



November Featured Learning

One thing that impacts workers — regardless of their position or workplace — is fatigue. As Drowsy Driving Prevention Week (Nov. 3-9) approaches, it's the perfect time to focus on the impact of fatigue and sleep on our daily lives. The National Sleep Foundation determined that half of U.S. drivers admit to regularly driving while feeling drowsy. Although being drowsy doesn't sound all that serious, it is the same as driving impaired — but without the same social stigma that impaired driving has. This month's courses will help you stay alert, energized and safe both on the road and at work!

- [Avoiding Driver Fatigue](#)
- [Get a Better Night's Sleep](#)
- [Managing Fatigue](#)

Courses available through
11/30/2024.



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