

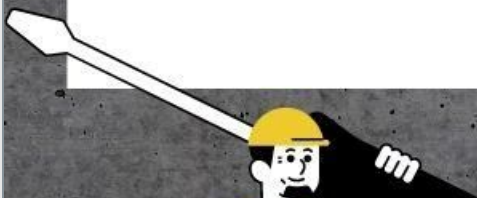
SAFETY TIP OF THE MONTH

INJURY RISK INCREASES WITH TIME CHANGE

This Sunday, November 6th, clocks will be turned back for the upcoming time change. As a caution, be vigilant of the increased darkness, decreased visibility at rush-hour and limit distractions while behind the wheel.

DID YOU KNOW?

- Decreased sleep can increase risk of injuries
- Lack of sleep can negatively impact your natural sleep cycle (circadian rhythm)
- It takes an average of 1 week to fully adjust to a time change
- There is a 5.7% increase of injury in the workplace during a time change
- 68% more work days are lost due to injuries caused by time changes





CLICK BELOW
FOR MORE INFO

[Click Here For OSHA Website](#)

[>> Click Here to Download the Full Article<<](#)

FOLLOW OUR SOCIAL MEDIA



657-223-0800

www.sccaweb.org