



## March 8<sup>th</sup> is Daylight Saving Time

Every March, most Americans welcome the switch to daylight saving time because of the longer days, but also dread losing an hour of sleep after they move their clocks forward. Now a new study shows that losing just an hour of sleep could pose some dangerous consequences for those in hazardous work environments.



"One hour of lost sleep may not seem like a lot. But our findings suggest it could have an impact on people's ability to stay alert on the job and prevent serious injuries," says Christopher Barnes, PhD and lead author of the Journal of Applied Psychology. Barnes and co-author David Wagner, PhD, were both doctoral students in organizational behavior at Michigan State University when they conducted this research.

On average, there were 3.6 more injuries on the Mondays following the switch to daylight saving time compared to other days, and 2,649 more days of work were lost as a result of those injuries. That's approximately a 68 percent increase in lost work days. In their analysis, the researchers controlled for weekends and holidays. Work experience did not appear to play a role in the number of injuries suffered.

So today as we go out to work, take a moment and realize that statistically you may not be at the top of your game, and your awareness of hazards may be down. Take extra time today in evaluating the tasks to be done prior to doing them. Take a minute and do a safety check to ensure you don't become one of these statistics.

### General Safety Measures

- Know how to store chemicals, gases, and liquids in your area.
- Report, and don't use any, damaged equipment or Personal Protective Equipment (PPE).
- Dispose of hazardous substances by the safe method prescribed.
- Clean up spilled liquids right away and respect "wet floor" signs.
- Don't allow scraps and debris to accumulate and create a fire hazard.
- Return tools and supplies to their proper location.
- Never pick up broken glass with bare hands.
- Clean up the work area immediately after completing each task.



## Poison Prevention Awareness Month

### YCPARMIA

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### Safety Suggestion Box

Report hazards anonymously! Go to our website at [www.ycparmia.org](http://www.ycparmia.org), and click on the menu box entitled "Anonymous Safety Box". YCPARMIA forwards all submissions, anonymously and exactly as written, to the appropriate entity's safety committee for their consideration and/or action.



**YCPARMIA.ORG** is a great safety resource!

Find policy templates, publications, trainings, and more...

Are you playing Russian roulette with poisons?

Have you ever used a chemical product without reading the hazard information on the label?

Have you ever stumbled into the bathroom in the middle of the night with a headache or indigestion and grabbed some pills from the medicine cabinet, without turning on the light, to check that you have the right pills?

Most of us have done something like this or worse at one time or another. In fact, according to the American Association of Poison Control Centers, millions of Americans are exposed every year to potentially poisonous substances at work and at home. Over 500,000 of those people end up in the hospital emergency room annually, often as a result of carelessness.

March is **Poison Prevention Awareness Month**, so this is the perfect time to refresh your training on how to prevent poisoning at work and at home.

- Read and follow labels and MSDS warnings and precautions.
- Wear appropriate PPE when using toxic chemicals, and wash carefully when you're finished with the job.
- Keep chemicals and medications out of the reach of children.
- Keep medicines in their original labeled containers, and throw away expired medications.

