



# Toolbox Talks

## Daylight Saving Time



Daylight Saving Time begins every Spring in most of North America when we advance our clocks forward by one 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.**

- When clocks spring forward this may cause workers to be late to work. Focus on staying calm to avoid feeling rushed.
- Work Safe. Spend extra time evaluating each work task carefully.
- Avoid operating heavy equipment, machinery, or power tools while drowsy. **Your reaction time is decreased when you are fatigued!**
- Understand that other people may not adjust the same way as you. If you observe another worker fatigued, stressed, or anxious encourage them to stop the task and take a break.

Workplace injuries increase when workers' reaction time and awareness are decreased from being fatigued. Taking the time to prepare yourself mentally and physically before the time change will reduce your feelings of stress and fatigue. 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 on the road, are adjusting to the darker morning conditions, take extra care while driving.

- Give yourself extra time so you don't feel like you have to speed on your morning commute.
- Practice extra patience to avoid road rage.
- Don't eat breakfast, put on make-up or do other tasks to finish getting ready while you are driving.
- Fatigue slows down your reaction time on the road so avoid drowsy driving.
- Pay attention to school zone speed limits.
- Don't use your cell phone while driving.

