NORTH DAKOTA SAFETY COUNCIL TRAINING CALENDAR

October • November • December 2022

Your safety training experts

SLIPS SIMULATOR[™]

Get prepared for winter with this hands-on training!





OCTOBER · NOVEMBER · DECEMBER 2022

Quarterly Training Calendar

Find a full list of all our courses and additional course details at

ndsc.org/take-a-course







Spanish



Available in Includes Hands-On Training



Advanced Safety Certificate



IVES Instructed course



FIRST AID/CPR COURSES

CPR/AED, Adult



Course Length: Approximately 2.5 hours NDSC Member: \$55 Non-Member: \$60

Course meets OSHA First Aid Standard 29 CFR 1910.151, and prepares students to take action in a medical emergency. Participants learn 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 22, November 10,

November 19, December 10

Dickinson - 8am - 10:30am - December 8

Fargo - 12pm - 2:30pm - October 19, December 15

Jamestown - 12pm - 2:30pm - October 6 Minot - 8am - 10:30am - December 20 Minot - 12pm - 2:30pm - October 27

Williston - 8am - 10:30am - October 5, December 7

CPR/AED/First Aid, Adult



Course Length: Approximately 5 hours NDSC Member: \$90 Non-Member: \$95

Course meets OSHA First Aid Standard 29 CFR 1910.151, and prepares students to take action in a medical emergency. Participants learn to use an AED in conjunction with CPR. First Aid instruction scenarios include bleeding, burns, poisoning, sudden illness and bone injuries. 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 11, October 22, November 10,

November 19, December 10, December 13 Dickinson - 8am - 1pm - October 25, December 8

Fargo - 8am - 1pm - November 15

Fargo - 12pm - 5pm - October 19, December 15

Jamestown - 12pm - 5pm - October 6

Minot - 8am - 1pm - November 8, December 20

Minot - 12pm - 5pm - October 27

Williston - 8am - 1pm - October 5, December 7

CPR/AED, Pediatric



Course Length: Approximately 2.5 hours NDSC Member: \$55 Non-Member: \$60

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 8, December 3

CPR/AED/First Aid, Pediatric (



Course Length: Approximately 5 hours NDSC Member: \$90 Non-Member: \$95

This course teaches students to recognize and respond to breathing and first aid emergencies in children and infants. Video self-instruction and handson training are used for various first aid scenarios. Ideal for 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 8, December 3

CPR/First Aid, Train-the-Trainer

Course Length: 16 hours

NDSC Member: \$395 Non-Member: \$495

Certify your employees to teach the only nationally-recognized CPR/AED/First Aid curriculum that meets all OSHA first aid requirements. Please call (800) 932-8890 to register or learn how to customize your training.

Bismarck - 8am - 5pm - October 11-12, December 13-14

Dickinson - 8am - 5pm - October 25-26 Fargo - 8am - 5pm - November 15-16 Minot - 8am - 5pm - November 8-9

PUT YOUR



Equip your staff to respond with an AED.

To see full product descriptions or to order, go to www.ndsc.org/shop





OCTOBER • NOVEMBER • DECEMBER 2022

- Quarterly Training Calendar -



DRIVER SAFET COURSES

CDL Entry Level Driver Training - Class A & B

Course Length: 24 hours

NDSC Member: \$895 Non-Member: \$995

NDSC is committed to putting quality drivers on the road by providing a comprehensive CDL truck driver training program, using curriculum standards that address skills, theory/knowledge, tasks, and duties that are required by entry-level commercial motor vehicle drivers. This theory only program prepares attendees to obtain their Class A & B Commercial Driver's License (CDL).

Bismarck - 8am - 5pm - October 4-6

Driving courses qualify for insurance discounts & point reduction!

Defensive Driving Course - Alive at 25

Course Length: 4.5 hours

Course Fee: \$55 Court/DOT Required: \$85

Alive at 25 focuses on behavior, judgment, decision making and consequences, and provides tools to help young drivers make positive choices.

Bismarck - 3pm - 7:30pm - October 23

Grand Forks - 1pm - 5:30pm - October 16, November 20

Williston-1pm-5:30pm-November 6

See ndsc.org for additional dates and locations

Distance Learning (4)



NDSC Member/Non Member: \$65

Court/DOT Required: \$95

Virtual Instruction - 5pm - 9pm - October 23, December 11

Defensive Driving Course - Attitudinal Dynamics of Driving



Course Length: 8 hours

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

Court/DOT Required: \$175

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 their ability to make good decisions.

Bismarck - 8am - 5pm - November 12 Fargo - 8am - 5pm - October 20

Distance Learning



NDSC Member: \$135 Non-Member: \$160

Court/DOT Required: \$185

Virtual Instruction - 8am - 5pm - October 29, December 17

Course also qualifies for WSI's Safe Driver program.

Defensive Driving Course - Basic

Course Length: 4 hours

NDSC Member: \$60 Non-Member: \$65 Court/DOT Required: \$85 Seniors: \$40 (55+)

Additional Family Members: \$30

DDC delivers the highest level of research-driven content, defensive driving strategies, hazard recognition and learner retention exercises.

Bismarck - 6pm - 10pm - December 12 Fargo - 6pm - 10pm - October 11 Grand Forks - 9am - 1pm - December 3 Minot - 6pm - 10pm - December 5 Williston - 8am - 12pm - November 5

Distance Learning (9)



NDSC Member: \$70 Non-Member: \$75

Court/DOT Required: \$95 • Seniors \$50 • Addl. Family \$40 Virtual Instruction - 6pm - 10pm - October 12, November 16, December 7

See ndsc.org for additional dates and locations

DOT Compliance

Course Length: 4 hours

NDSC Member: \$220 Non-Member: \$255

Recently updated, this program provides a detailed overview of the CSA system and FMCSA regulations, and critical training for carrier or fleet safety management.

Bismarck - 8am - 12pm - November 15 Fargo - 8am - 12pm - October 20

SCHOOL BUS DRIVER WORKSHOPS

Creating a Safe Student



Course Length: 3 hours

NDSC Member: \$65 Non-Member: \$65

During this course, we'll give you the tools to create a safe, caring and structured environment that sets the stage for your student's school day.

Virtual Instruction - 6pm - 9pm - November 9

Hazard Recognition & Mitigation @



Course Length: 3 hours

NDSC Member: \$65 Non-Member: \$65

Gain the knowledge to reduce your risk in the most devastating crashes scenarios, including railroad crossings, intersections, and pedestrian crossings.

Virtual Instruction - 6pm - 9pm - November 30

Safety Starts with You <a> Image: Page 1987 Pa



Course Length: 3 hours

NDSC Member: \$65 Non-Member: \$65

We'll discuss conditions that could affect driver ability, including drugs in the workplace; driver fatigue; driver distractions; harassment; and post-accident procedures.

Virtual Instruction - 6pm - 9pm - October 26



OCTOBER • NOVEMBER • DECEMBER 2022 Quarterly Training Calendar



Certified Occupational Safety Specialist (COSS)

Course Length: 40 hours

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

This is a nationally recognized program designed to build a solid foundation in both General Industry and Construction knowledge. Its main objective is to equip those with safety and health responsibilities with the core competencies they must master to be successful in OS&H.

Virtual Instruction - 8am - 5pm - October 24-28, November 14-18,

December 12-16

Confined Space Entry Entrant and Attendant

Course Length: 5 hours

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

Attendees will learn all aspects of confined space entrant and attendant duties. Courses in Bismarck include interactive hazard identification exercises on the NDSC's confined space training tower! Course developed by Roco Rescue. the world's leader in industrial rescue training and an OSHA VPP Site.

Bismarck - 8am - 1pm - November 7

Confined Space Entry Supervisor

Course Length: 8 hours

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

A comprehensive overview of the general industry and construction industry standards for Permit Required Confined Space Entry Supervisor Courses in Bismarck include interactive hazard identification exercises on the NDSC's confined space training tower! Course was developed by Roco Rescue, a leader in industrial rescue training.

Bismarck - 8am - 5pm - October 10, December 12

H2S Clear for Energy

Course Length: 4 hours

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

Arms workers with crucial knowledge of the dangers of H2S, the "silent killer", and the precautions, tools, and necessary actions for working around rigs, pipelines, refineries, storage tanks, tankers and terminals.

Dickinson - 1pm - 5pm - October 17, November 21, December 19 Minot - 1pm - 5pm - October 12, November 9, December 7

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 3-7

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.

Bismarck - 8am - 5pm - December 6

Incident Investigation & Root Cause Analysis 📸



Course Length: 8 hours ASC CEUs: 0.65 NDSC Member: \$325 Non-Member: \$425

Whether you're on the path to earning your ASC or you're trying to improve your safety program, this course is worth your time and investment. This nationally recognized course focuses on techniques for gathering complete, accurate and objective incident data, establishing root causes, reporting findings and determing corrective action.

Bismarck - 8am - 5pm - October 17

Distance Learning 🚇



Virtual Instruction - 8am - 12pm - November 10-11

Lift Truck Operator Training

Course Length: 8 hours

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

Course modules include OSHA regulations; lift truck design and operating principles; inspections and maintenance; and picking up and delivering a load. Our training supports OSHA standards but does not result in a certified forklift operator.

Bismarck - 8am - 5pm - October 13

Fargo - 8am - 5pm - October 3, November 8, December 13

Lift Truck Operator, Train-the-Trainer

Course Length: 16 hours

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

Meet OSHA requirements and 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.

Bismarck - 8am - 5pm - October 17-18, November 21-22,

December 19-20

Fargo - 8am - 5pm - October 3-4, November 8-9, December 13-14

Lockout/Tagout

Course Length: 4 hours

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

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

Bismarck - 1pm - 5pm - October 18, November 17



OCTOBER • NOVEMBER • DECEMBER 2022 ————— Quarterly Training Calendar —————



MSHA New Miner 46 (Nonmetal) & 48 (Coal/ Nonmetal & Construction)

Course Length: 24 hours

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

Attendees need to have their company provide their training plan to the NDSC. See ndsc.org for requirements. This course is required for all new and inexperienced sand and gravel and surface coal 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. Students earn NSC CPR & First Aid Certification!

Bismarck - 8am - 5pm - October 4-6, November 8-10, December 6-8

MSHA Refresher New Miner 46 (Nonmetal) & 48 (Coal/Nonmetal & Construction)

Course Length: 8 hours

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

Attendees need to have their company provide their training plan to the NDSC and provide proof of completing a New Miner course. See ndsc.org for requirements. This course is required for all experienced sand and gravel miners and surface coal miners. This course covers underground metal and non-metal mines, surface metal mines, and certain non-metal mines such as gold. It also includes the aggregate industry. 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 - October 11, October 25, November 15, November 29, December 13, December 20

ONE BASIN - One Way! Standardized Contractor Safety Orientation

Course Length: 4 hours

Orientations scheduled weekly in the following locations, and are subject to change:

Bismarck: As Needed
Dickinson: Monday, Friday
Minot: Wednesday
Tioga: Thursday
Watford City: Tuesday

Spanish language courses offered every other Friday in Watford City.

Distance Learning: Available on a weekly basis from NDSC trainers. See ProCertX for up-to-date schedule.

Did you know you can select your OBOW training provider? Simply look for the classes in ProCertX tagged with "NDSC"!

Register at onebasinoneway.com

OSHA 10-Hour Construction Course (ECCS)

Course Length: 10 hours

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

This program provides entry level construction workers information about their rights, employer responsibilities, and instructions to file a complaint; and how to identify, abate, avoid and prevent job related hazards on a construction site. Training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards.

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

Bismarck - October 17-18

OSHA 10-Hour General Industry



Course Length: 10 hours

NDSC Member: \$205 Non-Member: \$260

This program provides entry level general industry workers information about their rights, employer responsibilities, instructions to file a complaint and how to identify, abate, avoid and prevent job related hazards on a job site. Training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards.

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

Bismarck - November 16-17

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.

Bismarck - 8am - 5pm - November 14-17

OSHA 503 Update for General Industry Outreach Trainers

Course Length: 24 hours

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

Prerequisites required. Go to www.ndsc.org for more information. This course is designed for personnel who have completed the OSHA 501 Trainer course in OSHA Standards for General Industry and who are active trainers in the outreach program. 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.

Bismarck - 8am - 5pm - December 6-8

FIT TESTING NOW AVAILABLE! | See page 8 for more info



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OSHA 511 Occupational Safety & Health Standards for General Industry

Course Length: 32 hours

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

This course 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.

Bismarck - 8am - 5pm - October 25-28

OSHA Recordkeeping

Course Length: 4 hours

NDSC Member: \$135 Non-Member: \$165

Learn what a recordable injury is and keep non-recordables off your logs. 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 3, November 14, December 19

Premium Combo Trainer Certification

Course Length: 40 hours

NDSC Member: \$2,250 Non-Member: \$2,250

This course certifies instructors to train counterbalanced forklift, rough terrain telehandler forklift, boomlift and scissor lift operators.

Bismarck - 8am - 5pm - October 31-November 4

Principles of Occupational Safety & Health

Course Length: 32 hours • ASC CEUs: 2.6 NDSC Member: \$1,395 Non-Member: \$1,750

This program provides a solid understanding of the fundamentals of workplace safety and health and best practices for initiating and managing a safety program. You'll cover 19 key safety, health and OSHA compliance topics - all during one comprehensive course! Pursing your Advanced Safety Certificate? POSH is required to earn your certificate!

Bismarck - 8am - 5pm - October 3-6

Safeland USA Basic Orientation

Course Length: 8 hours

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

This one-day safety orientation is accredited by SafeGulf and SafeLandUSA, and provides general safety information workers need to know before entering a company facility and while performing their assigned work duties.

Dickinson - 8am - 5pm - October 18, November 22, December 20 Minot - 8am - 5pm - October 25, November 22, December 19

Safety Inspections

Course Length: 8 hours • ASC CEUs: 0.65 NDSC Member: \$325 Non-Member: \$425

This class provides an overview of the safety and health inspection process and covers techniques to improve the process.

Fargo - 8am - 5pm - November 7

Safety Training Methods

Course Length: 32 hours • ASC CEUs: 2.6 NDSC Member: \$1,395 Non-Member: \$1,750

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

Bismarck - 8am - 5pm - October 31-November 3

Team Safety

Course Length: 8 hours • ASC CEUs: 0.65 NDSC Member: \$325 Non-Member: \$425

Learn how to build an effective safety team, or get the most from an established team. Topics covered include: team safety concepts and techniques; how to plan for and create an effective safety team and how to identify training and development needs of team members. Earn your Advanced Safety Certificate by taking this and other ASC courses.

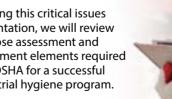
Fargo - 8am - 5pm - December 12



EVALUATING YOUR COMPANY'S **INDUSTRIAL HYGIENE PROGRAM**

The Critical Issues Training Series is a learning opportunity for the safety professional, featuring topics to make your job easier and workplace safer.

During this critical issues presentation, we will review those assessment and management elements required by OSHA for a successful industrial hygiene program.



Register now at ndsc.org



October 26, 11:30am - 1:30pm • Wahpeton November 9, 11:30am - 1:30pm • Minot



OCTOBER • NOVEMBER • DECEMBER 2022

Quarterly Training Calendar



COMMUNITY SAFETY COURSES

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. Course meets US DOT training requirements. Each attendee receives a copy of the most current Drug Identification Guide.

Bismarck - 1pm - 5pm - November 15 Fargo - 1pm - 5pm - October 20

Distance Learning



NDSC Member: \$125 Non-Member: \$145

8am - 12pm - December 6



SLIP SIMULATOR TRAINING



Since 1999, deaths from **233%** falls have increased by

The NDSC's new Slip Simulator training can help reduce slip, trip, and fall incidents by up to 70%. This course goes beyond the classroom to give people a safe environment to learn techniques to improve stability and reduce the risk of falling. With the Slip Simulator not only do you learn proper slippery surface walking technique firsthand, but you have a fun and engaging learning experience that ensures you remember it. This course is useful for all age groups and can mimic real-life conditions from the workplace to home.

To learn more about our Slip Simulator[™] and schedule training, contact our Community Safety Manager at

701-751-6105

or kathyz@ndsc.org

REGISTRATION

Register at ndsc.org/take-a-course or call (800) 932-8890. Watch for an email confirmation with your course location.

NDSC TRAINING LOCATIONS

20+ locations across the state. Go to ndsc.org/take-a-course/training-locations for course locations and addresses.

NDSC is dedicated to

VENTING INJURIES ING LIVES.

Register online at ndsc.org/take-a-course

PAYMENT, TRAINING AND CANCELLATION POLICY

Pre-registration and pre-payment is required for NDSC trainings. If you are unable to attend a training course, you must cancel at least three business days before 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 ndsc.org. For the One Basin, One Way cancellation policy, visit onebasinoneway.com.





NDSC is now offering fit testing. Proper fit testing makes the difference between safe and at-risk exposure. We can fit your team fast and get them back on the job safely. NDSC's fit testing can be combined with other training and make your OSHA annual requirement more efficient. The NDSC is offering quantitative testing that measures the amount of face seal leakage, which eliminates the risk and uncertainty when it comes to your team's safety.

Schedule yours today!

Contact Alex Redmann for more information

<u>alexr@ndsc.org</u> or 701-751-6109

Includes fit test and medical clearance!





February 21-24, 2023



Over 100 sessions, over 100 exhibitors, keynote speakers, event social, interactive games, silent auction and much more.





You don't want to miss our 50th Annual Conference. We are planning new and exciting events, speakers, course offerings and more!

For updates, or to inquire about sponsor, vendor or speaking opportunities, visit

ndsc.org/annualconference



Meet the NDSC



Michael is an industrial O&G professional with training credentials varying from ONE BASIN-One Way, trenching and silica, to First Aid/CPR and Defensive Driving.



Rick Halldorson

Rick's 28 years of industrial work experience positions him to train on topics ranging from OSHA 500's to Industrial Rail Yard Safety.



Michael Hutchens

Mike has more than 30 years of industrial safety experience and is the lead instructor for the MSHA program as well as an OSHA instructor.



Peter is a bilingual instructor with ten years of experience in the oil and gas industry. From spill response to safety management, Peter uses his O&G knowledge to enhance his instruction of courses like ONE BASIN-One Way.



Don Moseman

Don is the NDSC's Training Director. His experience in the U.S. Air Force and Colorado State Patrol positions him as a high-level trainer and on-staff expert for our violence prevention, driver safety, and supervisor-level safety programs.



Ashlev Schaper

Ashley has vast knowledge of the oil and gas industry, and has worked in that field since 2008. She currently teaches ONE BASIN-One Way, First Aid/CPR and Alive at 25 Defensive Driving for NDSC.



Dennis Snodgrass

Dennis has extensive experience in the safety and oil industry. He has served as a manager/director for a number of safety companies where he provided training, policy creation, incident investigation, safety audits and much more.



Edon Willis

Edon served for 18 years in the U.S. Marines and specialized in security, safety and equipment training. Edon is a certified NSC defensive driving and First Aid/CPR instructor.



John Woutat

John is a former EMS training coordinator, firefighter and EMS responder with 20+ years of experience in training and emergency response. As the NDSC's EMS expert, John teaches first aid. CPR, trauma & triage, and more

Experienced and professional, NDSC trainers earn rave reviews on their engaging style and deep knowledge.

PART-TIME TRAINERS









our trainers and read

student reviews at

ndsc.org

Learn more about



Private training available for most courses.

Available for in-person and distance-learning training

Call 800-932-8890 or 701-223-6372 for more information.