

Advanced First Aid, CPR & AED

Course Length: 16 hours

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

OSHA mandates 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 commonly taught to rescue professionals; how to control bleeding and manage shock; how to care for injuries and medical emergencies; remote-location first aid; and more.

Bismarck - 8am - 5pm - November 1-2

Basic Life Support for Health Care and Professional Rescuers

Course Length: 4 hours

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

Today's professional responders encounter many challenges such as natural and man-made disasters and infectious diseases. Responders may require increased training to effectively handle these emergencies. This in-depth course focuses on immediate life-threatening situations, and demonstrates how to respond quickly and effectively. It provides real-world perspectives on how frequently these situations occur to help provide context and retain knowledge. This course utilizes National Safety Council curriculum and meets Center for Disease Control, OSHA and National Fire Protection Agency guidelines. Upon successful completion, students will receive an NSC course completion card.

Bismarck - 8am - 12pm - October 27

Bismarck - 5:30pm - 9:30pm - November 26

Certified Occupational Safety Specialist (COSS)

Course Length: 40 hours

NDSC Member: \$1,799 Non-Member: \$2,299

Certified Occupational Safety Specialist (COSS) is a unique, curriculum-based program that builds a solid foundation in both General Industry (CFR 1910) and Construction (CFR 1926) knowledge for the beginning safety practitioner as well as the experienced safety professional. COSS meets the requirements outlined in ANSI Z490.1 – Criteria for Accepted Practices in Safety, Health, & Environmental Training Standard. The course consists of 40 hours of hands-on, instructor-led learning, delivered by OSHA-authorized trainers. The course is designed to equip workers with the core competencies they need to succeed in occupational safety and health.

Bismarck - 8am - 5pm - November 5-9

Confined Space Awareness - Construction

Course Length: 4 hours

NDSC Member: \$130 Non-Member: \$160

Learn how to identify hazards involved with permit required confined spaces, how to protect employees from hazards, and key elements of the Construction Confined Spaces standard. This includes defining the differences between work spaces, Confined Spaces, and Permit Required Confined Spaces. It also covers a review of the regulation, proper documentation, rescue planning and execution, atmospheric testing, the roles of the supervisor, attendant, and entrant, and more.

Fargo - 8am - 12pm - November 15

Confined Space Entry Entrant and Attendant

Course Length: 5 hours

NDSC Member: \$185 Non-Member: \$225

This course is for any person who will perform confined space entrant or attendant duties. In addition to learning all duties, attendees will also learn all aspects of the entrant and attendant. Courses in Bismarck will include interactive hazard identification exercises on the NDSC's confined space training tower! Upon completion, attendees can present their certificate to their employer for consideration to be deemed a qualified or competent person for confined space entry entrant and attendant. *This course was developed by Roco Rescue, the world's leader in industrial rescue training and an OSHA VPP Site.*

Bismarck - 8am - 1pm - October 23

Confined Space Entry Supervisor

Course Length: 8 hours

NDSC Member: \$295 Non-Member: \$355

Receive a comprehensive overview of the general industry and construction industry standards for Permit Required Confined Space Entry Supervisor. Topics covered will include: hazards associated with permit required confined spaces; employer's program requirements; alternate entry and reclassification procedures; rescue requirements; and more. The differences between the general industry and construction industry requirements will be addressed, as well as a brief overview of other roles and responsibilities. Courses in Bismarck include interactive hazard identification exercises on the NDSC's confined space training tower! Upon completion, attendees can present their certificate to their employer for consideration to be deemed a qualified or competent person for confined space entry supervisor. *This course was developed by Roco Rescue, the world's leader in industrial rescue training.*

Bismarck - 8am - 5pm - November 28

MEMBERSHIP Matters!



Take advantage of NDSC membership benefits!

▶ TRAINING DISCOUNTS

UP TO 33% OFF standard training rates and discounts on training room rentals

▶ FREE RESOURCES

FREE access to our safety consultants for your questions, **FREE** 5-Minute Safety Talks, **FREE** access to our Critical Issues Training Series and much more

▶ PARTNER DISCOUNTS

DISCOUNTS on services from Sanford OCCMED, MSDSONline, Columbia Southern University and Acme Tools

▶ OTHER BENEFITS

Annual conference **DISCOUNTS** and safety product discounts, and more



NDSC MEMBERSHIP SPEAKS FOR ITSELF!

When you become a member it says you're conscientious, you care about the health and well-being of your employees and workers, and your company can be trusted to do a job right.

IT'S EASY TO BECOME A MEMBER

Go to **www.ndsc.org** and click on the Membership Matters icon



Confined Space Awareness - General Industry

Course Length: 4 hours

NDSC Member: \$130 Non-Member: \$160

Learn how to identify hazards involved with permit required confined spaces, how to protect employees from hazards, and key elements of the General Industry Confined Spaces standard. This includes defining the differences between work spaces, Confined Spaces, and Permit Required Confined Spaces. It also covers a review of the regulation, proper documentation, rescue planning and execution, atmospheric testing, the roles of the supervisor, attendant, and entrant, and more.

Bismarck - 8am - 12pm - November 20

Grand Forks - 8am - 12pm - October 2

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 - October 20, November 17, December 15

Bismarck - 12pm - 2:30pm - October 9, December 4

Dickinson - 12pm - 2:30pm - October 17

Fargo - 12pm - 2:30pm - November 20

Jamestown - 12pm - 2:30pm - December 13

Minot - 12pm - 2:30pm - October 4, November 15

Watford City - 12pm - 2:30pm - November 19

Williston - 1pm - 3:30pm - October 25, December 13

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 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 - October 20, November 7, November 17, December 15

Bismarck - 12pm - 5pm - October 9, December 4

Dickinson - 12pm - 5pm - October 17

Fargo - 8am - 1pm - October 24, December 5

Fargo - 12pm - 5pm - November 20

Jamestown - 12pm - 5pm - December 13

Minot - 12pm - 5pm - October 4, November 15

Watford City - 12pm - 5pm - November 19

Williston - 1pm - 6pm - October 25, December 13

CPR/AED, Pediatric

Course Length: Approximately 2.5 hours

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

Learn 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, churches, and anyone working with children younger than age 12. Upon completion, receive a Pediatric 2-year CPR/AED certificate.

Bismarck - 8am - 10:30am - October 13, December 8

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 2-year pediatric certificates for CPR/AED and First Aid.

Bismarck - 8am - 1pm - October 13, December 8

CPR/First Aid, Train-the-Trainer

Course Length: 16 hours

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

Certify your employees to teach the only nationally-recognized CPR/AED/First Aid curriculum that meets all OSHA first aid requirements. The curriculum is applicable for industrial, office, and home settings, and includes 100 industry-specific scenarios giving you the ability to customize your presentations. Please call (800) 932-8890 to register.

Bismarck - 8am - 5pm - November 7-8

Fargo - 8am - 5pm - October 24-25, December 5-6

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 crash. Alive at 25 is a highly interactive program targeted toward drivers under the age of 25 that helps them take greater responsibility for their driving. 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.

Grand Forks - 4pm - 8:30pm - October 14, December 2

Williston - 4pm - 8:30pm - October 21, December 16

Online course
also available.

PUT YOUR HEART IN GOOD HANDS.



Sudden cardiac arrest is responsible for **13%** of all workplace deaths.

Equip your staff to respond with an AED.



To see full product descriptions or to order, go to

www.ndsc.org/safetyproducts



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 recommended for drivers who have received multiple violations or been involved in traffic collisions. DDC ADD is designed to help participants make a connection between their attitude and poor decisions. They will learn how to take responsibility for their actions, and see how their choices 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, and more. *Qualifies for insurance discount and point reduction.*

Fargo – 8am – 5pm – October 20

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 – October 1, November 12

Fargo – 6pm – 10pm – November 13

Grand Forks – 9am – 1pm – October 6, November 3

Minot – 6pm – 10pm – October 22, December 17

Williston – 9am – 1pm – October 20, December 15

Online course
also available.

DOT Compliance

Course Length: 4 hours

NDSC Member: \$175 Non-Member: \$210

Personnel responsible for managing commercial vehicles and drivers, such as Fleet Safety Managers, Driver Managers, Safety Supervisors, and administrative support personnel, can benefit from this course. Attendees learn from subject matter experts in the industry and have the opportunity to network with one another and develop connections to reach out to after the course. Course includes in-depth training on the Federal Motor Carrier Safety Regulations, a detailed overview of the CSA website and training that is critical for carrier or fleet safety management.

Bismarck – 1pm – 5pm – November 5

Fargo – 1pm – 5pm – December 11

ECSS 8-Hour Refresher

Course Length: 8 hours

NDSC Member: \$180 Non-Member: \$230

Prerequisites required. Go to www.ndsc.org for more information. Course teaches recognition, avoidance, abatement and prevention of safety and health hazards in workplaces, covering fall protection, personal protective equipment, electrical safety and hazard communication, to name a few. Emphasis is placed most hazardous area of the jobsite. *Private courses may be customized to fit your needs.*

Bismarck – 8am – 5pm – November 2, December 19

Online course
also available.

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. 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 – October 1-5



Ergonomics, Managing for Results

Course Length: 8 hours • ASC CEUs: 0.65

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



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. Attendees will be able to identify steps to implement a successful ergonomics program at their workplace. *Earn your Advanced Safety Certificate by taking this and other ASC courses.*

Fargo – 8am – 5pm – December 3

Fall Protection Awareness - Construction

Course Length: 4 hours

NDSC Member: \$110 Non-Member: \$130

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 – November 7

Fargo – 8am – 12pm – October 1

Grand Forks – 8am – 12pm – December 5

Field Leadership Coaching and Mentoring Fall Prevention, Train-the-Trainer - SPANISH

Course Length: 8 hours

NDSC Member: Free Non-Member: Free

The course is designed for senior safety professionals responsible for the implementation and instruction of fall prevention programs. The coaching and mentoring skills taught are reinforced using scenarios that contextualize the instruction within the fall protection standard and industry best practice. Anyone employed in the Construction Industry may attend the course. Qualified attendees will be asked to sign agreements to train a minimum of 10 workers prior to December 31, 2018.

This presentation was produced under grant number SH-31236-SH7 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Bismarck – 8am – 5pm – November 6

Field Leadership in Oil & Gas Extraction & Production

Course Length: 25 hours

NDSC Member: \$600 Non-Member: \$600

This course is designed to help new leaders bridge the gap between knowing how to get the job done and how to effectively guide others in completing the job. Participants will engage in active scenario-based learning as they practice adapting their leadership style to increase effectiveness of his or her communication styles. They will practice proven techniques in communicating, motivating and inspiring a diverse workforce to achieve the desired balance of worker safety, quality work, and production outcomes in the upstream oil and gas industry. Course modules include: interpersonal behaviors; developing worker potential; problem solving and conflict resolution; process improvement skills; job planning; and simultaneous operations.

Bismarck – 8am – 5pm – October 17-19

We are Social!

Connect with us on
Facebook and LinkedIn!



Fundamentals of Industrial Hygiene

Course Length: 32 hours • ASC CEUs: 2.6

NDSC Member: \$1,395 Non-Member: \$1,750



This course develops your understanding of industrial hygiene terminology, principles and practices by examining four key processes in an effective industrial hygiene effort -- anticipation, recognition, evaluation, and control. *Earn your Advanced Safety Certificate by taking this and other ASC courses.*

Fargo - 8am - 5pm - November 5-8

HAZWOPER 8-Hour Refresher

Course Length: 8 hours

NDSC Member: \$220 Non-Member: \$250

This refresher course fulfills the requirements of the HAZWOPER Standard for Construction and General Industry and includes updates on and an overview of HAZWOPER requirements with a hands-on approach. Focus will be placed on identification, evaluation and control of a hazmat scene or incident. Course will also cover respiratory protection, DOT ERG, NIOSH pocket guide, and other topics. Hands-on elements will include donning and doffing SCBA units, PPE tape up exercises, air monitoring equipment, as well as a special exercise utilizing the components of HAZWOPER.

Bismarck - 8am - 5pm - November 28



HAZWOPER 40-Hour Hazardous Materials Specialist

Course Length: 40 hours

NDSC Member: \$795 Non-Member: \$950

Obtain the knowledge required to become a hazardous materials specialist, including competency in the following areas: how to implement the local emergency response plan; classification, identification and verification of known and unknown materials; selection and use of proper specialized chemical PPE; hazard and risk techniques; how to perform specialized control, containment, and/or confinement operations; decontamination procedures; developing a site safety and control plan; and chemical, radiological and toxicological terminology and behavior.

Bismarck - 8am - 5pm - October 15-19



HAZWOPER First Responder Awareness

Course Length: 3 hours

NDSC Member: \$140 Non-Member: \$175

First responders at the awareness level are individuals who are likely to witness or discover a hazardous substance release and who have been trained to initiate an emergency response sequence by notifying the proper authorities. To meet the requirements for an awareness level first responder, you must have sufficient training or experience to objectively demonstrate competency in core areas outlined by OSHA.

Bismarck - 8am - 11am - November 27

Incident Investigation & Root Cause Analysis

Course Length: 8 hours ASC CEUs: 0.65

NDSC Member: \$330 Non-Member: \$430

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. *Earn your ASC by taking this and other ASC courses.*

Bismarck - 8am - 5pm - October 2



Industrial Rescue I/II™

Course Length: 50 Hours

NDSC Member: \$1,200 Non-Member: \$1,440

This 5-day, 50-hour course is designed for industrial and municipal rescuers who may be required to handle confined space and high angle rescues in industrial environments. Industrial Rescue I / II™ takes a very hands-on approach to rescue training that provides the skills necessary to meet OSHA guidelines for a competent rescue team or rescue team member. Participants will practice rescue operations from all six confined space types. These realistic scenarios can be used to document practice requirements required by OSHA 1910.146.

Bismarck - 7am - 5pm - October 1-5

Instructed by:



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. *Earn your ASC by taking this and other ASC courses.*

Bismarck - 8am - 5pm - December 3



WORK AROUND HAZARDOUS MATERIALS?

YOU NEED HAZWOPER TRAINING!

**REDUCE YOUR RISK WITH
DETAILED TRAINING IN:**

Regulations • Site Characterization • Hazard Identification • Monitoring
Safe Work Practices • Site Control • Emergency Response
Personal Protective Equipment • Medical Surveillance Decontamination

**Includes great
hands-on
training
components!**

Learn more or register at
www.ndsc.org

WORKPLACE SAFETY
NDSC
NORTH DAKOTA SAFETY COUNCIL
A private non-profit.

Lift Truck Operator, Train-the-Trainer

Course Length: 16 hours

NDSC Member: \$700 Non-Member: \$900

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. Call (800) 932-8890 to register.

Bismarck - 8am - 5pm - October 31-November 1, November 19-20

Fargo - 8am - 5pm - December 10-11

Grand Forks - 8am - 5pm - November 12-13

Managing Silica Hazards

Course Length: 4 hours

NDSC Member: \$130 Non-Member: \$160

When exposed to crystalline silica, workers are at increased risk of developing silicosis, lung cancer, chronic obstructive pulmonary disease, and kidney disease. This course will train employers and employees on the hazards related to exposure. Attendees will learn how to stay in compliance with OSHA's Respirable Crystalline Silica standard for Construction (1926.1153) and the steps required to protect themselves and their employees.

Bismarck - 8am - 12pm - November 9

Grand Forks - 8am - 12pm - October 24

MSHA New Miner-Part 46 Sand & Gravel

Course Length: 24 hours

NDSC Member: \$305 Non-Member: \$355

Course 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 each new miner must complete no less than 24 hours of training. Upon successful completion, receive 2-year National Safety Council certificates for Adult CPR/AED and First Aid.

Bismarck - 8am - 5pm - October 23-25

Minot - 8am - 5pm - December 4-6

Includes NSC
CPR & First Aid
Certification!

MSHA Refresher-Part 46 Sand & Gravel

Course Length: 8 hours

NDSC Member: \$105 Non-Member: \$130

Course is required for all experienced sand and gravel miners and 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 each miner must have no less than 8 hours of annual refresher training.

Bismarck - 8am - 5pm - October 22

Minot - 8am - 5pm - December 3

MSHA New Miner-Part 48 Surface Coal

Course Length: 24 hours

NDSC Member: \$305 Non-Member: \$355

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, receive 2-year National Safety Council certificates for Adult CPR/AED and First Aid.

Bismarck - 8am - 5pm - October 30-November 1, November 27-29,

December 18-20

Includes NSC
CPR & First Aid
Certification!

MSHA Refresher-Part 48 Surface Coal

Course Length: 8 hours

NDSC Member: \$105 Non-Member: \$130

This course is required for all experienced surface coal miners and 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 each miner receive a minimum of 8 hours of annual refresher training.

Bismarck - 8am - 5pm - October 29, November 26, December 17

Opioid Awareness

Course Length: 2 hours

NDSC Member: \$35 Non-Member: \$45

This course focuses on opioid drug use, impairment, and the signs of addiction. Additional topics include steps to take when you suspect opioid usage, resources available to assist with intervention, how to protect yourself when you encounter opioids and paraphernalia, and how to respond in a suspected opioid medical emergency. EMS approved for .5 hour NCCR; 1.5 hour ICCR/LCCR.

Bismarck - 8am - 10am - October 15

Fargo - 8am - 10am - October 29

OSHA 10-Hour Construction Course (ECCS)

Course Length: 10 hours

NDSC Member: \$200 Non-Member: \$255

Receive instruction on construction industry safety topics and OSHA standards for both employee and entry level supervisors. Using OSHA standards as a guide, special emphasis is placed on the most hazardous areas of a jobsite, including fall protection, electrical and more.

Courses run 1pm to 5pm day one, and 8am to 5pm day two:

Bismarck - October 15-16, November 7-8, December 11-12

Fargo - October 1-2, November 15-16, December 20-21

Grand Forks - December 5-6

OSHA 10-Hour General Industry

Course Length: 10 hours

NDSC Member: \$200 Non-Member: \$255

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

Courses run 1pm to 5pm day one, and 8am to 5pm day two:

Bismarck - October 29-30, November 20-21

Grand Forks - October 2-3

OSHA 501 Trainer Course in OSHA Standards for General Industry

Course Length: 32 hours

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

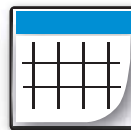
Prerequisites required. Go to www.ndsc.org to view. This course allows students to become a trainer in the Outreach Program, conduct 10- and 30-hour general industry courses, and issue cards to participants. Special emphasis is placed on topics required in the 10- and 30-hour programs as well as on those that are most hazardous, using OSHA standards as a guide. Effective instruction techniques and use of visual aids will also be covered. 2.6 CEUs; 4.0 CMs. The NDSC is an OSHA Training Institute Education Center.

Bismarck - 8am - 5pm - November 13-16

Private training available!

Call 701-223-6372 for more information.

TRAINING



**Register online at
www.ndsc.org**

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

OSHA 510 Occupational Safety & 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.

The NDSC is an OSHA Training Institute Education Center.

Rapid City, SD - 8am - 5pm - November 26-29

NEW
LOCATION:
Rapid City!

OSHA 511 Occupational Safety & Health Standards for General Industry

Course Length: 26 hours

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

This course, for private sector personnel, covers OSHA policies, procedures and standards, as well as general industry safety and health principles. Topics include scope and application of OSHA general industry standards with special emphasis on those areas most hazardous, using OSHA standards as a guide. 2.6 CEUs. Course is a prerequisite to the OSHA 501.

The NDSC is an OSHA Training Institute Education Center.

Bismarck - 8am - 5pm - October 22-25

OSHA 5810 Hazards Based Standards for Oil & Gas Exploration and Production

Course Length: 32 hours

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

This course will provide attendees with the basic knowledge and skills needed to anticipate, recognize, evaluate and control hazards that are found in the U.S. on-shore oil and gas and exploration and production industries. Topics include, but are not limited to: health hazards, hazard communication, PPE, emergency action plans, confined space, control of hazardous energy and more. This course will provide a foundation for additional training that may be part of an in-house training process. 4.0 CEUs.

Bismarck - 8am - 5pm - October 8-11

OSHA Recordkeeping

Course Length: 4 hours

NDSC Member: \$110 Non-Member: \$130

This course will help you understand what a recordable injury is and keep non-recordables off your logs. The instructor will use interactive exercises to teach how to properly prepare and maintain required records of workplace injuries and illnesses. Participants will learn how to figure incidence rates, average employment, and hours worked, as well as new recordkeeping procedures and interpretations.

Bismarck - 8am - 12pm - October 29

Fargo - 8am - 12pm - December 20

Updated
information on new
OSHA rule!

PEC H2S Clear

Course Length: 4 hours

NDSC Member: \$120 Non-Member: \$125

Improve safety performance for general industry workers who may come in contact with hydrogen sulfide by providing crucial knowledge of dangers of H2S and the precautions, tools and controls necessary when working in H2S environments. Course covers current classroom requirements of ANSI Z390.1 and is designed to meet the new ANSI requirements.

Bismarck - 8am - 12pm - October 30

Dickinson - 8am - 12pm - October 10, December 12

PEC SafeLandUSA Basic Orientation

Course Length: 8 hours

NDSC Member: \$190 Non-Member: \$215

This course gives a general idea of 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 employees should know before entering a facility and while performing work duties. More than 25 leading oil and gas operators accept this orientation.

Bismarck - 8am - 5pm - October 29

Dickinson - 8am - 5pm - October 9, December 11

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 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. Earn your Advanced Safety Certificate by taking this and other ASC courses.

Fargo - 8am - 5pm - November 11-15



Qualified Rigging & Signalperson Training

Course Length: 8 hours

NDSC Member: \$255 Non-Member: \$325

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 - December 6



DDC-4 is a vital resource for reducing your crash risk and financial liability, and discounts on your equipment.

SAVE MONEY.

Reasonable Suspicion for Supervisors

Course Length: 4 hours

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

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 workers. *Course meets US DOT training requirements. Each attendee will receive a copy of the most current Drug Identification Guide.*

Bismarck - 8am - 12pm - November 5

Fargo - 8am - 12pm - December 11

Safety Management Techniques

Course Length: 32 • ASC CEUs: 2.6

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



Attendees will learn how to lead safety in their organization and get their team involved in safety efforts. Course will meet the needs of safety and health committee leaders, supervisors and middle/upper level managers. Attendees will learn fundamental principles of safety management as well as how to: identify leadership strategies that contribute to success as a manager; recognize strategies and steps to create organizational and individual change; prepare a successful safety management audit; establish a business case for a safety management system, and more! *Earn your Advanced Safety Certificate by taking this and other ASC courses.*

Bismarck - 8am - 5pm - October 8-11

Safety Training Methods

Course Length: 32 hours • ASC CEUs: 2.6

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



Whether you're coordinating training development, purchasing materials from vendors, contracting with trainers, or conducting training yourself -- you'll find this course valuable. The Safety Training Methods course focuses on the knowledge and skills required to assess your training needs, as well as plan, organize, create, and deliver performance-based safety and health training programs. During this course, participants will: plan and design a training program applicable to their work environment; learn strategies and methods that address adult learning needs; complete a training needs analysis; calculate direct and indirect training costs, and more.

Earn your ASC by taking this and other ASC courses.

Fargo - 8am - 5pm - October 8-11

Self Protection & Predator Awareness

Course Length: 4 hours

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

Gain the knowledge to recognize, avoid, and handle stalkers and predators. Then, receive two hours of hands-on training where you will practice techniques to escape an attacker. These tactics are simple and easily used by people of any size or strength, making it the perfect substitute for a traditional self-defense course. *Appropriate for those 13 years and older.*

Bismarck - 5:30pm - 9:30pm - December 3

Suspended Worker Rescue

Course Length: 20 Hours - Two 10-Hour Days

NDSC Member: \$895 Non-Member: \$1,070

This course will train workers for safe and effective "self-rescue" and prepare them for "assisted rescue". Students will utilize the NDSC's 26-foot training tower to practice hands-on techniques for rescuing a co-worker who is suspended from a personal fall arrest system. Team rescue operations will be presented to prevent or minimize suspension trauma hazards. Emphasis will be placed on self- and assisted-rescue, line transfers, descent control systems, lowering techniques, haul systems, and hazards of suspension trauma.

Bismarck - 7am - 5pm - November 12-13

Instructed by:



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 together safety teams, but 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 recognize and use key safety and health terminology, as well as 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; and much more.

Fargo - 8am - 5pm - October 16

Trenching & Excavation Awareness - 4 Hour

Course Length: 4 hours

NDSC Member: \$110 Non-Member: \$130

This awareness 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 - October 15, December 11

Worker Fatigue Awareness

Course Length: 2 hours

NDSC Member: \$50 Non-Member: \$75

Worker fatigue is a dangerous condition resulting in approximately 200,000 workplace incidents per year. This course explores historic fatigue related catastrophes, causes of fatigue, and what can be done to mitigate risks associated with working while fatigued.

Bismarck - 1pm - 3pm - October 15

Fargo - 1pm - 3pm - October 29

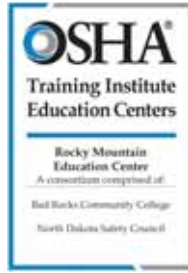
#1 cause of death in the workplace.

For companies looking to protect their employees and minimize liabilities. Plus, DDC-4 qualifies for the WSI Safe Driver Program employees' personal vehicle insurance.

SAVE LIVES.

Call Terry at 701-751-6106
for a free quote today.





Non-Profit Org.
U.S. Postage
PAID
Permit #419
Bismarck, ND
58503

SAFETY TRAINING GUIDE

October • November • December 2018

REGISTRATION

Register at 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 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.



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

Don't miss the region's premier safety event!



NDSC's 46th ANNUAL SAFETY & HEALTH
CONFERENCE

FEBRUARY 19-22, 2019
Bismarck Event Center • Bismarck, ND
Watch www.ndsc.org for registration announcements.