

SAFETY TRAINING CALENDAR

ND+SC
NORTH DAKOTA SAFETY COUNCIL
1640 Burnt Boat Drive
Bismarck, ND 58503

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58503

Choose from 5 options when selecting
safety training that's right for you.

1. **Public Courses** - Choose from nearly 60 different safety training courses. Many are offered several times per year at convenient locations across ND. *See inside...*
2. **Private Courses** - Our training experts will train your staff at YOUR business, allowing you to minimize travel expenses & maximize time on the job. *Call to inquire...*
3. **Online Courses** - Access online safety and OSHA training for both General Industry and Construction on our web site at www.ndsc.org. *Curriculum includes more than 80 courses!*
4. **Video Courses** - Some courses are available in CD/DVD. Purchase a program and utilize your own staff trainers or access our video library. *See the full list at www.ndsc.org.*
5. **Conference Courses** - The NDSC Annual Safety & Health Conference - Feb. 2-4, 2010 - offers nearly 60 courses over 3 days. *Log onto www.ndsc.org for more details.*

REGISTER NOW FOR THE ANNUAL ND SAFETY & HEALTH CONFERENCE!

February 2-4, 2010 ~ Ramada Plaza & Suites, Fargo, ND

This is the largest safety & health event in North Dakota. You'll experience 3 days of safety training by some of the leading speakers from across the nation, including keynotes Scott Geller and David Landsverk! Choose from nearly 60 educational and motivational courses, as well as hands-on demonstrations, to help you improve the safety environment at your workplace. Don't miss the Exhibitor Social, Silent Auction, Awards Banquet, and Tailgater Lunch! **Get registered today!**

Log onto www.ndsc.org

Click on the ND Safety & Health Conference REGISTER HERE button to review the agenda and read all about the courses offered!

ND+SC
NORTH DAKOTA SAFETY COUNCIL



1-800-932-8890 ~ 701-223-6372 ~ www.ndsc.org

1640 Burnt Boat Drive, Bismarck, ND

**Get the training you need ...
call 701-223-6372 to register!**



Public courses scheduled for January 1 - March 31, 2010

Bloodborne and Airborne Pathogens

Course Length: 2 hours

Member: \$25.00 Non-Member: \$35.00

(Registration numbers must meet minimum for course to be held) (29 CFR 1910.1030) requires employers to safeguard employees who face potential occupational exposure to blood or other potentially infectious materials. The National Safety Council's Bloodborne and Airborne Pathogens course helps reduce these risks by focusing on how to protect employees from blood and airborne pathogens and what to do if an exposure occurs.

This program is ideal for first responders, dentists, dental hygienists, lab workers, police, EMTs and paramedics, animal handlers and custodians — anyone exposed to blood or other potentially infectious materials can benefit from this resource.

Locations: Bismarck – 2:30 pm - 4:30 pm – Jan. 9, 14, Feb. 11, 13, Mar. 11, 13
Dickinson – 2:30 pm - 4:30 pm – Jan. 20, Feb. 17, Mar. 17
Fargo – 2:30 pm - 4:30 pm – Feb. 9
Grand Forks – 2:30pm - 5pm – Feb. 8
Jamestown – 2:30 pm - 4:30 pm – Jan. 5, Mar. 2
Minot – 2:30 pm - 4:30 pm – Jan. 26, Feb. 23, Mar. 23

If these dates don't fit your schedule, please call with a suggested date.

Confined Spaces

Course Length: 4 hours

Member: \$115.00 Non-Member: \$145.00

The Confined Spaces Compliance Training program is designed to help you understand key elements of the confined spaces regulation issued by OSHA.

Locations: Fargo – 8am - 12pm – Feb. 9

CPR/AED

Course Length: 2.5 hours

Member: \$38.00 Non-Member: \$45.00

This 2 1/2 hour course National Safety Council program meets and exceeds the 2005 AHA guidelines and meets OSHA requirements. It covers CPR, choking, bloodborne pathogens and use of an AED. If it's time to certify your CPR/AED skills, this course can help. Upon course completion, you will receive a National Safety Council's 2 year CPR/AED certificate.

Locations: Bismarck – 8am - 10:30am – Jan. 9, 14, Feb. 11, 13, Mar. 11, 13
Dickinson – 8am - 10:30am – Jan. 20, Feb. 17, Mar. 17
Fargo – 8am - 10:30am – Feb. 9
Fargo – 12am - 2:30pm – Jan. 11, Mar. 8
Grand Forks – 8am - 10:30am – Jan. 12, Mar. 9
Grand Forks – 12pm - 2:30pm – Feb. 8
Jamestown – 8am - 10:30am – Jan. 5, Mar. 2
Minot – 8am - 10:30am – Jan. 26, Feb. 23, Mar. 23

If these dates don't fit your schedule, please call with a suggested date.

First Aid

Course Length: 2.5 hours

Member: \$38.00 Non-Member: \$45.00

This first aid course trains employees on bleeding control, injuries, wound care, burns, poisons and sudden illness. Students learn to recognize these everyday emergency situations and take appropriate action until professional help arrives. Upon course completion, you will receive a National Safety Council's 3 year first aid certificate.

Locations: Bismarck – 10:30am - 1:00 pm – Jan. 9, 14, Feb. 11, 13, Mar. 11, 13
Dickinson – 10:30am - 1:00 pm – Jan. 20, Feb. 17, Mar. 17
Fargo – 10:30am - 1:00 pm – Feb. 9
Fargo – 2:30 pm - 5 pm – Jan. 11, Mar. 8
Grand Forks – 10:30am - 1:00 pm – Jan. 12, Mar. 9
Grand Forks – 2:30pm - 5 pm – Feb. 8
Jamestown – 10:30am - 1 pm – Jan. 5, Mar. 2
Minot – 10:30am - 1 pm – Jan. 26, Feb. 23, Mar. 23

If these dates don't fit your schedule, please call with a suggested date.

CPR/AED/First Aid

Course Length: 5 hours

Member: \$72.00 Non-Member: \$77.00

Students will learn to be a first responder by obtaining skills such as basic life support for adults, children and infants, proper AED use, bleeding control, injury and wound care, burns, poisons and sudden illness. After this course you'll be able to recognize these everyday emergency situations and how to take appropriate action until professional help arrives. Upon course completion, you will receive a National Safety Council's 2 year CPR/AED certificate and a 3 year first aid certificate.

Locations: Bismarck – 8am - 1pm – Jan. 9, 14, Feb. 11, 13, Mar. 11, 13
Dickinson – 8am - 1pm – Jan. 20, Feb. 17, Mar. 17
Fargo – 8am - 1pm – Feb. 9
Fargo – 12 pm - 5 pm – Jan. 11, Mar. 8
Grand Forks – 8am - 1pm – Jan. 12, Mar. 9
Grand Forks – 12pm - 5pm – Feb. 8
Jamestown – 8am - 1pm – Jan. 5, Mar. 2
Minot – 8am - 1pm – Jan. 26, Feb. 23, Mar. 23

If these dates don't fit your schedule, please call with a suggested date.

CPR/First Aid Course, Train-the-Trainer

Course Length: 16 hours

Member: \$350.00 Non-Member: \$400.00

Strengthen your emergency response program by building your employees' First Aid/CPR/AED skills and enhance your in-house training capabilities by sending a staff member through Train-the-Trainer. They'll be certified to conduct First Aid/CPR/AED training for all your employees with a program that meets and exceeds the American

Heart Association guidelines.

Locations: Bismarck – 8am - 5pm – Feb. 11 & 12
Dickinson – 8am - 5pm – Feb. 17 & 18
Grand Forks – 8am - 5 pm Jan. 12 & 13
Minot – 8am - 5 pm – Mar. 23 & 24

If these dates don't fit your schedule, please call with a suggested date.

Defensive Driving Course, Alive at 25

Course Length: 4 hours

Course Fee: \$45.00

Vehicle crashes are the number one cause of death for people between the ages of 14 and 24. This highly interactive four-hour course is used to reduce traffic crashes, fatalities and general violations by encouraging young drivers to take responsibility for their driving behavior.

Locations: Bismarck – 4pm - 8pm – Jan. 24, Mar. 14
Devils Lake – 5:30pm - 9:30 pm – Mar. 25
Dickinson – 4pm - 8pm – Mar. 14
Fargo – 4pm - 8pm - Feb. 28
Fargo – 5:30pm - 9:30pm – Jan. 14, Mar. 25
Grand Forks - *Call for dates.*
Jamestown – 4pm - 8pm – Mar. 7
Larimore – 9am - 1pm – Jan. 9
Minot – 5:30pm - 9:30pm – Feb. 11
Williston – 5:30pm - 9:30pm – Feb. 18

To register or view training locations for Alive at 25, log onto www.ndsc.org and click on the Alive at 25 icon. The Training locations for Defensive Driving Courses vary from the training locations listed in this brochure. Courses also available upon request.

Defensive Driving Course, Basic

Course Length: 4 hours

Member: \$40.00 Non-Member: \$45.00

DDC4 is a fast-paced, driver improvement program that offers practical strategies to reduce collision-related injuries, fatalities, and costs. DDC4 shows the consequences of the choices you make behind the wheel, and puts defensive driving in a personal context.

Locations: Bismarck – 6pm - 10pm – Jan. 18, Mar. 29
Bismarck – 9am - 1pm – Feb. 20
Devils Lake – 6pm - 10pm – Jan. 14, Mar. 11
Dickinson – 6pm - 10pm – Jan. 13, Mar. 10
Fargo – 9am - 1pm – Jan. 30, Mar. 13
Fargo – 6pm - 10pm – Feb. 9
Grand Forks – 9am - 1pm – Jan. 23, Feb. 13, Mar. 13
Jamestown – 6pm - 10pm – Jan. 14, Mar. 11
Minot – 8:30am - 12:30pm – Jan. 9, Mar. 13
Minot – 6pm - 10pm – Feb. 8
Valley City – 6pm - 10pm – Jan. 5, Mar. 2
Williston – 6pm - 10pm – Jan. 11, Feb. 1, Mar. 1

To view training locations for DDC, log onto www.ndsc.org and click on Training Calendar, then the Defensive Driving link. The Training locations for Defensive Driving Courses vary from the training locations listed in this brochure. To register for a Defensive Driving Course, call the NDSC at 223-6372. Courses also available upon request.

Fall Protection Construction

Course Length: 4 hours

Member: \$80.00 Non-Member: \$95.00

Knowing when fall protection is necessary and when it's not can be very confusing. This program will help to eliminate some of the confusion by giving you an overview of the fall protection requirements for the construction industry, steel erection and equipment

used to elevate personnel.

Locations: Bismarck – 1pm - 5pm – Feb. 9
Dickinson – 1pm - 5pm – Mar. 10
Fargo – 1pm - 5pm – Feb. 17
Minot – 1pm - 5pm – Jan. 6

Forklift Operator Training-Subpart N 1910.178

Course Length: 4 hours

Member: \$115.00 Non-Member: \$145.00

Designed to meet OSHA formal instruction training requirements for operators of powered industrial trucks, this course includes safe operation, maintenance, protection of personnel, load center, unloading and loading of trucks, intersections and more. It is classroom content only and does not include operation certification.

Locations: Bismarck – 1pm - 5pm – Feb. 10
Dickinson – 1pm - 5pm – Mar. 11
Fargo Skills & Tech – 1pm - 5pm – Feb. 18
Minot – 1pm - 5pm – Jan. 7

Forklift Train-the-Trainer-Subpart N 1910.178

Course Length: 8 hours

Member: \$180.00 Non-Member: \$220.00

This course is designed for the person who will be responsible for training the powered industrial truck operators for their facility. Each student will have an opportunity to actually help prepare and present a short forklift topic and receive feedback.

Locations: Bismarck – 8am - 5pm – Jan. 13
Dickinson – 8am - 5pm – Mar. 24
Fargo – 8am - 5pm – Feb. 10
Jamestown – 8am - 5pm – Jan. 26
Minot – 8am - 5pm – Mar. 1

Lockout/Tagout

Course Length: 4 hours

Member: \$115.00 Non-Member: \$145.00

The Lockout/Tagout Compliance training program is designed to help you understand key elements of the lockout/tagout regulation issued by OSHA.

Locations: Fargo – 1pm - 5pm – Feb. 9

MSHA New Miner-Part 46 Sand & Gravel

Course Length: 24 hours

Member: \$225.00 Non-Member: \$225.00

This 3-day initial training is required for all new and inexperienced sand and gravel miners.

Locations: Bismarck – 8am - 5pm – Jan. 6 thru 8; Mar. 16 thru 18

MSHA New Miner-Part 48 Surface & Coal

Course Length: 24 hours

Member: \$225.00 Non-Member: \$225.00

This 3-day initial training is required for all new and inexperienced surface and coal miners.

Locations: Bismarck – 8am - 5pm – Jan. 19 thru 21;
Feb. 16 thru 18; Mar. 23 thru 25

MSHA Refresher-Part 46 Sand & Gravel

Course Length: 8 hours

Member: \$85.00 Non-Member: \$85.00

This annual refresher course is required for all experienced sand and gravel Miners.

Locations: Bismarck – 8am - 5pm – Jan. 12, Mar. 10

MSHA Refresher-Part 48 Surface & Coal

Course Length: 8 hours

Member: \$85.00 Non-Member: \$85.00

This annual refresher course is required for all experienced surface and coal miners.

Locations: Bismarck – 8am - 5pm – Jan. 5, Feb. 12, Mar. 4

OSHA 10-Hour Construction Course (ECCS)

Course Length: 10 hours

Member: \$160.00 Non-Member: \$185.00

Receive instruction on construction industry safety and health topics and OSHA standards for both employee and entry level supervisors. Using OSHA standards as a guide, special emphasis is placed upon the most hazardous areas of a jobsite including material handling, excavation, fall protection, cranes, electrical, OSHA Act, hearing conservation, PPE and more.

Locations: Bismarck – 7am - 5:30pm – Jan. 7, Feb. 23, Mar. 9, Mar. 23
Dickinson – 7am - 5:30pm – Mar. 25
Jamestown – 7am - 5:30pm – Jan. 27

OSHA 30-Hour Construction

Course Length: 30 hours

Member: \$650.00 Non-Member: \$850.00

This course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foremen, and field supervisors, the program provides complete information on OSHA compliance issues.

Locations: Bismarck – 8am - 5pm – Mar. 1 thru 4

OSHA 30-Hour General Industry

Course Length: 30 hours

Member: \$650.00 Non-Member: \$850.00

This course is a comprehensive safety program designed for anyone involved in general industry. Specifically devised for safety directors, foremen, and field supervisors, the program provides complete information on OSHA compliance issues.

Locations: Fargo – 8am - 5pm – Mar. 15 thru Mar. 18

OSHA Recordkeeping

Course Length: 4 hours

Member: \$80.00 Non-Member: \$95.00

This recordkeeping class uses workshops to teach how to properly prepare and maintain required records of workplace injuries and illnesses - using the revised OSHA 300 Log and Supplemental Record. Participants will learn how to figure incidence rates, average employment, and hours worked, as well as new recordkeeping procedures and interpretations.

Locations: Bismarck – 1pm - 5pm – Feb. 8, Mar. 24
Dickinson – 1pm - 5pm – Mar. 9
Fargo – 1pm - 5pm – Feb. 16
Minot – 1pm - 5pm – Jan. 5, Mar. 2

Scaffolds

Course Length: 4 hours

Member: \$80.00 Non-Member: \$95.00

An estimated 2.3 million construction workers, or 65 percent of the construction industry, work on scaffolds frequently. Protecting these workers from scaffold-related accidents would prevent

4,500 injuries and 50 deaths every year, at a savings for American employers of \$90 million in workdays not lost. Although the scaffolding standard covers 22 different types, we will focus on some of the most common such as frame, fabricated and mobile scaffold. Discussion will also take place on various types of aerial lifts.

Locations: Bismarck – 8am - 12pm - Feb. 9
Dickinson - 8am - 12pm - Mar. 10
Fargo - 8am - 12pm - Feb. 17
Minot - 8am - 12pm - Jan. 6

Trenching and Excavation

Course Length: 4 hours

Member: \$80.00 Non-Member: \$95.00

This course describes in detail OSHA's Standard - Subpart P - Excavations. Course includes the definitions to this subpart along with specific excavation and protective systems requirements, soil classifications, sloping and benching, timber shoring for trenches, aluminum hydraulic shoring, alternatives, and the selection of protective systems. Each participant will receive a copy of the Federal Registry - Excavations.

Locations: Bismarck – 8am - 12pm – Feb. 10, Mar. 25
Dickinson – 8am - 12pm – Mar. 11
Fargo – 8am - 12pm – Feb. 18
Minot – 8am - 12pm – Jan. 7, Mar. 2

Registration

To register for a classroom course, contact the North Dakota Safety Council at 701-223-6372 or 1-800-932-8890.

Online courses are available at www.ndsc.org.

Payment and Cancellation Policy

As of January 1, 2010, NDSC is requiring pre-registration and pre-payment on all training courses. If you are unable to attend a training course, you must cancel at least three business days prior to the course for a full refund. Late registrations or no-shows are non-refundable. NDSC reserves the right to cancel any class that does not meet the minimum attendance requirements. In the event that a class is cancelled, NDSC will notify you and make other arrangements. *The North Dakota Safety Council reserves the right to cancel any class when minimum enrollment requirements are not met.*

NDSC Training Locations:

Bismarck - 701.223.6372
North Dakota Safety Council
1640 Burnt Boat Drive

Dickinson - 800.422.0949
Days Inn
532 15th St W
I-94 Exit 61 N

Fargo - 701.282.2700
Holiday Inn
3803 13th Ave S

Fargo Skills & Tech Center -
701.231.6900
1305 19th Ave N

Grand Forks - 701.772.7131 or
888-465-4329
Clarion Inn
1210 N 43rd St

Jamestown - 701.252.0700
Gladstone Inn & Suites
Conference Center
111 2nd St NE

Minot - 701.852.2504
Holiday Inn
2200 Burdick Expressway