

STAYING ALERT WHEN BC DOES NOT “FALL BACK” ON NOVEMBER 1, 2026

In March 2026, BC moved the clocks forward one hour for the final time. On Sunday, November 1, 2026, most areas of the province will no longer turn the clocks back, eliminating the extra hour that has traditionally been gained at the end of daylight saving time.

For manufacturing worksites, the end of the fall time change may create some unexpected challenges, like increased fatigue, confusion around shift schedules, darker morning commutes and start-up activities, and an increased risk of mistakes during shift handovers.

STEPS TO STAY ALERT :

- RISKS
- STEPS TO TAKE
- PRE-SHIFT CHECKLIST



BC Forest Safety

Safety is **good** business

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RISKS

- **Fatigue and disrupted routines:** Changes to established sleep, childcare routines, commuting and medication schedules may leave some workers feeling tired and out of sync.
- **Schedule confusion:** In regions where the time change is still observed, coordinating schedules, deliveries, meetings and other time-sensitive operations like maintenance and overtime will be affected.
- **Reduced focus at the start of the shift:** Fatigue, rushing or uncertainty about schedules can increase the risk of mistakes in the first hour of a shift
- **Changes in visibility:** Morning commutes, parking lots, loading docks, yards and pedestrian routes may be darker than expected which can creating more hazards.
- **Increased risk during high-hazard work:** Fatigue and reduced attention can increase the likelihood of incidents involving forklifts, conveyors, presses, rotating equipment, lockout procedures, jam clearing, material handling and quality control activities.

STEPS TO TAKE

- Confirm your shift start time before the transition weekend and check any overtime or call-in arrangements.
- Do not assume you gain an extra hour of sleep on November 1. Keep your regular sleep routine and plan to get enough rest before work.
- Allow extra time for commuting and watch for pedestrians, cyclists, wildlife, forklifts and other vehicles, especially in low-light conditions.
- Complete equipment inspections, lockout steps, guarding checks, and PPE checks without taking shortcuts.
- Pause before high-risk tasks and ask for help if you feel tired, distracted, or unsure.
- Report fatigue, scheduling confusion, poor lighting, near misses or other unsafe conditions to your supervisor as soon as possible.

PRE-SHIFT CHECKLIST

- Have all workers confirmed their shift start times?
- Are any deliveries, contractors, meetings or operations affected by different time zones?
- Has the supervisor checking in to see if anyone feels fatigued or unfit for high-risk work?
- Have lighting levels been adjusted? Is visibility ok? Are pedestrian routes safely lit?
- Have equipment inspections and lockout/guarding checks been completed?

REMEMBER

Although BC's transition away from seasonal time changes eliminates the traditional fall clock change, some people may still expect old routines to apply. Confirm schedules, manage fatigue, communicate clearly and stop work if conditions are unsafe.

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