

Are you prepared for Daylight Saving Time Ending November 6?

Across most of BC, clocks will be turned back by one hour to end Daylight Saving Time.

This “gain” of an hour of time has impacts on health and safety the same as when we lose an hour in the spring.

It is important to be aware of the implications time changes 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. This shift can lead to fatigue, irritability and reduced productivity. Researchers call this "social jet lag" where people suffer from disrupted sleep, sleep debt and physical fatigue. You may wake up after the time change feeling a bit confused or disorientated.

Look ahead and plan on the time change. Consider adjusting your sleep patterns in 15 minute intervals 4 days before the time change.

INCREASE IN INCIDENTS

Research into time changes has shown the first few days after the time change are associated with an increase in workplace incidents and car crashes. There is also a higher potential for pedestrian accidents after the fall time change. Be extra vigilant when you operate mobile equipment or vehicles after the time change or cross roads as a pedestrian.

HEALTH IMPACTS

The disruption to circadian rhythms caused by the time changes has been linked to various health impacts including cardiovascular disease, mood disorders and metabolic disorders. It can also affect workers' productivity and absenteeism. Your body may experience symptoms of jetlag, mental and physical fatigue or reduced activity in the evenings.

TIPS FOR WORKERS

- **Practice healthy sleep habits. Try to go to bed and wake up at the same time everyday.**
- **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.**

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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