



SAFETY FIRST

End of Daylight Saving Time Can Be Deadly

With the end of daylight savings time comes an increase of darkness around the time of rush hour, when traffic is at a peak and many are making their way home from work. Drivers aren't used to the decreased visibility – nor are pedestrians, who might take chances crossing roads when they shouldn't.

Pedestrians walking around at dusk are nearly three times more likely to be struck and killed by cars in the days following the end of daylight saving time than just before the time change.

Besides the lack of visibility, commuting in the dark can also make drivers drowsier than usual. Changes in waking time coupled with the earlier onset of darkness throws off our internal clocks – increasing driving risks.

Keep this in mind when switching back to standard time:

Fatigue -- It takes people several days to fully readjust their sleep schedule after the time change. Don't be surprised if you feel a bit sluggish during the first week or so after moving your clock back.

Accidents -- The time change will increase safety issues both at work and at home. Just being aware of the increased risk of accidents in the period immediately following the time change may help you stay alert.