

# Tips for Safer Daylight Savings

“Springing forward is known to result in over a 15% increase in accidents in the week following.”

The time shift can have a negative effect on the mind and body - and lead to an increase in driving accidents.

## Drive Defensively

You may be feeling alert – but not everyone is. Be aware of people who drift between lanes or stop abruptly. Keeping a safe distance between you and the vehicle in front of you is a great way to reduce your risk of an accident and gives you the space needed to react to any situation.

## Don't Drive Drowsy



Did you know driving drowsy is nearly as dangerous as drunk driving? The shift in time throws off your body's internal clock and can impact the quality of your sleep. Go to bed early on the days leading up to the time change.

## Make Sure to See & Be Seen

If you are driving in the dark, make sure you turn on your headlights and always use your turn signals as needed. Approach all crosswalks and intersections slowly and check your mirrors for oncoming cyclists or pedestrians before making any turns.

## Prepare Your Vehicle

Ensure your headlights, windows, taillights, signal lights, and windshield wipers are clean and in good working condition so you can see and be seen on the road. Top up on windshield wiper fluid and check your tire pressure. Take your vehicle in for a tune-up, oil change, and vehicle inspection to ensure your vehicle is reliable.



## Don't Drive Distracted

It's always important, no matter the time of year, to make sure you're never engaging in distracted driving. When you drive distracted, you're putting yourself and others at significant risk—of collision, injury or death. Getting a distracted driving ticket can take a toll on your driving record and ultimately increase your auto insurance premium.

## Don't Forget Sunglasses

The time shift may mean you're now driving while the sun is still shining. Make sure you've got a pair of sunglasses in your vehicle. Aim for polarized lenses, as they help reduce glare better than non-polarized.

