

# MAFES Dawg Tracks

November 6, 2017



MISSISSIPPI STATE UNIVERSITY™  
MS AGRICULTURAL AND  
FORESTRY EXPERIMENT STATION

Daylight Saving Time Ends

Sunday, November 5<sup>th</sup> marks the official end of daylight saving time as clocks are pushed back one hour. When the clocks spring forward and fall back each year, it's only by an hour, but it takes most people days to adjust to the time difference.

Since darkness signals a natural inclination for sleep, it stands to reason that early nightfall makes us more prone to drowsy driving — especially as we adjust to evening commutes during the first week of the time change.

According to the National Safety Council, traffic fatalities are 3 times greater at night than during the day, mainly because of decreased visibility. Think about it: ninety percent of your reaction time depends on your ability to see what's around you. And since your depth perception, color recognition, and peripheral vision decrease after sundown, your chances for a car accident tend to increase.

Prep your car for nighttime driving. It may be common sense, but check and clean your headlights, taillights, brake lights, and signal lights. After all, you want to see and be seen by other drivers on the road.

Watch out for animals on the road. Deer and other animals are most active at night, particularly from 6 p.m. to 11 p.m. And since more deer-related collisions occur in November than any other month, be extra careful in the weeks following daylight saving time.

*For more info contact – Leslie Woolington*  
**MAFES /MSU-EXTENSION**  
**Risk Mgmt. / Loss Control**  
*(662) 325-3204*

## Use the occasion of setting your clocks back to...

- Check and replace the batteries in your smoke and carbon monoxide (CO) alarms. Ensure they are working properly and replace the batteries. As the cold sets in and many start up their gas-fired furnaces, fireplaces, portable unit heaters and the like for the first time, carbon monoxide poisoning risks increase dramatically during this time of year. Replace any smoke alarm unit that is older than 10 years. Replace any CO alarm unit that is older than 5 years.
- Prepare a winter emergency kit for your automobile. Such kits can be a lifesaver if you are stuck out in bad weather while driving. They should include items such as: warm clothes, blanket, flashlight, batteries, water, non-perishable snacks, shovel, flares, reflective hazard triangle, jumper cables, cat litter or sand for traction, warm hat and gloves.
- Check to see if your fire extinguishers need recharging. Check the small gauge at the top of the extinguisher. If the needle in that gauge is in the green, chances are, the extinguisher is okay. If it is in the red, you need to have the extinguisher recharged.

Sources used 10/24/17

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- <http://safetytoolboxtopics.com/Seasonal/end-of-daylight-saving-time-can-be-deadly.html>