

Clocks go forward this weekend

Rest up, because we lose an hour of sleep this weekend.

This is the weekend when the clocks go forward an hour to start daylight time. Don't forget to set your time pieces ahead an hour before retiring Saturday night.

While you're at it, Caledon Fire and Emergency Services is recommending residents install new batteries in their smoke and carbon monoxide alarms when they change their clocks.

"In order for smoke and carbon monoxide alarms to do their job, they need to have working batteries," explained Fire Chief Dave Forfar. "Once a year, old batteries should be replaced with new batteries. When you change your clocks this weekend, Caledon Fire and Emergency Services wants everyone to take the time to install new batteries in all smoke and carbon monoxide alarms."

"When a fire occurs, people may only have a few seconds to escape," Forfar added. "We are urging people to develop and practise a home fire escape plan so that everyone knows what to do when a fire occurs. Once out, stay out. Never re-enter a burning building."