



April Featured Learning

Did you know that prolonged screen time can cause serious eyestrain? Or that millions of workers experience bullying or violence in the workplace each year? And let's be honest — finding the time to eat right, exercise, and sleep well isn't always easy! That's why this month, in honor of Workplace Eye Health Month and National Nutrition Month, we're offering three essential courses. Learn how to protect your eyes, create a safer work environment, and develop healthier habits for long-term well-being. Let's work together to make Oregon's workplaces safer, stronger, and healthier!

SAFER

[Defensive Driving — Distracted Driving](#)

STRONGER

[Handle Distractions and Procrastination](#)

HEALTHIER

[Digital Stress and Addiction](#)

Courses available through
4/30/2025.



Log in at learn.cisoregon.org to access these courses.