

Don't "Fall" on the injured list this year. Daylight saving time ends at 2 a.m. on Sunday, Nov. 6.

As the time "falls back" an hour, be aware that this time change can also increase certain safety risks for you and your family. Let's look at some tips to stay safe this year!

## **Tips to Safely "Fall Back" on:**

- **Be visible in the dark** – With the time change, there are more hours of darkness.

For Pedestrians:

- See and be seen – drivers need to see you to avoid you.
- Make eye contact with drivers when crossing streets.
- Wear bright colors or reflective clothing at night.
- Carry a flashlight when walking or walking pets in the dark.
- Walk on the sidewalk. If there are no sidewalks, walk facing traffic.

For Drivers:

- Do not rely on your body to provide warning signs for drowsiness. Instead prioritize getting at least seven hours of sleep before hitting the road.
- Travel at times of the day when you are normally awake.
- Avoid heavy foods.
- Avoid medications that cause drowsiness or other impairment.

- **Adjust your bedtime** in the week leading up to daylight saving time

Go to sleep and get out of bed earlier as the date approaches. This gives your body time to adapt to the changes instead of getting hit with it all at once.

- **Don't over-caffeinate**

Avoid stimulants (like caffeine, tobacco, and alcohol) for several hours before bedtime and take care not to drastically alter your coffee intake by chugging multiple cups the next day.

- **Change batteries in your smoke detector**

Unless you have a multi-year battery installed, many fire departments suggest using the daylight saving time event to change the batteries in your smoke and/or carbon monoxide detector.