



Spring Forward and Stay Safe!

It is the time of the year again – time to Spring Forward and set our clocks ahead an hour. Even though it’s just an hour, it’s amazing how it can affect people.

While that extra hour of daylight in the evening is nice, that lost hour in the morning can really throw us off. The sunlight that we’ve been used to on our morning drives is going leave us again for a while. Decreased visibility requires more concentration in the morning until the sun catches up. This can cause more drowsiness, so be careful!

The time change season also gives us a reminder to check on some safety items in your home, such as:

- **Smoke alarms** – if you didn’t change the smoke alarm batteries last fall when daylight savings time ended, now is a good time to do so. Ensuring you have smoke alarms in every bedroom, as well as on all levels of your home, allows you to keep your loved ones safe in the event of a fire. You should also have smoke alarms at least 10 feet away from your stove (to reduce false alarms) and less than 12 inches from the ceiling.
- **Carbon Monoxide detectors** – Ensure you have carbon monoxide detectors mounted in the same area as smoke detectors. Or opt for combination smoke and carbon monoxide detectors.
- **Clearing outside vents** – Spring is a good time to ensure there is no excess buildup of snow or debris near our outside vents.
- **Home fire evacuation plans** – If you have one, great! If you don’t, this is a good time to create one. What will your family do if there is a fire in the home? How will everyone get out safely? What about your pets? Where will you meet once you are all out? Answering these questions will lead to a good family evacuation plan.

Use this time of year to put a “spring” in your safety step by following these essential reminders and tips.