

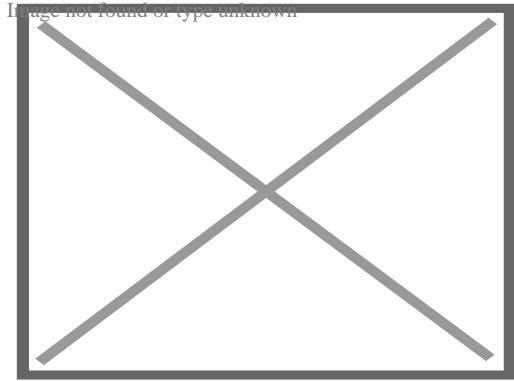


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Friday, March 10, 2017



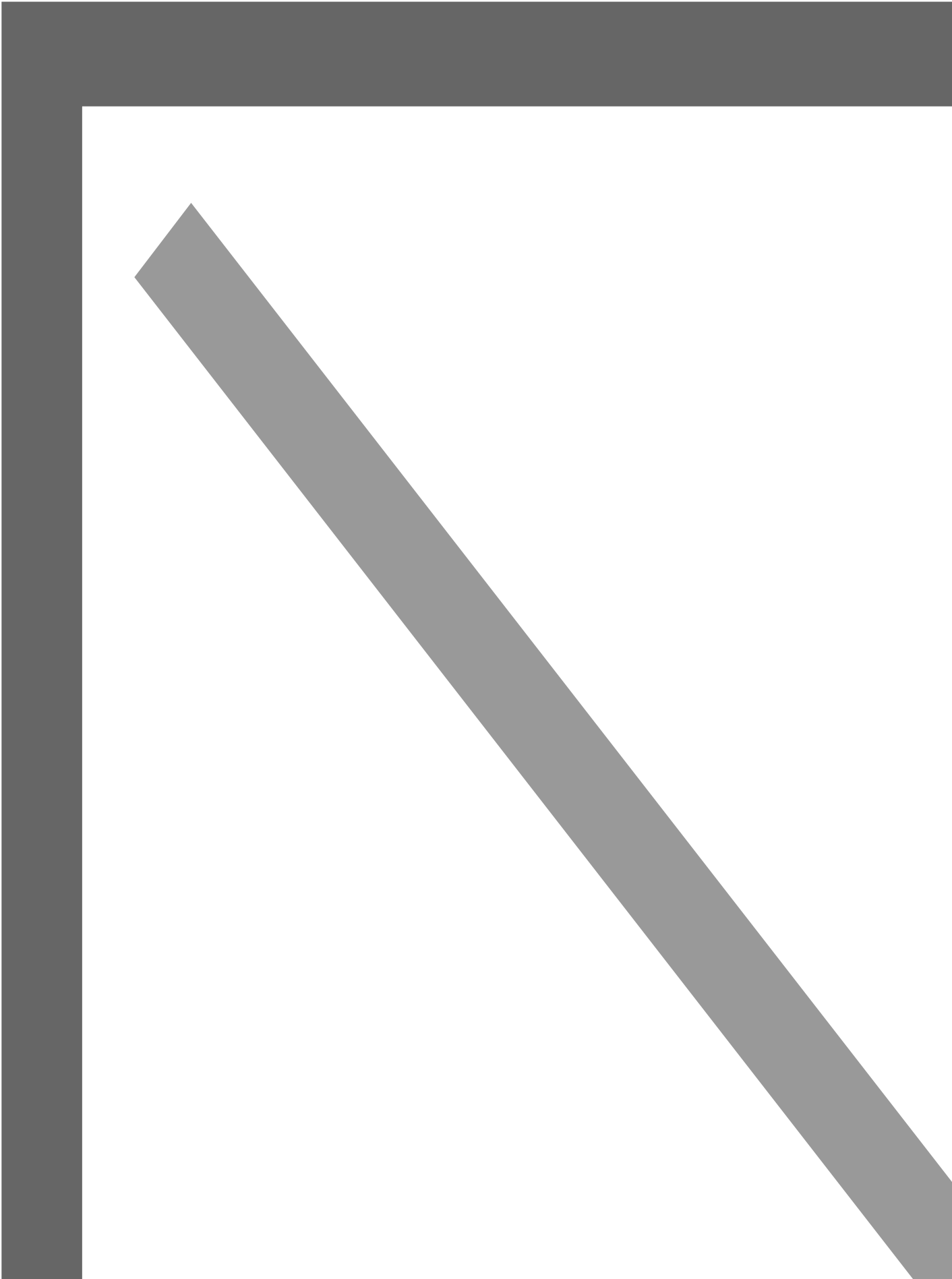
Daylight Savings is near! Please read the important excerpt below from the Journal of Applied Psychology (published by the American Psychological Association):

**"One hour of lost sleep may not seem like a lot. But our findings suggest it could have an impact on people's ability to stay alert on the job and prevent serious injuries."**

The flyer suggests some tips for adjusting to the upcoming time change.

Be safe and enjoy the daylight!

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