

SAFETY MEETING QUIZ

Name:

Date:

Safety Topic: V3-04 Home & Holiday – Daylight Saving Time

1. Daylight Saving Time begins every Spring in most of North America when we
 - a. advance our clocks forward by one hour.
 - b. turn back our clocks by one hour.
 - c. start feeling more tired for no reason.
 - d. take a new shift at work.

2. The time change can cause people to become
 - a. anxious.
 - b. stressed.
 - c. fatigued.
 - d. any of the above.

3. Your reaction time is _____ when you are fatigued.
 - a. increased
 - b. decreased
 - c. hyperactive
 - d. not affected

4. The time change has the potential to affect our own safety and the safety of those around us, at home, on the job or while on the road.
 - a. True
 - b. False

5. For a while after daylight saving time starts, the morning hours may be _____ which may affect your drive to work.
 - a. brighter
 - b. the same
 - c. darker
 - d. easier



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ANSWER KEY

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