



TAKE FIVE for Safety- Standard Time Transition

Frank Craner

November 4, 2025



Transition to Standard Time

- Research indicates that workplace accidents tend to surge during the week following the time change.
- The Department of Transportation also reports a noticeable uptick in vehicle accidents during this period.
- This one-hour disruption to our daily routine can result in diminished focus, reduced concentration, increased fatigue, and a higher incidence of errors and accidents.
- Additionally, the earlier onset of darkness during the evening hours can present challenges, impacting work planning and the safety of those commuting in dimly lit conditions.

Recommendations

To mitigate potential risks, employees should consider the following measures:

- **Raising Awareness:** Educate your team about the potential safety hazards associated with the time change.
- **Strategic Scheduling:** Where feasible, schedule more demanding tasks later in the week after adjusting to the time change.
- **Low-Light Reminders:** Encourage everyone to remain mindful of the reduced natural light and the importance of exercising caution while driving in such conditions (See URS “Fall Time Change” LL attached).

Actions recommended by OSHA:

Employers can relay these points to help their workers reduce risks before the time changes in the Fall:

- Remind workers that several days after the time changes are associated with somewhat higher health and safety risks due to disturbances to circadian rhythms and sleep.
- It can take one week for the body to adjust sleep times and circadian rhythms to the time change so consider reducing demanding physical and mental tasks as much as possible that week to allow oneself time to adjust.
- Remind workers to be especially vigilant while driving, at work, and at home to protect themselves since others around them may be sleepier and at risk for making an error that can cause a vehicle crash or other accident.
- Other hazards for workers related to the time change in the Fall include a sudden change in the driving conditions in the late afternoon rush hour from driving home from work during daylight hours to driving home in darkness.
 - People may not have changed their driving habits to nighttime driving and might be at somewhat higher risk for a vehicle crash.

Human Performance Tools for Individuals

The tools in this category include:

- Task preview
- Self-checking
- Job-site review
- Procedure use and adherence
- Questioning attitude, during planning and task execution
- Validate assumptions
- Effective communication
- Stop when unsure
- Place-keeping
- Do not disturb sign

Benefits of HPI Tools

- **The basic purpose of these tools is to help the individual performer maintain positive control of a work situation. Positive control means that what is intended to happen is what happens, and that is all that happens.**
- Before taking an action, a conscientious individual understands the significance of the action and its intended result.
- Such thinking takes time.
- All human performance tools deliberately slow things down to ultimately speed things up by avoiding delays that accompany events triggered by active errors.
- When used conscientiously, these tools give the individual more time to think about the task at hand—about what is happening, what will happen, and what to do if things do not go as expected.
- The performer's primary goal is to retain positive control at critical steps when error-free performance is essential for safety.
- **Using these human performance tools does not guarantee perfect performance, but individuals can greatly reduce their chances of erring by using the tools thoughtfully and rigorously.**

For Additional Reading

DOE-HDBK-1028-2009- HUMAN PERFORMANCE
IMPROVEMENT HANDBOOK