

### Advanced First Aid, CPR & AED

**Course Length: 16 hours**

**NDSC Member: \$250 Non-Member: \$350**

OSHA mandates that a trained first responder must be present in high-risk industries where medical emergencies require immediate emergency response. Ensure compliance and prepare your workforce with this comprehensive course. Participants will learn: basic life support training commonly taught to health care workers and rescue professionals; how to control bleeding and manage shock; how to care for injuries and medical emergencies; advanced resuscitation techniques; remote-location first aid; and special situations such as behavioral emergencies, pregnancy and childbirth.

**Bismarck – 8am - 5pm – Sep 27-28**

**Williston – 8am - 5pm – Aug 8-9**

### Coach Me Advanced Behind-the-Wheel, Train-the-Trainer

**Course Length: 16 hours**

**NDSC Member: \$550 Non-Member: \$550**

This course will prepare instructors to merge classroom training into behind-the-wheel skills. Attendees will learn how to conduct a full driving range, learn proper safety techniques and teaching methods. All tracking and evaluation tools for this type of training will be provided. Attendees will also learn how to conduct in-vehicle evaluations.

**Bismarck – 8am - 5pm – July 27**

### Confined Spaces - Construction

**Course Length: 4 hours**

**NDSC Member: \$125 Non-Member: \$155**

This course is designed to help you understand the duties and responsibilities of the employer and employee. The course will help you identify hazards involved with permit required confined spaces, how to protect employees from hazards and key elements of the Construction Confined Spaces standard issued by OSHA. This includes defining the differences between work spaces, Confined Spaces, and Permit Required Confined Spaces. It also covers a review of the regulation, including the need for a written program, how to develop proper documentation, rescue planning and execution, atmospheric testing of the spaces, the importance of training, and roles of the supervisor, attendant, and entrant.

**Grand Forks – 8am - 12pm – July 24**

### Confined Spaces - General Industry

**Course Length: 4 hours**

**NDSC Member: \$125 Non-Member: \$155**

This course is designed to help you understand the duties and responsibilities of the employer and employee. The course will help you identify hazards involved with permit required confined spaces, how to protect employees from hazards and key elements of the General Industry Confined Spaces standard issued by OSHA. This includes defining the differences between work spaces, Confined Spaces, and Permit Required Confined Spaces. It also covers a review of the regulation, including the need for a written program, how to develop proper documentation, rescue planning and execution, atmospheric testing of the spaces, the importance of training, and roles of the supervisor, attendant, and entrant.

**Bismarck – 8am - 12pm – Aug 28, Sep 20**

**Dickinson – 8am - 12pm – July 19**

### CPR/AED, Adult

**Course Length: Approximately 2.5 hours**

**NDSC Member: \$45 Non-Member: \$50**

This course meets OSHA First Aid Standard 29 CFR 1910.151, and prepares students to take action in a medical emergency by teaching them how to respond to choking, breathing and cardiac emergencies. Participants will also learn how to use an automated external defibrillator (AED) in conjunction with CPR. Upon completion, receive a 2-year Adult CPR/AED certificate. *Spanish courses available upon request.*

**Bismarck – 8am - 10:30am – July 8, Jul 26, Aug 12, Sep 9, Sep 25**

**Bismarck – 12pm - 2:30pm – Aug 24**

**Devils Lake – 12pm - 2:30pm – July 12, Sep 21**

**Dickinson – 12pm - 2:30pm – Aug 23**

**Fargo – 12pm - 2:30pm – July 10, Sep 14**

**Fargo – 8am - 10:30am – Aug 15**

**Grand Forks – 12pm - 2:30pm – July 11, Sep 11**

**Grand Forks – 8am - 10:30am – Aug 7**

**Jamestown – 12pm - 2:30pm – July 10, Sep 25**

**Minot – 12pm - 2:30pm – July 20, Aug 22**

**Minot – 8am - 10:30am – Sep 6**

**Watford City – 8am - 10:30am – July 8, Sep 25**

**Williston – 12pm - 2:30pm – July 25, Aug 10, Sep 19**

### CPR/AED/First Aid, Adult

**Course Length: Approximately 5 hours**

**NDSC Member: \$80 Non-Member: \$85**

This course meets OSHA First Aid Standard 29 CFR 1910.151, and prepares students to take action in a medical emergency by teaching them how to respond to choking, breathing and cardiac emergencies. Participants will learn how to use an automated external defibrillator (AED) in conjunction with CPR. First Aid is taught using a combination of instructor-led lecture, “watch-then-practice” videos, and hands-on training. Topics such as bleeding, burns, poisoning and sudden illness are covered. Upon completion, receive a 2-year Adult CPR/AED certificate and a 2-year First Aid certificate. *Spanish courses available upon request.*

**Bismarck – 8am - 1pm – July 8, July 26, Aug 12, Sep 9, Sep 25**

**Bismarck – 12pm - 5pm – Aug 24**

**Devils Lake – 12pm - 5pm – July 12, Sep 21**

**Dickinson – 12pm - 5pm – Aug 23**

**Fargo – 12pm - 5pm – July 10, Sep 14**

**Fargo – 8am - 1pm – Aug 15**

**Grand Forks – 12pm - 5pm – July 11, Sep 11**

**Grand Forks – 8am - 1pm – Aug 7**

**Jamestown – 12pm - 5pm – July 10, Sep 25**

**Minot – 12pm - 5pm – July 20, Aug 22**

**Minot – 8am - 1pm – Sep 6**

**Watford City – 8am - 1pm – July 8, Sep 25**

**Williston – 12pm - 5pm – July 25, Aug 10, Sep 19**

Online course  
also available.



**After you register, watch your inbox for an email confirmation stating the course location.**

## CPR/AED/First Aid Course, Train-the-Trainer

**Course Length: 16 hours**

**NDSC Member: \$375 Non-Member: \$475**

Complete this two-day course and you will be certified to teach First Aid and CPR using the only nationally-recognized curriculum that meets all OSHA first aid requirements. The NSC's curriculum is applicable for industrial, office, and home settings, and includes 100 industry-specific scenarios giving you the ability to customize your presentations. During the train-the-trainer course, learn new methods that involve, influence, and facilitate adult learning while refining teaching skills. Day one of the course will involve observing a full 5-hour CPR/AED/First Aid course, and day two all students will make a practice presentation to the class and learn presentation tips for improving retention.

**Bismarck – 8am - 5pm – July 26-27, Sep 25-26**

**Fargo – 8am - 5pm – Aug 15-16**

**Grand Forks – 8am - 5pm – Aug 7-8**

**Minot – 8am - 5pm – Sep 6-7**

## CPR/AED, Pediatric

**Course Length: Approximately 2.5 hours**

**NDSC Member: \$45 Non-Member: \$50**

This course teaches students to recognize and respond to breathing and first aid emergencies in children and infants. Video self-instruction and hands-on training are used for choking and CPR/AED practice. Ideal for daycare providers, youth group volunteers, churches, and anyone working with children younger than age 12. Upon completion, receive a Pediatric 2-year CPR/AED certificate.

**Bismarck – 8am - 10:30am – Aug 26**

## CPR/AED/First Aid, Pediatric

**Course Length: Approximately 5 hours**

**NDSC Member: \$80 Non-Member: \$85**

This course teaches students to recognize and respond to breathing and first aid emergencies in children and infants. Video self-instruction and hands-on training are used for choking, CPR/AED practice, and various First Aid scenarios, including bleeding, burns, poisoning, sudden illness and bone injuries. Ideal for daycare providers, youth group volunteers, churches, and anyone working with children younger than age 12. Upon completion, receive a Pediatric 2-year CPR/AED and 2-year First Aid certificate.

**Bismarck – 8am - 1pm – Aug 26**

## Critical Issues Training Series: Key Steps to Creating a Comprehensive Emergency Action Plan

**Course Length: 1.5 hours**

**NDSC Members: FREE Non-Members: \$30**

This session is based on FEMA's suggested best practices for building a comprehensive emergency action plan for any emergency, including severe weather, active shooter, bomb threats, and fire. The session will outline key aspects needed to create the plan and how to work with outside agencies in the planning process. You will leave with the basic knowledge and key first steps needed to create a comprehensive Emergency Action Plan for your facility.

**Dickinson – 8am - 9:30am – Aug 22**



# We are Social!



Connect with us on Facebook and LinkedIn!

**Starting in August, most Bismarck classes will be held at the NEW NDSC Safety Campus, located at 1710 Canary Avenue. Learn more at [www.ndsc.org/safetycampus](http://www.ndsc.org/safetycampus).**

## Defensive Driving Course, Alive at 25

**Course Length: 4.5 hours**

**Course Fee: \$55 Court/DOT Required: \$75**

Drivers between the ages of 15-24 are more likely than anyone else to be killed in a motor vehicle collision. Alive at 25 is a highly interactive 4.5-hour program targeted toward drivers under the age of 25 that helps young drivers take greater responsibility for their driving. Alive at 25 incorporates Reality Therapy and Choice™ Theory techniques to help participants identify the five basic needs that drive human behavior. Whereas driver education teaches the mechanics of car and road handling and state law, Alive at 25 focuses on behavior, judgment, decision making and consequences, and provides tools for making positive choices. *Course qualifies for insurance discount and point reduction. Check online for the most up-to-date schedule.*

**Bismarck – 1pm - 5:30pm – Aug 6**

**Grand Forks – 4pm - 8:30pm – July 16, Sep 24**

**Williston – 4pm - 8:30pm – Aug 6**

## Defensive Driving Course, Attitudinal Dynamics of Driving

**Course Length: 8 hours**

**NDSC Member: \$125 Non-Member: \$150**

**Court/DOT Required: \$175**

**ATTENTION COMPANIES:** This course is highly recommended for all company drivers who have received multiple violations or have been involved in traffic collisions. DDC ADD is a diversion program designed to help participants make a direct connection between their attitude and their choice to make poor decisions. They will learn how to take responsibility for their actions, and see how the choices they make have financial, legal, and personal consequences. ADD is used extensively for court referrals, and as a diversion program for people with DUI violations, excessive points, or any violation of law including minor alcohol violations, theft and other poor decisions. *Qualifies for insurance discount and point reduction.*

**Bismarck – 8am - 5pm – Aug 19**

**Fargo – 8am - 5pm – Aug 12**

**Grand Forks – 9am - 6pm – July 15**

**Williston – 8am - 5pm – Sep 23**

## Defensive Driving Course, Basic

**Course Length: 4 hours**

**NDSC Member: \$50 Non-Member: \$55**

**Court/DOT Required: \$75 Seniors: \$35 (55+)**

**Additional Family Members: \$25**

**(same household/same course)**

DDC4 is a fast-paced, driver-improvement program that offers practical strategies to reduce collision-related injuries, fatalities, and costs. It addresses the importance of attitude in preventing crashes, and reinforces the good driving skills you already have. DDC4 shows the consequences of the choices you make behind the wheel. *Course qualifies for insurance discount, point reduction and WSI Safe Driver program.*

**Bismarck – 6pm - 10pm – Sep 11**

**Fargo – 6pm - 10pm – July 11, Sep 12**

**Grand Forks – 9am - 1pm – Aug 12**

**Minot – 6pm - 10pm – Aug 14**

**Williston – 6pm - 10pm – July 10, Sep 18**

Online course also available.

## Defensive Driving Course, Train-the-Trainer

**Course Length: 16 hours**

**NDSC Member: \$395 Non-Member: N/A**

Gain the confidence to be an effective trainer for the basic 4-hour Defensive Driving Course. This instructor course features updated curriculum and facilitation methods and allows the instructor to confidently adapt his or her teaching style to meet the unique needs and characteristics of the audience. Please call (800) 932-8890 to register.

**Bismarck – 8am - 5pm – July 25-26**

## ECCS 8-Hour Refresher

**Course Length: 8 hours**

**NDSC Member: \$175 Non-Member: \$225**

*Prerequisites required. Go to [www.ndsc.org](http://www.ndsc.org) for more information.*

This course teaches recognition, avoidance, abatement and prevention of safety and health hazards in workplaces covering such topics as fall protection, personal protective equipment, electrical safety and hazard communication, to name a few. Emphasis is placed on the most hazardous area of the jobsite. *Private courses may be customized to fit your needs.*

**Bismarck – 8am - 5pm – July 13, Sep 5**

**Minot – 8am - 5pm – Aug 10**

Online course  
also available.

## HAZWOPER 8-Hour Refresher

**Course Length: 8 hours**

**NDSC Member: \$195 Non-Member: \$235**

This course fulfills the requirements of the HAZWOPER Standard for Construction and General Industry and includes updates on and an overview of HAZWOPER requirements. Focus will be placed on identification, evaluation and control of a hazmat scene or incident. Course will also cover respiratory protection, OOTERG, NIOSH pocket guide, and other topics.

**Bismarck – 8am - 5pm – Aug 17**

**Minot – 8am - 5pm – Sep 6**

Online course  
also available.

## NEW! Electrical Hazard Awareness, 2-Hour

**Course Length: 2 hours**

**NDSC Member: \$100 Non-Member: \$125**

This course will raise the electrical safety awareness of your non-qualified (non-electrician) workers about the electrical hazards at your plant, job site or manufacturing facility, per the OSHA mandate. Topics will include the dangers and effects of electricity on the human body; the hazards of an arc flash; and personal protective equipment needed.

**Bismarck – 8am - 10am – Aug 23, Sep 15**

## Equipment Operator Premium Combo Trainer Certification

**Course Length: 5 days (40 hrs.)**

**NDSC Members: \$2,145 Non-Members: \$2,145**

This course will certify instructors to train counterbalanced forklift, rough terrain telehandler forklift, boomlift and scissor lift operators. This 5-day Train the Trainer program is a comprehensive, cost effective method of ensuring your operators receive training and evaluation that meets or exceeds all applicable government regulations and referenced industry standards. Attendees will receive in-depth instruction on how to effectively train and evaluate operators of forklifts and aerial lifts. Successful attendees will receive a certificate of completion and trainer wallet card.

**Bismarck – 8am - 5pm – July 17-21**



## Ergonomics, Managing for Results

**Course Length: 8 hours • ASC CEUs: 0.65**

**NDSC Member: \$325 Non-Member: \$425**

Repetitive motion and overexertion are some of the biggest risk factors facing American workers today. During this course, you will learn how to create an effective ergonomics program. You will learn the basic concepts relating to ergonomics in the workplace, gain skills to recognize ergonomic risk factors, learn how to conduct an ergonomic worksite analysis, and more. By the end of the course, attendees will be able to identify steps to implement a successful ergonomics program at their workplace.

**Fargo – 8am - 5pm – Sep 6**



## Fall Protection - Construction

**Course Length: 4 hours**

**NDSC Member: \$105 Non-Member: \$125**

Knowing when fall protection is necessary and when it's not can be very confusing. This program eliminates 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.

**Bismarck – 8am - 12pm – July 31**

**Fargo – 8am - 12pm – July 19**

## Training Registration



## Register online at [www.ndsc.org](http://www.ndsc.org)

*Please register early! We look at registration numbers 7 days in advance to determine if a course should be cancelled.*

## Incident Investigation & Root Cause Analysis

**Course Length: 8 hours • ASC CEUs: 0.65**

**NDSC Member: \$325 Non-Member: \$425**

This course is for all levels of management, safety practitioners, safety committee members, and individuals responsible for investigating incidents. Attendees will learn to: employ effective investigation and interview techniques; analyze incidents to identify "true" root causes; and describe human relations issues affecting incident reporting. The instructor will cover additional topics such as: what incidents to investigate; the on-site investigation process; what data to include in reports; witness interview techniques; and hazard control measures and follow-up.

**Fargo – 8am - 5pm – July 12**



## Job Safety Analysis

**Course Length: 8 hours • ASC CEUs: 0.65**

**NDSC Member: \$325 Non-Member: \$425**

One way to increase the knowledge of hazards in the workplace is to conduct a job hazard analysis on individual tasks. This procedure helps integrate accepted safety and health principles and practices into a particular operation. Each basic step of the job is examined to identify potential hazards and to determine the safest way to do the job.

**Fargo – 8am - 5pm – Sep 13**



## Leadership Development Course

**Course Length: 8 hours**

**NDSC Member: \$175 Non-Member: \$225**

Employers: Build visionary, high-quality leaders in any workplace. In order to accomplish this goal, the instructor uses a variety of proven strategies, including some used in U.S. military academies. The course starts with each participant completing two highly dynamic measurement tools: one to help determine individual leadership styles and a second to determine how each participant views their own capability in leading other people. Other modules to be covered include: motivating and inspiring employees; mentoring; time management; counseling and performance reviews; goal setting; and team building.

**Bismarck – 8am - 5pm – Sep 8**

## Lift Truck Operator Training

**Course Length: 8 hours**

**NDSC Member: \$175 Non-Member: \$220**

This course includes moving with and without a load, as well as picking up and stacking a load, trailers, ramps and elevators. Participants will receive a workbook and certificate of completion. Course meets the formal training requirement of OSHA's certification process, *but is not a certification course.*

**Bismarck – 8am - 5pm – July 5**

**Dickinson – 8am - 5pm – July 24**

**Fargo – 8am - 5pm – Jul 17, Sep 26**

**Grand Forks – 8am - 5pm – Aug 14, Sep 13**

**Minot – 8am - 5pm – Aug 17**

## Lift Truck Operator, Train-the-Trainer

**Course Length: 16 hours**

**NDSC Member: \$695 Non-Member: \$895**

Learn how to train your operators for safe operation and meet OSHA requirements. You will learn how to develop and deliver complete in-house training programs, design exercises for staff evaluations, and instruct non-operators to work safely around lift trucks. Trainer kit included - valued at \$425. Please call (800) 932-8890 to register.

**Bismarck – 8am - 5pm – July 5-6**

**Dickinson – 8am - 5pm – July 24-25**

**Fargo – 8am - 5pm – July 17-18, Sep 26-27**

**Grand Forks – 8am - 5pm – Aug 14-15, Sep 13-14**

**Minot – 8am - 5pm – Aug 17-18**

## Loader Group Trainer Certification

**Course Length: 40 hours**

**Member: \$1,650 Non-Member: \$1,650**

This course addresses front-end, backhoe and skid steer loader in a comprehensive 5-day course. The training covers concepts common to all types of loaders including Bobcat, CAT, John Deere, Komatsu, JCB, Volvo, Kubota and TCM. Trainees will receive in-depth instruction on each type of loader, as well as extensive instruction on how to effectively train operators. Each trainee's knowledge and demonstrated skills in all aspects of the program are evaluated and graded prior to certification. *Successful attendees will receive a certificate of completion and wallet card.*

**Bismarck – 8am - 5pm – July 10-14**



## MSHA New Miner-Part 46 Sand & Gravel

**Course Length: 24 hours**

**NDSC Member: \$300 Non-Member: \$350**

This course is required for all new and inexperienced sand and gravel miners. Content covers the aggregate industry, including granite, sand, gravel, lime, and cement operations. Federal law requires all miners receive basic and annual refresher training; all mine operators maintain an effective training plan; and that each new miner must complete no less than 24 hours of training. Upon successful completion, students will receive a National Safety Council 2-year Adult CPR/AED certificate and 2-year First Aid certificate.

**Bismarck – 8am - 5pm – July 11-13, Sep 19-21**

**Fargo – 8am - 5pm – Aug 8-10**

Includes NSC  
CPR & First Aid  
Certification!

## MSHA Refresher-Part 46 Sand & Gravel

**Course Length: 8 hours**

**NDSC Member: \$100 Non-Member: \$125**

This course is required for all experienced sand and gravel miners. Course content covers the aggregate industry, including granite, sand, gravel, lime, and cement operations. Federal law requires all miners receive basic and annual refresher training; all mine operators maintain an effective training plan; and that each miner must have no less than 8 hours of annual refresher training.

**Bismarck – 8am - 5pm – July 10, Sep 18**

**Fargo – 8am - 5pm – Aug 7**

## MSHA New Miner-Part 48 Surface Coal

**Course Length: 24 hours**

**NDSC Member: \$300 Non-Member: \$350**

This course is required for all new and inexperienced surface coal miners. Federal law requires all miners receive basic and annual refresher training; all mine operators maintain an effective training plan; and that each new miner complete no less than 24 hours of training. Upon successful completion, students will receive a National Safety Council 2-year Adult CPR/AED certificate and 2-year First Aid certificate.

**Bismarck – 8am - 5pm – July 25-27, Aug 29-31, Sep 26-28**

Includes NSC  
CPR & First Aid  
Certification!

## MSHA Refresher-Part 48 Surface Coal

**Course Length: 8 hours**

**NDSC Member: \$100 Non-Member: \$125**

This course is required for all experienced surface coal miners. Course content applies to coal mines, underground metal and non-metal mines, surface metal mines, and certain surface non-metal mines such as gold. Federal law requires all miners receive basic and annual refresher training; all mine operators maintain an effective training plan; and that each miner receive a minimum of 8 hours of annual refresher training.

**Bismarck – 8am - 5pm – July 24, Aug 28, Sep 25**

## NEW! NFPA 70E (Arc Flash Safety) High Voltage

**Course Length: 8 hours**

**NDSC Member: \$400 Non-Member: \$450**

This course is designed for those who work with or manage employees in a high voltage (HV) environment (above 600V). Learn the qualification requirements to be HV qualified in accordance with OSHA 1910.269, NESC 2012 and NFPA 70E regulations and guidelines. In addition to high voltage safety practices, attendees will discuss the various tasks performed in a HV environment. Attendees must have the latest code book, which can be purchased at [www.ndsc.org/safetyproducts](http://www.ndsc.org/safetyproducts) and picked up the day of the class. **Prerequisite - NFPA 70E Low Voltage course.**

**Bismarck – 8am - 5pm – July 13, Aug 29**

**Fargo – 8am - 5pm – Sep 8**

## NEW! NFPA 70E (Arc Flash Safety) Low Voltage

**Course Length: 8 hours**

**NDSC Member: \$400 Non-Member: \$450**

Low Voltage Qualified is a one-day (8 hour) course providing a wide range of safe workplace practices for people working in an electrical environment. With an emphasis on OSHA and NFPA 70E regulations and guidelines, attendees will gain a thorough knowledge of the dangers and recommendations for working with or near electrical hazards.

**Bismarck – 8am - 5pm – July 12, Aug 28**

**Fargo – 8am - 5pm – Sep 7**

## OSHA 10-Hour Construction Course (ECCS)

**Course Length: 10 hours**

**NDSC Member: \$195 Non-Member: \$245**

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 fall protection, electrical and more.

*All courses run 1pm to 5pm day one, and 8am to 5pm day two.*

**Bismarck – July 31-Aug 1, Aug 7-8, Sep 25-26**

**Fargo – Aug 9-10, Sep 7-8**

**Grand Forks – July 24-25**

## OSHA 10-Hour General Industry

**Course Length: 10 hours**

**NDSC Member: \$195 Non-Member: \$245**

Course is valuable for employees and supervisors alike. Topics covered include: an intro to OSHA standards, the OSHA inspections process and citations, walking and working surfaces, PPE, fire protection, and more.

*The following courses run 1pm to 5pm day one, and 8am to 5pm day two.*

**Bismarck – July 11-12, Aug 28-29, Sep 20-21**

**Dickinson – July 19-20, Sep 7-8**

**Fargo – July 19-20**

**Grand Forks – Aug 28-29**

**Minot – Aug 15-16**

## OSHA 30-Hour Construction Course (ECCS)

**Course Length: 30 hours**

**NDSC Member: \$710 Non-Member: \$915**

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.

**Bismarck – 8am - 5pm – Sep 18-21**

## OSHA 500 - Trainer Course in OSHA Standards for Construction

**Course Length: 32 hours**

**NDSC Member: \$795 Non-Member: \$795**

*Prerequisites required. Go to [www.ndsc.org](http://www.ndsc.org) for more information.* This course is designed for personnel in the private sector interested in teaching the 10- and 30-hour construction safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour programs as well as on those that are most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts. This course allows the student to become a trainer in the outreach program and to conduct both a 10- and 30-hour construction safety and health course and to issue cards to participants verifying course completion. 2.6 CEUs; 4.0 CMs. *Course offered through Rocky Mountain Education Center and hosted by NDSC.*

**Bismarck – 8am - 5pm – Aug 21-24**

## OSHA 503 - Update for General Industry Outreach Trainers

**Course Length: 24 hours**

**NDSC Member \$695.00 Non-Member: \$695**

*Prerequisites required. Go to [www.ndsc.org](http://www.ndsc.org) for more information.* This course is designed for personnel in the private sector who have completed the OSHA 501 Trainer course in OSHA Standards for General Industry and who are active trainers in the outreach program. It provides an update on OSHA general industry standards and OSHA policies. NOTE: Outreach trainers are required to attend this course once every four years to maintain their trainer status. Students must bring their current trainer's card for validation. 1.8 CEUs; 3.0 CMs. *Course offered through Rocky Mountain Education Center and hosted by NDSC.*

**Bismarck – 8am - 5pm – Aug 7-9**

## OSHA 510 - Occupational Safety and Health Standards for Construction

**Course Length: 32 hours**

**NDSC Member \$795 Non-Member \$795**

This course for private sector personnel covers OSHA policies, procedures and standards, as well as construction safety and health principles. Topics include scope and application of OSHA construction standards. Special emphasis is placed on those areas that are most hazardous, using OSHA standards as a guide. 2.6 CEUs; 4.0 CMs. *Course offered through Rocky Mountain Education Center and hosted by NDSC.*

**Bismarck – 8am - 5pm – July 25-28**

## OSHA Recordkeeping

**Course Length: 4 hours**

**NDSC Member: \$105 Non-Member: \$125**

The NDSC's recordkeeping course has been updated to help employers understand and navigate OSHA's updated recordkeeping rule. We'll help you understand what a recordable injury is and keep non-recordables off your logs. 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, 300A and 301 forms. Participants will learn how to figure incidence rates, average employment, and hours worked, as well as new recordkeeping procedures and interpretations.

**Bismarck – 8am - 12pm – July 11**

**Dickinson – 8am - 12pm – Sep 7**

**Fargo – 8am - 12pm – Aug 9**

**Grand Forks – 8am - 12pm – Aug 28**

**Minot – 8am - 12pm – Aug 15**

Updated  
information on new  
OSHA rule!

## Private training available!

Call 701-223-6372 for more information.

## NEW! PEC H2S Clear

**Course Length: 4 hours**

**NDSC Member: \$115 Non-Member: \$120**

This course will improve employee safety performance for general industry workers who may come in contact with hydrogen sulfide during their regular day to day job duties. This course also prepares general industry workers by providing crucial knowledge of the dangers of H2S and the precautions, tools and controls necessary when working in H2S environments. There is no prerequisite. This course covers the current classroom requirements of ANSI Z390.1 and is designed to meet the new ANSI requirements coming in 2016.

**Bismarck – 8am - 12pm – Aug 22**

**Dickinson – 8am - 12pm – Sep 6**

## PEC SafeLandUSA Basic Orientation

**Course Length: 9+ hours**

**NDSC Member: \$185 Non-Member: \$210**

This course is designed to take the place of multiple operator orientations and to give a general idea of life and safety issues in the oil and gas industry. It meets API RP 75 & API RP T-1 requirements, and provides a basic understanding of general safety information an employee should know before entering a facility and while performing work duties. More than 25 leading oil and gas operators accept this orientation.

**Bismarck – 8am - 6pm+ – Aug 21, Sep 25**

**Dickinson – 8am - 6pm+ – July 10, Aug 17**

## Principles of Occupational Safety & Health

**Course Length: 32 hours • ASC CEUs: 2.6**

**NDSC Member: \$1,295 Non-Member: \$1,650**



Gain the confidence you need to implement a comprehensive safety process in your organization. From this course, you will: get a balanced perspective of the full scope of occupational safety and health issues; learn how to organize and communicate an effective safety program; and learn techniques to identify and target hazards specific to your organization, and how to take actions to prevent incidents and related costs. Earn your Advanced Safety Certificate by taking this and other ASC courses.

**Bismarck – 8am - 5pm – Aug 14-17**

## Qualified Rigging & Signalperson Training

**Course Length: 8 hours**

**NDSC Member: \$250 Non-Member: \$320**

This course is designed to meet the requirements for Riggers and Signalpersons to be qualified under the new rule, 29 CFR 1926, Subpart CC. Course will address safe rigging practices and procedures, methods to calculate sling loading, ASME hand and voice signals, ASME responsibilities of signalpersons, and more.

**Bismarck – 8am - 5pm – July 18**

**Fargo – 8am - 5pm – Sep 28**

## NEW! Reasonable Suspicion for Supervisors

**Course Length: 4 hours**

**NDSC Members: \$105 Non-Members: \$125**

This course will give supervisors valuable training on the management of drug and alcohol abuse in the workplace, and help reduce overall risk by assisting them in maintaining a proactive approach to the issue. Learn what to look for and actions to take if someone seems unfit for duty, and how to perform reasonable suspicion/cause testing. Other topics include: important elements of a comprehensive substance abuse policy, and the greatest risk categories for drug and alcohol abuse among worker populations. Course meets US DOT training requirements. Each attendee will receive a copy of the 2016 Drug Identification Guide.

**Bismarck – 1pm - 5pm – Aug 7**

**Fargo – 1pm - 5pm – Sep 19**

**Minot – 1pm - 5pm – July 24**

## Self Protection & Predator Awareness

**Course Length: 4 hours**

**NDSC Member: \$50 Non-Member: \$55**

This course is split into two sections. During the two-hour classroom portion, the instructor will arm attendees with the knowledge to recognize, avoid and handle stalkers and predators. Students will also learn tips for keeping children and other family members safe. Then, attendees will receive two hours of hands-on training where they will practice techniques to escape an attacker. These escape tactics are simple and can easily be used by people of any size or strength, making it the perfect substitute for your traditional self-defense course.

*Appropriate for those 13 years and older.*

**Course dates in Bismarck and Fargo to be announced soon!**

**Visit [www.ndsc.org/trainingcalendar](http://www.ndsc.org/trainingcalendar) for updates.**

## Team Safety

**Course Length: 8 hours • ASC CEUs: 0.65**

**NDSC Member: \$325 Non-Member: \$425**



This course is designed for safety, health and management personnel responsible for putting these teams together, but who may lack experience in team building. Learn how to build an effective safety team, or get the most from an established team. Course includes a self-assessment and interactive exercises, allowing participants to use newly learned concepts. Topics covered include: how to use team safety concepts and techniques; how to plan for and create an effective safety team; how to identify training and development needs of team members; how to organize and conduct meetings; and much more.

**Fargo – 8am - 5pm – Sep 18**

## Trenching & Excavation - 4 Hour

**Course Length: 4 hours**

**NDSC Members: \$105 Non-Members: \$125**

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

**Bismarck – 8am - 12pm – Aug 7**

**Fargo – 8am - 12pm – Sep 7**

## Workplace Violence Awareness

**Course Length: 2 hours**

**NDSC Members: \$60 Non-Members: \$75**

During this course, attendees will learn the history of mass shootings, lessons learned from each event, and if their place of work is at risk for violence. Attendees will receive an overview of predator recognition and observation techniques, staff preparedness suggestions, how to identify potentially dangerous employees, and strategic tactical response. This awareness course is appropriate for all levels of employees. *This course has been reviewed and approved by the U.S. Department of Homeland Security.*

**Bismarck – 1pm - 3pm – Sep 7**

**Fargo – 1pm - 3pm – Sep 18**

## Workplace Violence Planning & Management

**Course Length: 4 hours**

**NDSC Members: \$105 Non-Members: \$125**

Supervisors and employees will learn how to increase their company's level of safety and preparedness in the event of an emergency or violent act. Learn the history of mass shootings, lessons learned from each event, and if your place of work is at risk for violence. Topics will include high-risk employment considerations, the importance of developing an Emergency Response Plan, predator recognition and observation techniques, staff preparedness suggestions, and identification of potentially dangerous employees. *This course has been reviewed and approved by the U.S. Department of Homeland Security. ND Post Board approved for 4 continuing education credits.*

**Bismarck – 1pm - 5pm – Aug 1**

# MANY MORE NDSC COURSES AVAILABLE UPON REQUEST:

### ADVANCED SAFETY CERTIFICATE COURSES

Safety Inspections  
Safety Management Techniques  
Safety Training Methods

### FIRST AID COURSES

Bloodborne & Airborne Pathogens  
CPR/AED, Adult - Spanish & CPR/AED/First Aid, Adult - Spanish  
Emergency Medical Response

### HOME & COMMUNITY COURSES

House of Worship Violence Planning & Management  
Building Threat Assessments  
Railroad Safety Presentations  
Responsible Beverage Server\*\*  
School Violence Planning & Management

### ONLINE COURSES

Bloodborne and Airborne Pathogens  
CPR/AED/First Aid  
DDC Distracted Driving  
Defensive Driving Course  
ECCS Online Refresher\*  
Flagger Training  
HAZWOPER 8-Hour\*, HAZWOPER 24-Hour\*, HAZWOPER 40-Hour\*  
OSHA 10-Hour Construction\*, OSHA 10-Hour Construction - Spanish\*  
OSHA 10-Hour General Industry\*, OSHA 10-Hour General Industry - Spanish\*  
OSHA 30-Hour Construction\*  
OSHA 30-Hour General Industry\*  
Prof. Truck Driver, Defensive Driving Course  
Rail Safety for Professional Drivers & School Bus Drivers  
Responsible Beverage Server - Basic Server, Large Event, Owner/Manager  
*\*Course provided by Summit Training Source.*

### TRAFFIC SAFETY COURSES

Adverse Weather Driving-Slippery Slope\*\*  
Building a Quality Fleet Safety Program  
Coach Me Advanced Behind-The-Wheel\*\*  
DOT Compliance, DOT Hazardous Materials  
Motor Vehicle & DOT Fleet Assessment  
Motor Vehicle Crash Investigation for Supervisors  
Prof. Truck Driver, Defensive Driving Course, Train-the-Trainer  
School Bus Driver Training

### WORKPLACE SAFETY COURSES

Compressed Gas  
Construction Focus Four  
Equipment Operator Training\*\* - 2-Day Express Counterbalanced Forklift Trainer,  
Aerial Boom Lift Certification, Aerial Lift Trainer Certification, Backhoe Certification,  
Combined Aerial Lifts, Combined Forklift Certification, Counter Balanced Forklift,  
Excavator Certification, Rough Terrain Forklift Certification, Scissor Lift Certification,  
Skid Steer Certification, Wheel Loader Certification  
Field Leadership in Oil & Gas Extraction & Production\*\*  
Hazard Communication/GHS  
HAZWOPER 24-Hour, HAZWOPER 40-Hour  
Lockout/Tagout  
Mine Foreman Prep Class  
OSHA 10-Hour General Industry - Spanish  
OSHA 30-Hour General Industry  
OSHA 501 - Trainer Course in OSHA Standards for General Industry  
OSHA 502 - Update for Construction Industry Outreach Trainers  
OSHA 511 - Occupational Safety & Health Standards for General Industry  
OSHA 5810 - Hazards Based Standards for Oil & Gas Exploration and Production  
PEC Core Compliance, PEC Core Refresher  
Sexual Harrassment Training for Employees & Supervisors  
Site Safety Assessments  
Supervisory Development  
Traffic Control for Construction Workers & Supervisors  
Trenching & Excavation - 2-Hour  
Worker Fatigue Education

**Call for a private training quote today!**

**(701) 223-6372**

*\*\* Course has a Train-the-Trainer option.*

# Meet the Stars of the NDSC!

Each year we train nearly **50,000** people and our instructors maintain an excellent rating of approximately **4.74 stars** out of 5.



**Dustin Austin**

*Safety Consultant*

Dustin Austin is a former EHS Director from the oil and gas industry in the Bakken and the former Chairman of the Mondaks Safety Network. He has nearly 14 years of oil and gas experience from the North Dakota, Colorado and New Mexico fields. Dustin is our equipment operator expert and can train on topics ranging from rigging to Advanced Safety Certificate courses.



Average Evaluation Score: 4.57 out of 5



**Robin Martin**

*Safety Consultant*

Martin earned her associate degree in business from Bismarck State College and spent more than four years in the United States Army. During her 36 year career in the utilities industry, she refined her teaching style while serving as the on-staff instructor for defensive driving, CPR and first aid.

**Welcome Our New Trainer!**



**Chelle Doll**

*Safety Consultant*

Chelle has trained hundreds of people in 78 different U.S. cities over the past 13 years in sales, relationship building and communication. She also has prior experience working as a 911 Operator for State Radio and as an emergency medical technician (EMT).



Average Evaluation Score: 4.92 out of 5



**Don Moseman**

*Training Director*

Don served in the U.S. Air Force for seven years, with his last duty assignment as a squadron safety officer. He served as a state trooper for 20 years, with 10 years specializing in driver education and safety programs, and as the Director of Government Programs for the National Safety Council. He is a high-level trainer whose expertise includes violence prevention, traffic safety, and supervisor-level safety trainings.



Average Evaluation Score: 4.91 out of 5



**Skyler Dutton**

*Safety Consultant*

Skyler was a volunteer firefighter as well as a North Dakota police officer for nine years. He served as a certified drug recognition expert and school resource officer. Skyler also worked as a health, safety & environmental manager and logistics coordinator in the Bakken.

**Welcome Our New Trainer!**



**Jay Skarphol**

*Safety Consultant*

Jay is a former Senior EH&S Specialist with experience in general industry, construction, and oil and gas. His experience includes incident investigations; on-site inspections; Level 5 Hazardous Materials Incident Command; and as a TapRoot Advanced Investigations Team Leader. Jay trains on topics ranging from First Aid to Lift Truck Operator.



Average Evaluation Score: 4.61 out of 5



**Gus Gantzer**

*Safety Consultant*

Gus has 20 years of experience as a Journeyman Electrician and 8 years of experience as a Controls Technical Expert for the US Government. His vast array of knowledge allows him to perform safety services such as site security assessments, and train on topics ranging from Lift Truck Operator to Responsible Beverage Server.



Average Evaluation Score: 4.61 out of 5



**Tim Wetzel**

*Safety Consultant*

Tim is a former equipment operator and supervisor with over 16 years of experience in the mining and construction industries. He has experience working in both surface coal and sand and gravel mining operations and has extensive knowledge operating various equipment such as backhoes, scrapers, motor graders, water trucks, dozers, front end loaders, and more.

**Welcome Our New Trainer!**



**Rick Halldorson**

*Senior Safety Consultant - Eastern ND*

Rick has 28 years of industrial work experience, with 14 years in safety management including program design, auditing, back-to-work programs and process safety management auditing. Rick's experience positions him as a high-level trainer and has earned him the ability to be an authorized trainer for OSHA 500, 501, 502, 503, 510 and 511 courses.



Average Evaluation Score: 4.77 out of 5



**Aglae L. Young**

*Safety Consultant*

Aglae has a BS in Computer Systems for Management, Master's degree in Education, and 20+ years of experience as a trainer. She has been an EMT for 14+ years and a Spanish interpreter for the ND Court System since 2009. In addition to basic First Aid/CPR, Aglae can teach Emergency Medical Response and OSHA General Industry courses.



Average Evaluation Score: 4.77 out of 5



**Richard Irish**

*Safety Consultant*

Richard is a retired plant manager with 35 years of experience in the construction and operation of various processing plants, both in South Africa and the US. He obtained a Mechanical Engineering degree from the University of the Witwatersrand in Johannesburg, South Africa. Richard's unique skillset allows him to train on a variety of topics including Lift Truck Operator, Confined Spaces, and OSHA 10 & 30 hour courses.



Average Evaluation Score: 4.79 out of 5

## Program COORDINATORS

**Kathy Zander,**  
*Home & Community  
Coordinator*  
kathyz@ndsc.org

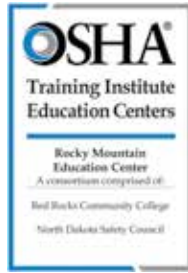
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**800-932-8890 • 701-223-6372**

See a full list of our trainer's credentials,  
as well as trainer reviews, at  
[www.ndsc.org/trainingcalendar/trainers](http://www.ndsc.org/trainingcalendar/trainers)



**NDSC**  
NORTH DAKOTA SAFETY COUNCIL  
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## SAFETY TRAINING GUIDE

**July • August • September 2017**

### REGISTRATION

Register at [www.ndsc.org](http://www.ndsc.org) or call (800) 932-8890.

### NDSC TRAINING LOCATIONS

The NDSC hosts courses at 20+ locations across the state.  
Go to [www.ndsc.org/trainingcalendar](http://www.ndsc.org/trainingcalendar) for course locations and addresses.

### PAYMENT, TRAINING AND CANCELLATION POLICY

Pre-registration and pre-payment is required. 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 not meeting the minimum attendance requirements. See complete policy at [www.ndsc.org](http://www.ndsc.org).

### PRIVATE REQUEST TRAININGS

All times are local time for the city under which they are listed.  
If you don't see a convenient scheduled time or location, call us!  
Some courses can be scheduled as a private course for your business and others are available upon request.

***Be sure to SAVE THE DATE and attend the***

**NDSC's 45<sup>th</sup> ANNUAL SAFETY & HEALTH**

**CONFERENCE**

**February 21-23, 2018 • Bismarck, ND**

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