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Roll Back The Clock! Time Changes Saturday Night

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Roll Back The Clock! Time Changes Saturday Night

By Annabeth Miller, SMT Editor

It's that time of year again! Time to roll your clocks back an hour and welcome back dark winter evenings.

Daylight Saving Times officially ends at 2 a.m. Sunday morning, so before going to bed Saturday night set those clocks back an hour so you will be on time to church on Sunday.

Yes, this means you get to sleep in an extra hour. You're welcome.

State Fire Marshal Randy Cole is advising Missourians to also use the opportunity to change the batteries in smoke and carbon monoxide alarms this weekend as they set their clocks back to Standard Time.

"Studies show that more than 60 percent of deadly U.S. fires happen in homes that do not have smoke alarms installed or working properly," said Cole. "Taking the time to change the batteries in your smoke alarm is the simplest way to protect your family from the threat of a deadly fire."

According to the National Fire Protection Association, 40 percent of U.S. residential fire deaths result from fires in homes with no smoke alarms, while 23 percent occur in homes without working smoke alarms.

Additionally, the National Safety Council reports that across the U.S., nearly 300 people die each year as a result of carbon monoxide poisoning. Carbon monoxide is an odorless, colorless poison that can be detected by a carbon monoxide alarm.

National statistics show:

- On average, home fires kill 540 children ages 14 and under each year.
- Eighty percent of the children who die in home fires are killed in homes without working smoke alarms.
- From 11 p.m. – 7 a.m.— when people tend to be asleep and the home is dark— is the peak time period for home fire deaths.
- Only 23 percent of U.S. families have developed and practiced a home fire escape plan.

Cole recommends that Missourians regularly check smoke detectors by pushing the test button, plan two escape routes from their homes and practice those escape routes with the entire family.

Link of Interest

Official U.S. Time

US Naval Observatory Master Clock

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