

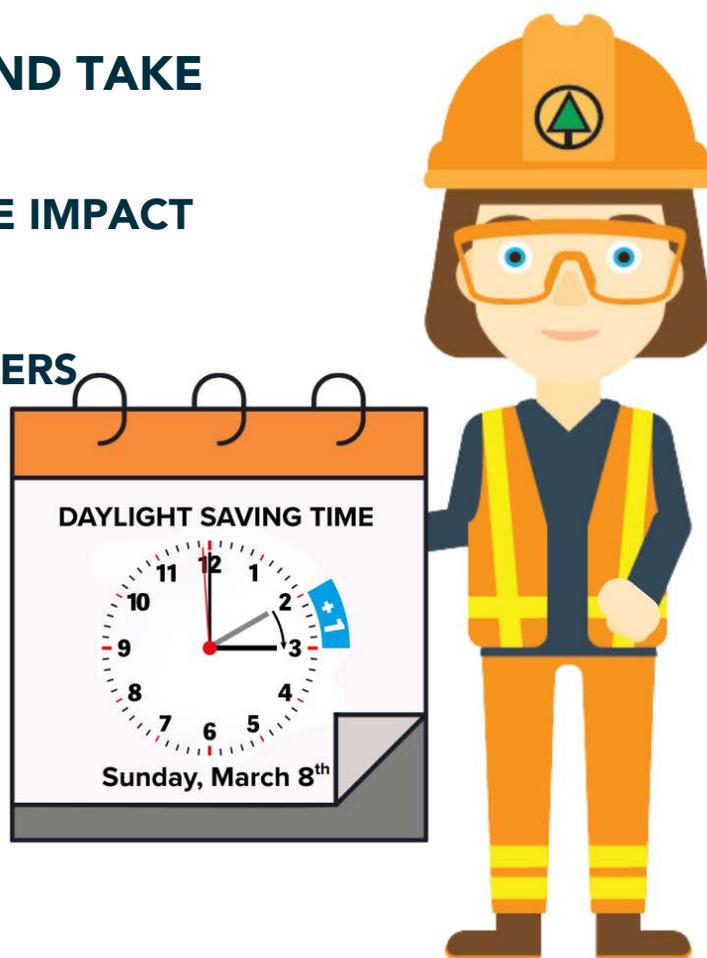
DAYLIGHT SAVING TIME SUNDAY, MARCH 8, 2026

It's time to spring forward! At 2:00am on Sunday March 8, 2026, set your clocks ahead by one hour as Daylight Saving Time (DST) begins. Daylight Savings will bring more daylight in the evenings, but the time change can disrupt sleep, alertness and reaction time.

In manufacturing settings, this can lead to slower responses, reduced focus during repetitive tasks, a higher chance of lockout/tagout errors and an increase in slips, trips and falls.

TIPS TO STAY ALERT AND TAKE PREVENTATIVE STEPS:

- UNDERSTANDING THE IMPACT
- WAYS TO MANAGE IT
- HOUSEHOLD REMINDERS



BC Forest Safety

Safety is good business

DAYLIGHT SAVING TIME SUNDAY, MARCH 8, 2026



HEALTH IMPACTS:

- **Disrupted Sleep Patterns:** Losing an hour of sleep can throw off your circadian rhythm, leaving you groggy and lowering sleep quality.
- **Effects on Overall Health:** Research shows the DST time change can increase the risk of heart attacks, mood swings and car accidents because of reduced sleep.
- **Adjustment Time:** Your body may need a few days to settle into the new schedule, especially if you're a night owl. Give yourself time to adjust.

TIPS TO MANAGE FATIGUE:

1. **Gradual Adjustment:** Shift your bedtime and wake-up time by 10–15 minutes earlier for a few days before the time change.
2. **Morning Light Exposure:** Get morning light to help reset your circadian rhythm.
3. **Consistent Sleep Schedule:** Stick to a regular sleep schedule, even on weekends, to help your body adapt.
4. **Limit Stimulants:** Avoid caffeine and heavy meals close to bedtime to improve sleep quality
5. **Short Naps:** If you're feeling tired, take short naps (20-30 minutes) in the early afternoon to help boost your energy.
6. **Exercise Regularly:** Stay active with regular exercise but avoid intense workouts right before bed.
7. **Prioritize Sleep:** Create a calming bedtime routine and keep your sleep environment cool, dark and quiet.
8. **Limit Screen Time:** Reduce screen time in the evening to improve sleep quality.

HOUSEHOLD REMINDERS:

- Change batteries in smoke and carbon monoxide detectors
- Check your emergency kit and supplies. Replace anything that's expired.
- Test home security systems and other safety devices to ensure they are functioning properly.

Scan the QR
code to access
all BCFSC Crew
Talks and to
subscribe.

