

Daylight Saving Time Can Impact Safety



BE AWARE



On Sunday, March 12 at 2:00 am, clocks across most of Canada will turn forward one hour to observe Daylight Saving Time.

The “loss” of this hour has real impacts. It is important to be aware of the implications, including:

- **Sleep disruption:** The shift in time can disrupt workers' sleep patterns, particularly if they have early morning shifts. This can lead to fatigue, irritability, and reduced productivity.
- **Increase in incidents:** Studies have shown that the first few days after the time change are associated with an increase in workplace incidents, particularly those involving transportation or heavy machinery.
- **Health impacts:** The disruption to circadian rhythms caused by the time change has been linked to various health impacts, including cardiovascular disease, mood disorders, and metabolic disorders. This can also affect workers' productivity and absenteeism.

Resources

- [Fit for Duty Toolbox Talk](#) | Energy Safety Canada
- [Fit for Duty video](#) (1:06) | Energy Safety Canada
- [“Losing Sleep During Daylight Savings Time May Increase Workplace Injuries”](#) | CCOHS
- [“Is Daylight Savings Time a Health and Safety Hazard?”](#) | OSG



TIPS FOR EMPLOYERS

Here are some tips and advice that employers may find useful:

Remind employees about the time change: Make sure your employees are aware of the upcoming time change and how it may affect their work schedules.

Be flexible: For the first day or two after the time change, consider offering flexible work schedules (e.g., allow employees to come in an hour later) or remote work options.

Raise awareness of the potential hazards: Consider a toolbox talk or safety share about hazards associated with the time change.

Tips for Workers

Workers can also implement these simple steps to reduce the impact of the time change:

Practice healthy sleep habits. Go to bed and wake up at the same time every day.

Avoid things that disrupt sleep rhythms and sleep quality, such as caffeine, alcohol, and screen time before bed.