

VSU, it's **TIME FOR A CHANGE!**



When do we change our clocks? 2:00 a.m., March 13th.

Daylight Saving Time gives us the opportunity to enjoy sunny spring and summer evenings by moving our clocks an hour forward in the spring. **The Environmental & Occupational Safety Staff** would like to take this opportunity to provide some helpful tips that will improve safety in your dorm room, office, and home:

1. Check and replace the batteries in your smoke and carbon monoxide (CO) alarms.
2. Prepare a “disaster supply kit” for your house. (See the “Disaster Supply Plan” on our website at <http://www.valdosta.edu/finadmin/safety/DisasterSupplyPlan.shtml> or check online for instructions on making disaster supply kits).
3. Make a “car-emergency kit” (Don’t know what to include? Do an Internet search for “car emergency kit” and you should find a great amount of information). It’s a good idea to have an emergency kit in your car year-round. When the time changes again in the fall, add cold-weather items!
4. Check home and outbuilding storage areas for hazardous materials. Properly discard any which are outdated, no longer used, or in poor condition. Move any that are within reach of kids or pets.
5. Check and discard expired medications. Those dates really do have meaning!

HAPPY DAYLIGHT SAVING TIME!!