

Editor's Note: Safety Group Program Monthly Newsletter Article — March 2020

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Daylight saving time and worker safety

At 2 a.m. on March 8, daylight saving time begins here in Colorado. Too many workers will show up yawning and with eyes at half-mast. As in past years, a real concern will be the increased risk of workplace injuries.

Consider this: A government study of injury data in the U.S. mining industry from 1983 to 2006 found that more injuries happened on the Monday after DST began, and those injuries were more severe. Employees suffered a 5.7% increase in injuries on the job; employers experienced 68% more lost workdays (<https://www.ncbi.nlm.nih.gov/pubmed/19702372>).

What can your organization do to keep workers safe and productive during time changes? Here are suggestions to share with your employees before we “spring forward.”

Three days before the time changes:

- Go to bed earlier — Hit the sack 15 minutes earlier every night.
- Lights out — Turn down the lights and unplug (i.e., end screen time) an hour before bed.
- Cut out the caffeine and booze — That enjoyable cup of joe or glass of wine reduces the quality of your sleep.

On Sunday, March 8:

- Sleep in — Catch seven to nine hours of Z's.
- Go outside — Daylight tells your body to stop producing melatonin, the sleep hormone.
- Get exercise — It'll energize you and help you sleep through the night. But be sure to avoid exercise for at least three hours before bedtime.

Pinnacol and other resources

Pinnacol has several resources to help your organization manage time changes. Check out this [blog posting](#) about DST and worker safety. We also share [insights](#) on managing worker fatigue. And, of course, our safety services consultants are available at Pinnacol's Safety On Call at safetyoncall@pinnacol.com or 303.361.4700 or 888.501.4752.

Additionally, both [OSHA](#) and the [National Safety Council](#) offer tips and background information on sleep deprivation, fatigue and worker safety.