

Daylight Saving Time Can Impact Safety

Across most of BC, clocks will be turning ahead by one hour for Daylight Saving Time.

This “loss” of an hour of time has genuine impacts on health. It is important to be aware of the implications Daylight Saving can have on people and ways you can help your body adjust to reduce the negative effects of the time change:

- SLEEP DISRUPTION
- INCREASE IN INCIDENTS
- HEALTH IMPACTS
- TIPS FOR WORKERS



BC Forest Safety

Safety is good business

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SLEEP DISRUPTION

The shift in time can disrupt workers' sleep patterns, particularly if they work early morning shifts. This shift can lead to fatigue, irritability and reduced productivity.

INCREASE IN INCIDENTS

Research into Daylight Saving has shown the first few days after the time change are associated with an increase in workplace incidents.

HEALTH IMPACTS

The disruption to circadian rhythms caused by the time change has been linked to various health impacts including cardiovascular disease, mood disorders and metabolic disorders. It can also affect workers' productivity and absenteeism.

TIPS FOR WORKERS

- **Practice healthy sleep habits. Go to bed and wake up at the same time every day.**
- **Avoid things that disrupt sleep rhythms and sleep quality, such as **CAFFEINE, ALCOHOL, and SCREEN TIME** before bed.**
- **Get at least seven hours of sleep before and after the time change.**
- **Shift bedtimes and wake-up times by 15 - 20 minutes earlier a few nights before the time change.**
- **Set your clocks ahead one hour early in the evening the night before the time change and go to sleep at your normal bedtime.**
- **Go outside for early morning sunlight the week following the time change to help your internal clock shift to the new time.**

RESOURCES:

- [Fit for Duty Toolbox Talk | Energy Safety Canada](#)
- [Fit for Duty video \(1:06\) | Energy Safety Canada](#)
- [Losing Sleep During Daylight Savings Time May Increase Workplace Injuries | CCOHS](#)
- [Is Daylight Savings Time a Health and Safety Hazard? | OSG](#)

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