

YCPARMIA's Mission Statement:

To protect the members' resources from the impact of loss through a program of insurance coverage, prevention, education, training, and service.



October 2015

Fall Back on November 1st—Daylight Savings Time Ends

Before you go to bed on Saturday night, remember to “fall back” by setting your clocks back one hour.

When thinking about the end to Daylight Savings Time, most of us think, “Great! I get another hour of sleep!” While this may be true, these time changes statistically show an increase in safety incidents.

With the end of daylight savings time comes an increase of darkness around the time of rush hour, when traffic is at a peak and many are making their way home from work. Drivers aren't used to the decreased visibility, nor are pedestrians. 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 savings time than just before the time change.

The end of daylight savings time can leave many feeling fatigued, which can pose safety risks both at home and in the workplace. Here are some things to keep in mind when switching back to standard time:

Fatigue

Studies suggest that it takes people who work traditional hours several days to fully readjust their sleep schedule after the time change. While it may seem a welcome gift to get an extra hour of sleep as opposed to losing an hour in the spring, there is physiological consequence to changing our clocks. Don't be surprised if you feel a bit sluggish during the first week or so of November.

Accidents

Evidence suggests that time changes increase safety problems both at work and at home. Just being aware of the increased risk of accidents in the period immediately following the time change may help you stay alert. Try to avoid building up a sleep debt in the days before the change. Safety professionals have long used the start and end of daylight saving time as reminders for performing recurring safety tasks.



Safety Suggestion Box

Report hazards anonymously! Go to our website at 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...**

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Halloween Safety Tips

Everyone loves a good scare on Halloween, but not when it comes to child safety. Make this year's Halloween a *treat* with these safety tips presented by Safe Kids Worldwide.



Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Drive Extra Safe on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick or treating hours are 5:30pm to 9:30pm so be especially alert for kids during those hours.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

Trick or Treat with an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

Pet Safety (Provided by the ASPCA)

- If you dress up your pet, make sure the costume isn't annoying or unsafe. It should not constrict the animal's movement or hearing, or impede his ability to breathe, bark or meow. Also, be sure to try on costumes before the big night. If your pet seems distressed, allergic or shows abnormal behavior, consider letting him or her go au naturel or donning a festive bandana.
- All but the most social dogs and cats should be kept in a separate room away from the front door during peak trick-or-treating hours. Too many strangers can be scary and stressful for pets.
- When opening the door for trick or treaters, take care that your cat or dog doesn't dart outside.
- IDs, please! Always make sure your dog or cat has proper identification. If for any reason your pet escapes and becomes lost, a collar and tags and/or a microchip can be a lifesaver, increasing the chances that he or she will be returned to you.