

Figure Legends

Figure 1: Flow chart: Experience Timeline

Figure 2: P-chart of HCW compliance with monitoring. (period 1) preintervention period, consent form signature, (commitment training) intervention; (period 2) 30 shifts after commitment training; (period 3) last 30 shifts of the study. Dark point: normal values. Yellow point: more than three consecutive points above or below the central limit (CL). Red point: The value is outside the limits of the control card (UCL or LCL)