



Prop 7: Support

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One liners:

- Saves lives and money by stopping dangerous time changes

Proposition 7 is a required step in the process to **stop the biannual time changes** that harm health and safety of workers and their families. **That's why the California Democratic Party is recommending a Yes vote on Proposition 7.**

The federal government and states dabbled in biannual time changes as early as the First World War, when President Woodrow Wilson promoted the practice to mimic a trend among European countries to conserve fuel. Studies consistently show that **no significant fuel conservation occurs as a result of the time change** between daylight saving time and standard time.

Changing our clocks twice a year has proven to be hazardous to our health and public safety:

- **Workplace Injuries:** A survey of U.S. Department of Labor workplace injury data between 1983 and 2006 showed that, compared to typical workdays, on-the-job injuries increase by 5.7 percent on the few days following the "spring forward" time change as a result of less sleep.
- **Traffic Accidents:** Data show deadly vehicle accidents increases on the Monday after the "spring forward" clock shift jumped to 83.5 per day compared to a typical Monday deadly accident rate of 78.2.
- **Deadly Medical Emergencies:** Losing an hour of sleep has resulted in a 25 percent spike in heart attacks over the few days following the "spring forward" time change,. Additionally, researchers found the strokes are 8 percent more likely to occur in the two days following the "spring forward" time change, with that figure jumping to 25 percent among people with cancer and 20 percent for those age 65 or older.

California can unwind the hazardous time change:

- Because the hazardous time change policy is rooted in both federal and state law, the process of undoing it will take several steps. Passing Proposition 7 is one of them.
 - 1. Assemblymember Kansen Chu and Assemblywoman Lorena Gonzalez Fletcher took the first step by authoring the legislation to put Proposition 7 on the ballot. The Governor signed it on June 28.
 - 2. Voters must pass Proposition 7 in order to amend the 1949 state law.
 - 3. The Legislature would then be authorized to move California to petition the federal government either operate year-round in Pacific Daylight Time or Pacific Standard Time.
 - 4. If the Legislature approves year-round Pacific Daylight Time, Congress must act to allow for an exemption to the Uniform Act of 1966 to allow it. No federal action is needed if the Legislature chooses Pacific Standard Time.