



## SAFETY MATTERS

RISK MANAGEMENT NEWSLETTER

IN THIS ISSUE

MARCH 8, 2024

- DAYLIGHT SAVING TIME BEGINS
- DRIVING TIPS TO CONSIDER AFTER TIME CHANGE
- PREPARATION TIPS FOR THE FIRST FEW DAYS

# SPRING FORWARD ON SUNDAY, MARCH 10

**OBJECTIVE** Tips for maintaining productivity and safety during Daylight Saving Time.

Daylight Saving Time is a changing of the clocks that typically begins in spring, ends in fall, and is often referred to as "spring forward" and "fall back." Daylight Saving Time begins the second Sunday in March every Spring in most of North America when we advance our clocks forward by one hour. This year the time change occurs on Sunday, March 10, 2024.

When Daylight Saving Time starts, workers will wake one hour earlier than normal, begin and complete daily work routines earlier, and have an extra hour of daylight at the end of the workday.

This also means that there will be one less hour of daylight at the start of each workday and the time change may cause an abrupt adjustment to waking up, driving or starting work in the dark.

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 safety and the safety of those around us, at home, on the job, or while on the road. Be patient and allow yourself time to adjust.





Workplace injuries increase when workers' reaction time and awareness are decreased from fatigue. Adjust your sleep with the upcoming time change to help your body sync with the time difference.

Consider gradually adjusting your sleep schedule in the days leading up to the time change. Going to bed 10-15 minutes earlier every night, your body has more time to adjust.

On the evening of the time change, adjust your clocks forward by one hour and then go to bed at your normal bedtime.

If you don't have to work on Sunday, use that day to adjust your daily routines to the new schedule. Taking the time to prepare yourself mentally and physically before the time change will reduce your feelings of stress and fatigue. Encourage your family to do the same. Consider your daily commute and the other drivers on the road that may be rushed or stressed because of the time change.

## **DRIVING TIPS TO CONSIDER AFTER DAYLIGHT SAVING TIME**

Driver fatigue is already a growing public safety concern plaguing our roads. The National Highway Traffic Safety Administration (N.H.T.S.A.) estimates that fatigued drivers are responsible for up to 6,000 crashes annually. Drivers who experience fatigue related to daylight saving time can easily make errors that lead to serious and fatal traffic accidents.

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 others driving 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 must 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 driving.
- Fatigue slows 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.

## PREPARATION TIPS FOR THE FIRST FEW DAYS

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

- Prepare breakfast the night before so you can eat before you leave the house or so that you can easily grab it to take to work.
- If you normally pack your lunch, prepare it the day before, so it's ready to go in the morning.
- Finish laundry ahead of time and have your clothes laid out.
- Set your clocks forward one hour before you sleep the night before the change, so you aren't confused when you wake up.
- Set your alarm to allow plenty of time to adjust in the morning.
- If you usually have a morning cup of coffee, make sure you have coffee on hand or you have a plan to grab a cup on the way that won't leave you even more rushed in the morning.

## RESOURCES

### **Fatigue Risk Management in the Workplace**

<https://acoem.org/acoem/media/News-Library/Fatigue-Risk-Management-in-the-Workplace.pdf>

### **"Drowsy Driving." National Highway Traffic Safety Administration.**

<https://www.nhtsa.gov/risky-driving/drowsy-driving>

*This California Schools JPA fact sheet is not intended to be exhaustive. The discussion and best practices suggested herein should not be regarded as legal advice. Readers should pursue legal counsel or contact their insurance providers to gain more exhaustive advice.*

