

Safe Sleep

Required Annual Training

Frequently Asked Questions

Why do licensed providers need to take Safe Sleep training each year?

Safe Sleep training is required for all licensed providers who care for infants in order to comply with WAC 170-295-1090(3) and (4), or WAC 170-296A-1800(1)(b). The provider must complete infant Safe Sleep training that has been approved by DEL.

What Safe Sleep training is “approved by DEL” as stated in the WAC?

DEL’s required Safe Sleep training is available for free online, in English and in Spanish, and can be found by going to www.deltraining.com.

When do I need to take the Safe Sleep training again?

The required Safe Sleep training must be completed annually, 12 months from the date it was last completed.

Once I’m at the computer, where do I go?

Follow a step-by-step guide to register for Safe Sleep training here: [How to Take Safe Sleep Training](#).

Will I receive STARS hours or Continuing Education credit for completing this course?

No. The required Safe Sleep Training is a self-entered Health & Safety credential in MERIT, similar to a CPR or Food Handlers certification.

How do I “self-enter” my completion of Safe Sleep?

Print your certificate of completion, enter the date of completion into the Health & Safety section of your MERIT professional record, and turn in a copy of your certificate to your employer to confirm. When a Health & Safety training in MERIT is “self-entered”, that means it can be entered by a DEL licenser, director, licensee, or by a child care professional.

For all Health & Safety trainings, DEL licensers or MERIT support can “verify” that the training has been completed and a center director can “confirm” completion for their staff. Both verified and

confirmed are acceptable for indicating completion.

A state-approved trainer in my community is offering Safe Sleep training. Does this count?

No. The annually required Safe Sleep training must be completed online through www.deltraining.com. This training meets the requirements, outlined in the Washington Administrative Code (WAC). State-approved trainers are not approved to deliver the required Safe Sleep training and Conferences/Special Event Applications with sessions including the Safe Sleep curriculum will not be approved.

I'm a state-approved trainer. Doesn't that mean I am DEL-approved to offer training?

No. The Washington Administrative Code (WAC) references specific content, and a specific delivery method. If you are working in licensed care, you must complete this training through www.deltraining.com to ensure you are in compliance with Washington States' licensing requirements.

This doesn't work for me or my community, my language or my learning style. What options do I have?

- Work with someone side-by-side to navigate the online training. Each individual must be logged into the DEL student portal (www.deltraining.com) separately to receive credit.
- Complete the required safe sleep training in a computer lab setting, this can be in a room of peers, each with their own computer and log in.
- Reach out to [MERIT](#) if you have further questions.

Do you have any handouts on safe sleep I can give to parents?

You can access resources on our DEL website at: <http://www.del.wa.gov/development/health/safesleep.aspx>

I have additional questions. Who do I contact?

- Questions related to WAC compliance: [Contact your licensor](#).
- Questions related to MERIT, STARS hours or accessing the safe sleep training: Contact MERIT support at MERIT@del.wa.gov.



Washington State Department of

Early Learning

Kids' Potential, Our Purpose