

# SAFETY FIRST

## FALL BACK SAFELY

Daylight Savings Time (DST) ends today, Sunday, November 5. Time changes can have serious effects on bodies and minds, so be extra careful during the upcoming week. Keep these tips in mind to help you adjust safely.

### BE CAUTIOUS

Auto accidents and collisions with pedestrians or bicyclists often increase in the days after daylight savings time ends.

### BE VIGILANT

It will be darker earlier during afternoon rush hour, reducing visibility. This might make it harder to see pedestrians and other vehicles, especially in areas without streetlights.

### BE CONSISTENT

Changes in sleep patterns can affect us for up to seven days and being tired increases your risk of injury. Make sure you keep a regular schedule of going to bed to avoid making the change worse.

### BE PATIENT

It might take people a little extra time to complete tasks when DST ends. Plus, days are getting shorter, which can increase stress and depression. Try to be more patient with yourself and co-workers.



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