

End of Daylight Saving Time can be Deadly

Early Sunday morning (November 4, 2018) most of us in the United States will turn our clocks back one hour for the end of daylight saving time. With this time change comes an increase of darkness around the time of rush hour, when traffic is at a peak and many are making the commute to or from work. Drivers and pedestrians aren't used to the decreased visibility, and commuting in the dark can also make drivers drowsier than usual. The end of daylight saving time can leave many feeling fatigued, which can pose safety risks both at home and in the workplace. It can take several days to fully readjust your sleep schedule after the time change. Don't be surprised if you feel a bit sluggish during the first week or so of November. It is also a good idea to get plenty of sleep in the days *before* the time change.

Safety professionals have long used the start and end of daylight saving time as reminders for performing recurring safety tasks. Use the occasion of setting your clocks back as a cue to:

- **Check and replace the batteries in your smoke and carbon monoxide (CO) alarms.** Ensure they are working properly and replace the batteries. As the cold sets in and many start up their gas-fired furnaces, fireplaces, portable heaters, etc., for the first time, carbon monoxide poisoning risks increase dramatically. Replace any smoke alarm unit that is older than 10 years. Replace any CO alarm unit that is older than 5 years.
- **Prepare a winter emergency kit for your automobile.** Such kits can be a lifesaver if you are stuck out in bad weather while driving. They should include items such as: warm clothes, blanket, flashlight, batteries, water, non-perishable snacks, shovel, flares, reflective hazard triangle, jumper cables, cat litter or sand for traction, ski hat and gloves.
- **Check to see if your fire extinguishers need recharging.** Check the small gauge at the top of the extinguisher. If the needle in that gauge is in the green, chances are the extinguisher is okay. If it is in the red, you need to have the extinguisher recharged.



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