



Safety Talk

End Daylight Savings Time



How to adjust to the time change:

- Take advantage of the opportunity to get an extra hour of sleep. Don't stay up later in anticipation of the time change.
- Eat healthy and keep hydrated. Avoid caffeinated beverages, since too much caffeine can further disrupt your natural sleep rhythm.
- Increase your exposure to bright light and physical activity during the day until late afternoon/early evening to help compensate for the overall reduction of daylight hours.
- Get your daily dose of Vitamin D. The two best ways to get the Vitamin D you need are to get adequate sun exposure (15 to 30 minutes per day in summer/southern regions — it's very difficult to get enough exposure in winter in northern regions because of reduced UV levels), or to take vitamin D supplements.
- Drivers should be extra alert — pull over if you're driving and feel drowsy. The only cure for sleepiness is sleep. Opening the window or turning up the radio are not effective ways to stay awake.
- Use this clock-change weekend as an opportunity to make home safety checks. Check and replace batteries in home smoke detectors and carbon monoxide detectors.

On November 3, 2019 at 2:00am, all of us will be turning our clocks one hour back for the end of Daylight Savings Time. To help with the time change, you can change your clock back an hour before heading off to bed.

Academic research shows that losing an hour of daylight can be linked to negative effects on both the mind and body, including disturbed sleep patterns, seasonal depression and obesity.

Even when clocks change backward or forward by just an hour, the difference between the timing of a person's natural internal clock and their required work or sleep/wake schedule — can occur. It has been shown to increase risk for mood disorders, cardiovascular disease, diabetes, stroke and breast cancer.

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.



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