

The National Institute for Occupational Safety and Health (NIOSH)



Promoting productive workplaces
through safety and health research



NIOSH Training for Nurses on Shift Work and Long Work Hours

DHHS (NIOSH) PUBLICATION NUMBER 2015-115

(REVISED OCTOBER 2023)



Training and Education

CDC Course Numbers: WB4747 and WB4748

Course Description

The purpose of this online training program is to educate nurses and their managers about the health and safety risks associated with shift work, long work hours, and related workplace fatigue issues and relay strategies in the workplace and in the nurse's personal life to reduce these risks. Part 1 (CDC Course No. WB4747) is designed to increase knowledge about the wide range of risks linked to these work schedules and related fatigue issues and promote understanding about why these risks occur. This knowledge provides background information for Part 2 of the training program. Part 2 (CDC Course No. WB4748) is designed to increase knowledge about personal behaviors and workplace systems to reduce these risks. Content for this training program is derived from scientific literature on shift work, long work hours, sleep, and circadian rhythms.

Launch Course

NIOSH Training for Nurses on Shift Work and Long Work Hours

Suggested Citation:

NIOSH [2015]. NIOSH training for nurses on shift work and long work hours. By Caruso CC, Geiger-Brown J, Takahashi M, Trinkoff A, Nakata A. Cincinnati, OH: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, DHHS (NIOSH) Publication No. 2015-115 (Revised 10/2023). <https://doi.org/10.26616/NIOSH-PUB2015115revised102023>

Technical Requirements

Computer hardware (desktop, laptop, tablet, mobile devices); internet connection.

Instructions for obtaining continuing education (CE)

In order to receive continuing education (CE) for WB4747 NIOSH Training for Nurses on Shift Work and Long Work Hours Part 1 and WB4748 NIOSH Training for Nurses on Shift Work and Long Work Hours Part 2, please visit TCEO and follow these 9 Simple Steps before October 16, 2025.

Learning Objectives

In this training, you will receive scientific information about the risks of shift work and long work hours and strategies to reduce these risks.

The training contains 12 modules that are divided into two parts. **Other Resources** at the end gives a list of more information about work schedules and sleep.

Part 1 includes **Modules 1 to 4**. Persons completing Part 1 can obtain continuing education (CE) for nurses and other health professionals. Part 1 has four overarching learning objectives.

1. Explain why shift work and long work hours can lead to health and safety risks.
2. Identify a broad range of health and safety risks that are linked to shift work and long work hours.
3. Identify individual factors that can lead to differences in a nurse's ability to adjust to shift work and long work hours.
4. List two ways this educational activity will impact my team.

Part 2 includes **Modules 5 to 12** that cover strategies to reduce risks. Persons completing Part 2 can obtain continuing education (CE) for nurses and other health professionals. Part 2 has three overarching learning objectives.

1. Identify workplace strategies managers can implement to reduce risks from shift work and long work hours.
2. Identify strategies nurses can implement in their personal lives to reduce risks from shift work and long work hours.
3. Identify 2 strategies for the healthcare team to address the demands of long work hours.

Target Audience

Registered Nurses, administrators and safety professionals

Prerequisites

There are no prerequisites for this course.

Accreditation Statements

WB4747 NIOSH Training for Nurses on Shift Work and Long Work Hours, Part 1

CNE: The Centers for Disease Control and Prevention is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides **1.25 contact hours**.

CEU: The Centers for Disease Control and Prevention is authorized by IACET to offer **0.1 CEU's** for this program.

For Certified Public Health Professionals (CPH): The Centers for Disease Control and Prevention is a pre-approved provider of Certified in Public Health (CPH) recertification credits and is authorized to offer **2 CPH recertification credits** for this program.

WB4748 NIOSH Training for Nurses on Shift Work and Long Work Hours, Part 2

CNE: The Centers for Disease Control and Prevention is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides **1.25 contact hours**.

CEU: The Centers for Disease Control and Prevention is authorized by IACET to offer **0.1 CEU's** for this program.

For Certified Public Health Professionals (CPH): The Centers for Disease Control and Prevention is a pre-approved provider of Certified in Public Health (CPH) recertification credits and is authorized to offer **1 CPH recertification credits** for this program.

Disclosure Statement

In compliance with continuing education requirements, all presenters must disclose any financial or other associations with the manufacturers of commercial products, suppliers of commercial services, or commercial supporters as well as any use of unlabeled product(s) or product(s) under investigational use.

CDC, our planners, content experts, and their spouses/partners wish to disclose they have no financial interests or other relationships with the manufacturers of commercial products, suppliers of commercial services, or commercial supporters. Planners have reviewed content to ensure there is no bias.

Content will not include any discussion of the unlabeled use of a product or a product under investigational use.

CDC did not accept commercial support for this continuing education activity.

Fees:

No fees are charged for CDC's CE activities.

Contact Information

For assistance with registration, completing the course assessment and posttest, transcripts, and printing continuing education certificates, please contact at <https://tceols.cdc.gov/Home/Contact>

Please email NIOSH Sleep (nioshsleep@cdc.gov) with any questions regarding this course.

Faculty and Other Contributors

List of Revisions

Revision Date	Revisions	Citation of Revision
May, 2015 (Original)		NIOSH, Caruso CC, Geiger-Brown J, Takahashi M, Trinkoff A, Nakata A. [2015]. NIOSH training for nurses on shift work and long work hours. (DHHS (NIOSH) Publication No. 2015-115). Cincinnati, OH: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health. [www.cdc.gov/niosh/docs/2015-115/]
October, 2019	New continuing education (CE) certificates through CDC Training and Continuing Education Online for this training launched on 10/15/2019 to replace the CE programs which expired on 10/15/2019. The edits required to make the training eligible for continuing education certificates for another 2 years included these the landing page, Learning Objectives page, Accreditation Statement page, Part 1 course completion page, and Part 2 course completion page. <ul style="list-style-type: none"> • New course numbers (WB2408 changed to WB4217; WB2409 changed to WB4218) • New origination date and expiration date • Removing 'audit' certificates which are not offered now • Updates to faculty titles who had changed jobs • Updates to CDC Training and Continuing Education Online website URL • Updates to simplify the instructions to process the continuing education certificates • Other wording changes required by CDC Training and Continuing Education Online 	NIOSH [2015]. NIOSH training for nurses on shift work and long work hours. By Caruso CC, Geiger-Brown J, Takahashi M, Trinkoff A, Nakata A. Cincinnati, OH: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, DHHS (NIOSH) Publication No. 2015-115 (Revised 10/2019). https://doi.org/10.26616/NIOSH-PUB2015115Revised102019
April, 2020	A responsive design version of the course implemented – eliminating the need of separate instances for mobile users and for desktop/personal computer browsers.	NIOSH [2015]. NIOSH training for nurses on shift work and long work hours. By Caruso CC, Geiger-Brown J, Takahashi M, Trinkoff A, Nakata A. Cincinnati, OH: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, DHHS (NIOSH) Publication No. 2015-115 (Revised 04/2020). https://doi.org/10.26616/NIOSH-PUB2015115Revised042020
October, 2021	New continuing education (CE) certificates through CDC Training and Continuing Education Online for this training launched on 10/15/2021 to replace the CE programs which expired on 10/15/2021. Edits are on the landing page and Accreditation Statement page. <ul style="list-style-type: none"> • Inserted CDC's Quality Training Badge • Updated faculty titles who had changed jobs or retired • Updated renewal date and expiration date • Inserted Joint Accredited Provider badge and statement 	NIOSH [2015]. NIOSH training for nurses on shift work and long work hours. By Caruso CC, Geiger-Brown J, Takahashi M, Trinkoff A, Nakata A. Cincinnati, OH: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, DHHS (NIOSH) Publication No. 2015-115 (Revised 10/2021). https://doi.org/10.26616/NIOSH-PUB2015115Revised102021

Revision Date	Revisions	Citation of Revision
October, 2023	New continuing education (CE) certificates through CDC Training and Continuing Education Online for this training launched on 10/16/2023 to replace the CE programs which expired on 10/15/2023. The edits required to make the training eligible for continuing education certificates for another 2 years included these on the landing page, Learning Objectives page, Accreditation Statement page, Part 1 course completion page, and Part 2 course completion page. <ul style="list-style-type: none">• New course numbers (WB4217 changed to WB4747; WB4218 changed to WB4748)• New origination date and expiration date• Other wording changes required by CDC Training and Continuing Education Online	NIOSH [2015]. NIOSH training for nurses on shift work and long work hours. By Caruso CC, Geiger-Brown J, Takahashi M, Trinkoff A, Nakata A. Cincinnati, OH: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, DHHS (NIOSH) Publication No. 2015-115 (Revised 10/2023). https://doi.org/10.26616/NIOSH PUB2015115 Revised102023

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Last Reviewed: October 16, 2023

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