

# The Safety “PINS”

## End of Daylight Savings Time

When Daylight Savings Time ends, most people are happy they were able to grab that extra hour of sleep or the extra hour in their Sunday. However, there is a big difference between the “society clock” and “biological clock” we all work from.

**Beware of Fatigue** – You have to readjust your sleep hours if you work normal business hours, do not be surprised if you feel sluggish the first couple weeks after the time change.

**Beware of Accidents** – There is an increase of safety problems at work and at home after the time change. Be aware of the risks such as fatigue, shorter days, dark during your commute, etc. Do not just watch yourself for changes, but be alert to other drivers on the road.



### Reminders for Daylight Savings Time

- **Prepare a winter emergency kit for your car.** These can come in handy during bad weather driving. You should include:
  - Extra warm clothes
  - Flashlight
  - Blanket
  - Water
  - Snacks (non-perishable)
  - Shovel
  - Flares
  - Jumper cables
  - Cat litter or sand (for traction)
  - Winter accessories such as gloves and a winter hat
  - Batteries
- **Check your Fire Extinguishers** – Do they need recharging? Are all of the pieces intact?
- **Check and replaces batteries in your smoke detectors and CO Alarms.** You will start using your furnace or heat source soon if you haven't already, you will want to make sure your detectors are working with these things back in use.