



Daylight Savings Time



Daylight savings time begins on the second Sunday of March. Time springs ahead, so people are losing an hour of sleep. The time change can potentially cause a person to become fatigued or stressed.

When feeling fatigued, your mind and body may have a decreased reaction time. This can cause an increase in workplace accidents. By taking the time to prepare yourself for the time change, it can help you prevent from feeling fatigued.

Daylight savings time can often make people feel stressed. Some people may rely on a clock that does not automatically change the time, and could possibly make them late. Give yourself extra time so you are not rushing to get to where you need to go, and not feel stressed about being late.

