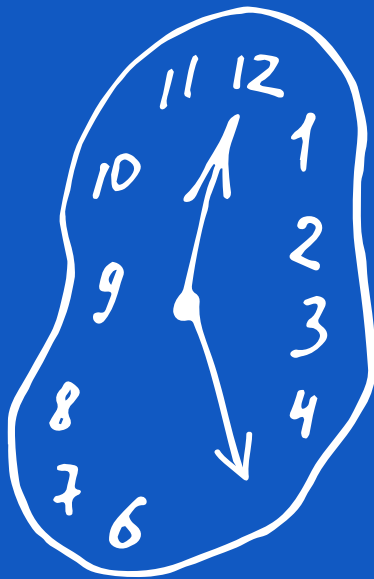




Toolbox Talk: Time Change



When daylight saving time ends, the earlier sunsets and darker commutes can make driving more challenging. Reduced visibility, glare from headlights, and drowsiness can all increase the risk of crashes — especially during the first week after the time change.

Driving Safety Tips:

- **Be extra alert during evening commutes.** The sun sets earlier, and visibility drops quickly.
- **Watch for pedestrians and cyclists.** They may be harder to see in low light or shadows.
- **Reduce speed and increase following distance.** Give yourself more time to react to unexpected hazards.
- **Clean your windshield and check your headlights.** Proper lighting helps you see and be seen.

Sleep and Adjustment Tips:

- **Maintain a consistent sleep schedule.** Go to bed and wake up at the same time each day to help your body adjust.
- **Get morning sunlight.** Exposure to natural light helps reset your internal clock.
- **Avoid caffeine and electronics close to bedtime.** These can delay sleep and make the time change harder on your system.
- **Listen to your body.** If you feel tired, take breaks while driving or avoid long trips until you've fully adjusted.

A little preparation can keep you safer on the road and help your body adapt smoothly to the seasonal time shift.

Contact Us



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