



## **SAFETY ALERT**

### *Daylight Savings Time*

Daylight savings time is a benefit for some or an inconvenience for others. Studies have shown that the sleep deprivation caused by the spring shift to daylight savings time results in a small increase in workplace accidents. The increase is believed to be due to a misalignment of our natural circadian rhythms. This occurs when we force ourselves to stay awake when our bodies believe we should be sleeping.

According to the National Safety Council, the following types of employees are most susceptible to these circadian rhythm disruptions:

- Shift Workers
- Medical Staff
- Emergency Responders
- Military Personnel
- Personnel over age 40
- Transportation professionals

To help ensure the safety of employees in any of these categories, it would be beneficial to:

- Issue warnings about the effects of sleep loss.
- Give employees the option to sleep a little later or catch a quick nap during the day.
- Encourage employees to exercise and avoid alcohol the night before.
- Watch for employees who may be showing signs of excessive yawning, head drooping, and difficulty remembering, concentrating or staying focused.

These are a few small steps that can help avoid workplace injuries.