



H S E

HEALTH SAFETY ENVIRONMENTAL



Alert #: SA 23 - 21

Date: 10/28/21

Daylight Savings Time & Fatigue

According to the National Safety Council, 69% of employees – many of whom work in safety-critical industries – are tired at work, increasing the risk of injuries and incidents on the job. Studies have also shown more serious concerns following the switch to daylight saving time in March compared with the return to standard time in November, despite the impact both can have on humans' circadian rhythms, physical and mental changes that follow a daily cycle.

Although on Sunday (Nov. 7) we will technically gain an hour of sleep when we adjust the clocks, many people find it difficult to make the adjustment for the time change...and this is normal. Studies suggest that it takes people who work traditional hours several days to fully readjust their sleep schedule after the time change.

There is a physiological consequence to changing our clocks. So don't be surprised if you feel a bit sluggish for the first week or so of November. Evidence suggests that time changes increase safety problems at work and at home. For example, studies have documented a 3.5 percent to 10 percent increase in traffic crashes during the week that follows the time change. Just being aware of the increased risk of accidents in the period immediately following the time change may help you stay alert.

Over the course of the next few weeks, we want all of you to remain focused during the adjustment period. If you should feel fatigued at any time, please talk with your supervisor.

Remember:

- To assist with the fall time change, starting about three days before, one can gradually move the timing of waking and bedtime, meals, exercise, and exposure to light later by 15 – 20 minutes each day until these are in line with the new time. About 1 hour after awakening in the morning, you can keep the lights dim and avoid electronic lit screens on computers, tablets, and so forth can help the body move to a later time that it is ready to wake up in the morning and go to sleep at night. Being sleep deprived before the time change will increase the health and safety risks so make it a priority to get enough sleep and be well rested several days before the time change.
- Other hazards related to the time change in the fall include a sudden change in the driving conditions in the late afternoon rush hour– from driving home from work during daylight hours to driving home in darkness. People may not have changed their driving habits to nighttime driving and might be at somewhat higher risk for a vehicle crash.

If you have any questions or concerns, please feel free to reach out to the Corporate HSE department at any time.

Report all incidents immediately to the GIS Hotline 1-855-543-5163.

SAFETY ALERT