



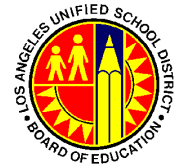
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SAFETY ALERT

No. 16-06

DAYLIGHT SAVING TIME SAFETY PRECAUTIONS

November 2016

With the end of daylight saving time on November 6, comes an increase of darkness during rush hour, when traffic is at its peak and many are making their way home from work and school. Drivers may not be used to the decreased visibility, nor are pedestrians, who might take chances crossing roads when they shouldn't.

Pedestrians walking around at dusk are nearly three times more likely to be struck and killed by cars in the days following the end of daylight saving time than just before the time change. A Carnegie Mellon University study of nationwide traffic fatalities found that the risk for pedestrians jumps 186 percent from October to November.

Additionally, studies have shown that auto accidents increase after the clocks fall back an hour. Besides the lack of visibility, the studies note that commuting in the dark can also make drivers drowsier than usual. According to health-related studies, changes in waking time, coupled with the earlier onset of darkness, throws off our internal clocks.

Student safety is our first priority, so we must each do our part in ensuring students remain safe on their way to and from school. Please drive cautiously and slowly especially in school zones when children are present. If you have any other questions, please call OEHS at (213) 241-3199.



**Content developed from @SafetyToolbox. "End of Daylight Saving Time Can Be Deadly." Safety Toolbox Topics*

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