

FALL BACK REMINDERS

As daylight savings ends on November 3rd, this is a timely reminder to carry out routine safety maintenance tasks.

When you turn back the clocks an hour, take the opportunity to perform these essential and potentially lifesaving tasks to help you prepare for the unexpected.

PREPARATION CHECKLIST

- TIME ADJUSTMENT
- CHECK YOUR GRAB & GO BAG(S)
- CHECK YOUR FIRE EXTINGUISHERS
- REPLACE YOUR BATTERIES



FALL BACK REMINDERS



TIME CHANGE:

On November 3rd at 2am, we'll set our clocks back by an hour. Understanding the affects that time changes can have on your body, can help you prepare to the adjustment and reduce the negative effects of the time change:

- Practice healthy sleep habits. Try to go to bed and wake up at the same time everyday.
- Avoid things that disrupt sleep rhythms and sleep quality, such as **CAFFEINE, ALCOHOL, and SCREEN TIME** before bed.
- Get at least seven hours of sleep before and after the time change.
- Gradually adjust sleep and wake-up times a few nights before the time change. On the night of the time change, stay up an hour later to help your body adjust.

CHECK YOUR EMERGENCY KITS & GRAB & GO BAG(S):

Emergency Kits/Grab and Go Bags contain supplies you need when disaster strikes. An Emergency Kit is designed for sustained survival for at least 72 hours and Grab and Go Bags are for quick evacuation. Each of these kits should be checked for expired supplies and adjusted for seasonal changes.

- **PRIORITY ITEMS:** Personal medications and bottled water.
- **Food:** Non-perishable, ready to eat food and snacks.
- Phone charger and back-up battery bank.
- Small battery-powered or hand-crank radio.
- Battery-powered or hand-crank flashlight with extra batteries.
- Well-stocked first-aid kit.
- Toiletries and an extra pair of glasses or contact lenses.
- Copy of your emergency plan - review your emergency plan and update it if necessary.
- Copies of important documents like insurance papers and ID.
- Cash in small increments (\$20 bills or less).
- Local map marked with your family meeting place.
- Seasonal clothing and emergency blankets
- Pen and notepad.
- Whistle or emergency signal.

CONDUCT A FIRE EXTINGUISHER INSPECTION:

Conduct an inspection on your fire extinguishers. Check their accessibility (are they visible and easily accessed), check their physical state (rust, dents, other signs of damage), are the labels readable, are the hoses in tact, are the nozzles clear, are the locking pins secure, check the inspection tags (are they expired?), check the pressure gauges.

REPLACE YOUR BATTERIES:

Change your smoke detector and carbon monoxide (CO) batteries. These detectors are on duty 24/7 to help warn you a fire or carbon monoxide emergency in your home. Remember to change the batteries every 6 months, this includes the backup batteries in hardwired detectors.



www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/guides-and-resources

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