



FREE ONLINE TRAINING:

Sleep Deprivation and Fatigue Training for Long Term Caregivers

Sleep deprivation and fatigue can lead to serious consequences for the safety and health of long-term care professionals and the residents in their care. This OSHA funded training aims to:

- Help workers understand the risks associated with sleep deprivation and fatigue.
- Identify the sources of fatigue for long-term caregivers.
- Introduce tools and strategies to help manage the risks.

The University of Southern Maine has developed the training to meet the needs of the busy long-term care workplace.

- The training takes about 45 minutes to complete.
- Accessible from any computer or mobile device.
- Login when convenient. Complete it at your own pace. Start and pause at any time and pick-up where you left off.
- A certificate is provided upon successful completion.

[Click here to register](#)

Or visit: <https://workforceprotectiontraining.org/>

For more information about the training contact Jenny MacKenzie at jennifer.mackenzie@maine.edu

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