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"For Safety's Sake - Do Something"

SSOE GROUP IS A PROJECT DELIVERY FIRM FOR ARCHITECTURE, ENGINEERING, AND CONSTRUCTION MANAGEMENT.

The "Fall Back" to Daylight Saving Time



Daylight Saving Time has ended. Even after getting an extra hour of sleep, our internal body clocks can take up to a week to acclimate to this schedule shift. This may result in feeling temporarily sluggish which can impact our reaction time, decision making skills, and concentration. Studies have shown that accidents increase around this time. By being aware of this, we can prevent incidents by staying alert and adding a little extra focus on our tasks.

- Get a good nights sleep.
- Avoid heavy foods before driving.
- Avoid medications that cause drowsiness.
- Watch for signs of drowsy driving.
 - Frequent blinking and / or heavy eyelids.
 - Yawning.
 - Fidgeting in your seat.
 - Trouble keeping your head up.
 - Difficulty staying in your lane.



DROWSYDRIVING.ORG

There are situations that increase drowsiness like driving alone, long drives, and monotonous road conditions. Many people cannot tell if they are about to fall asleep. Please don't be that person.

Time Change Checklist. Did you remember to:

- Check and replace the batteries in your smoke detectors and carbon monoxide detectors.
- Check and replace the batteries in your flashlights.
- Check to see if your fire extinguishers need recharging or replaced.
- Check and replace any burned out light bulbs, inside and outside.
- Properly dispose of expired medicines.
- Prepare a winter emergency kit for your automobile.

For more information about [drowsy driving](#), visit the National Sleep Foundation's drowsy driving website.

