) reports that when we put our clocks forward (in the spring), traffic accidents increase by a whopping 23% the Monday following. If increased motor vehicle accidents are the result of putting the clock ahead in the spring, then we must be safe in the fall when we put the clocks back, right? Wrong. When clocks go back in the fall, pedestrians are more than three times as likely to be struck and fatally injured in the hours after 6 pm. Why? Because drivers are fatigued and their focus is diminished, putting pedestrians at increased risk. It stands to reason that any change to sleep patterns and schedules could put shift workers at risk for harming themselves or coworkers in the workplace during operations of vehicles and/or lifting devices.

When working outside in the early morning or evening the workplace, you need to be seen at all times. Due to the darkness, drivers, cars, and mostly people may not be able to see you without the properly marked equipment for the task.



Some information Found at: <https://www.cbsnews.com/news/daylight-saving-time-affects-your-health-wellness/>



Northern Safety Solutions Inc.
955 Bancroft Drive Sudbury ON P3B 1P8
Tel: 705.524.8189 Fax: 705.566.4348
Toll Free: 1.866.524.1975
www.northernsafety.com

