



# SAFETY COMMITTEE

Save these tips to help you and your loved ones "Fall Back" safely!

*November 2025 Newsletter*



## ADJUST YOUR INTERNAL CLOCK

The time change can disrupt sleep patterns and affect alertness. Give yourself a few days to adjust by:

- Sleep 15 minutes earlier each night leading up to the change
- Maintain consistent sleep & wake times
- Avoid caffeine & screens before bed
- Use caution while driving, as drowsy driving peaks during the first week after time changes

## WATCH FOR PEDESTRIANS & DRIVERS

With earlier darkness, driving is more hazardous. Remember to:

- Use headlights during dusk and dawn
- Stay alert for pedestrians who may be less visible
- Slow down in residential areas where children may be playing after school
- Wear reflective clothing or carry a flashlight



## CHECK YOUR SAFETY TASK LIST

The time change serves as a perfect reminder to complete these essential safety tasks.

- Update your emergency contact list
- Check expiration dates on medications and supplies in your first aid kit
- Refresh food and water in emergency kits
- Review family evacuation plans.
- Inspect & shake your fire extinguisher, as the powder may compact at the bottom of the canister.
- Clear lint from dryer vents to prevent fire

Questions or suggestions? Please contact [csmsafetycommittee@smccd.edu](mailto:csmsafetycommittee@smccd.edu)