



DROWSY DRIVING & TIME CHANGE RISKS

Daylight Savings Time ends Sunday, November 3RD, 2019, which coincides with “Drowsy Driving Prevention Week” with is November 3rd - 10th. ***DON'T FORGET to turn your clocks back 1 hour!***

Studies indicate that changes in waking time coupled with the earlier onset of darkness throws off our internal clocks. This increases driving risks, primarily because in our 24/7 society, we have a fundamental problem of already being sleep deprived. With the switch from daylight saving to standard time comes sleep deprivation for those who have trouble adjusting. It also means there are more drowsy drivers traveling on the road in the dark.

When you are tired, your risk of having an accident increases. The NRSF also offers warning signs for drowsy drivers so they can avoid falling asleep at the wheel and causing an accident. These include

- Difficulty focusing, rubbing eyes, frequent blinking
- Daydreaming; not remembering driving the last few miles
- Drifting out of lanes, tailgating or hitting rumble strips
- Head snaps, yawning



Be extra careful out on the roads; do not drive if you are feeling drowsy and pay extra attention to your surroundings. Some helpful pointers include ...

- Get plenty of rest and if you are experiencing any of the warning signs above find somewhere to stop.
- Slow down. During evening hours, you need more time to see other vehicles and pedestrians in your path.
- Keep your windshield, windows, and mirrors clean. Make sure your defrosters and windshield wipers are working properly.



Stay Alert for Deer - Deer collisions become more frequent during fall & winter due to deer migration & mating season, especially at dusk & dawn. Always be aware of deer crossings & look for deer eye shine. Deer are herd animals, so if you see one, be aware there are probably more. If you think you're going to hit a deer, brake firmly but do not swerve out of your lane into on-coming traffic or off the shoulder into a ditch. If you do strike a deer & have damage to the truck, notify dispatch & follow accident protocol.



and the winner is...

Sam Valley

... he was randomly chosen as the winner of the gift certificate this month for turning in his signed newsletter.

Have a safe & happy
Halloween!



I have read and understand the above information regarding “Drowsy Driving & Time Change Risks”.

Signature

Date