NORTH DAKOTA SAFETY COUNCIL

# TRAINING CALENDAR

April • May • June 2023

Your safety training experts

# TOP-NOTCH NDSC SAFETY SERVICES

Complement the region's best safety training with our lineup of safety services including:

- Air Sampling
- Fit Testing
- Noise Assessment



NORTH DAKOTA SAFETY COUNCIL
A private non-profit.



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

ndsc.org/take-a-course







Available in Spanish



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 - April 20, May 18, June 10, June 20

Dickinson - 8am - 10:30am - April 12 Fargo - 8am - 10:30am - April 4, June 13 Minot - 8am - 10:30am - April 25, June 6 Jamestown - 12pm - 2:30pm - April 13 Williston - 8am - 10:30am - April 12, June 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 - April 4, April 20, May 18, June 10, June 14, June 20

Dickinson - 8am - 1pm - April 12, June 6 Fargo - 8am - 1pm - April 4, May 16, June 13 Jamestown - 12pm - 5pm - April 13 Minot - 8am - 1pm - April 25, May 9, June 6 Williston - 8am - 1pm - April 12, June 7



Equip your workplace with an AED.

www.ndsc.org/shop

# 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 - April 1, June 17

### CPR/AED/First Aid, Pediatric (a)



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 - April 1, June 17

### **CPR/First Aid, Train-the-Trainer**

Course Length: 16 hours

NDSC Member: \$595 Non-Member: \$695

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 - April 4-5, June 14-15

Dickinson - 8am - 5pm - June 6-7 Fargo - 8am - 5pm - May 16-17 Minot - 8am - 5pm - May 9-10

# **Emergency Medical Responder**

**Course Length: 65 hours** 

NDSC Member: \$725 Non-Member: \$725

Our Emergency Medical Responder course exceeds current U.S. Department of Transportation National First Responder Curriculum - delivering the 2010 CPR and ECC Guidelines essential for emergency response teams; safety personnel; fire, police and ambulance personnel; EMS professionals and health care providers. Course is certified by the ND Department of Health Division of EMS & Trauma.

Bismarck - 8am - 5pm - April 10-21





# DRIVER SAFETY COURSES

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 - April 23 Fargo - 1pm - 5:30pm - April 16 Grand Forks - 2pm - 6:30pm - April 12 Williston-1pm - 5:30pm - June 11

See ndsc.org for additional dates and locations

# **Distance Learning**

NDSC Member/Non Member: \$65

Court/DOT Required: \$95

Virtual Instruction - 5pm - 9:30pm - April 23, June 18

# <u>Defensive Driving Course - Attitudinal</u> **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 - April 6, June 15

Fargo - 8am - 5pm - April 20

# Distance Learning (4)



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

Court/DOT Required: \$185

Virtual Instruction - 8am - 5pm - April 27, May 12, June 9

# 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 - June 5 Fargo - 6pm - 10pm - April 25 Grand Forks - 9am - 1pm - June 3 Minot - 6pm - 10pm - June 12 Williston - 8am - 12pm - June 10

See ndsc.org for additional dates and locations

# **Distance Learning**



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

Court/DOT Required: \$95 • Seniors \$50 • Addl. Family \$40

Virtual Instruction - 6pm - 10pm - April 10, May 15 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 - May 15 Fargo - 8am - 12pm - April 4

#### **Traffic Control For Supervisors**

Course Length: 16 hours

NDSC Member: \$450 Non-Member: \$550

Workers who have a need for ANY type of traffic control can benefit from this training. Participants will gain in-depth knowledge of the entire process, including temporary work zones, planning work zones, traffic patterns, and pedestrian patterns. Course attendees will participate in tabletop design activities.

Bismarck - 8am - 5pm - May 17-18 Fargo - 8am - 5pm - May 3-4 Minot - 8am - 5pm - April 19-20



# BECOME A DDC TRAINING CENTER!

Convenience • Cost Savings • Less Travel Expenses • Save Time

When you are an NDSC training center, your in-house instructor(s) can train your own employees on one of the nation's leading driver safety courses. Our eLearning Instructor Certification Course combines the core knowledge and principles of defensive driving with proven-effective facilitation methods. Candidate instructors learn the necessary skills to teach a successful driver safety program through interactive, scenario-based training.







# **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.

# Distance Learning (4)



Virtual Instruction - 8am - 5pm - June 12-16

### **ECCS 8-Hour Refresher**

**Course Length: 8 hours** 

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

Prerequisites required. 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. Private courses may be customized to fit your needs.

Bismarck - 8am - 5pm - April 28

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**Course Length: 8 hours** 

NDSC Member: \$545 Non-Member: \$545

This course is exclusively for IVES Certified Trainers who wish to acquire the technical knowledge needed to train operators on mini/ compact excavators. This is a fast-paced program that will get you ready to train your excavator operators.

Bismarck - 8am - 5pm - May 22

# HAZWOPER 24-Hour Hazardous **Materials Technician Training**



Course Length: 24 hours

NDSC Member: \$720 Non-Member: \$875

Hazardous materials technicians shall have received at least 24 hours of training equal to the first responder operations level, and this course curriculum meets those OSHA 1910.120 training requirements. After successful completion, participants will gain the skill set required to become a hazardous materials technician.

Bismarck - 8am - 5pm - May 9-11



# **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 - April 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 - May 31

# Job Safety Analysis



Course Length: 8 hours ASC CEUs: 0.65 NDSC Member: \$349 Non-Member: \$439

Learn to develop and manage a JSA program and gain a better understanding of your role in making it effective. You'll learn how to dissect processes in your operation; eliminate or reduce hazards and how to enlist participation from frontline employees, supervisors and upper management.

# Distance Learning



Virtual Instruction - 8am - 5pm - May 22

### **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 - April 20, April 27, May 25, June 22, June 29

Fargo - 8am - 5pm - May 25

# **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 - April 20-21, May 25-26, June 22-23 Fargo - 8am - 5pm - April 27-28, May 25-26, June 29-30





# **Loader Group Trainer Certification les**



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

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. Course offered through IVES and hosted by the NDSC.

Bismarck - 8am - 5pm - April 24-27

# Mobile Elevated Work Platform is



# **Trainer Certification**

Course Length: 24 hours

NDSC Member/Non-Member: \$1,450

Learn how to train and qualify aerial boomlift and scissor lift operators during this train-the-trainer program.

Bismarck - 8am - 5pm - May 17-19

# 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 - April 17-19, May 15-17, June 12-14

# **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 - April 3, April 24, May 8, May 22, June 5, June 19

# 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

# **ONE BASIN - One Way! H2S Certification and Respiratory Protection Training**



**Course Length: 4 hours** 

This class meets revised ANSI/ASSE Z390.1-2017 standard in mitigating risks associated with H2S exposure industry wide. Learn what Hydrogen Sulfide is, where you can find it, properties, how it can harm, signs and symptoms of exposure, methods to detect, how to control it, and emergency procedures to follow.

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

Register at ndsc.org/h2s-certification-and-respiratory-protection-training/

# **OSHA 10-Hour Construction Course (ECCS)**

Course Length: 10 hours

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

The OSHA 10-hour Construction training 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 - April 5-6, May 1-2

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





# **OSHA 10-Hour General Industry**



**Course Length: 10 hours** 

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

The OSHA 10-hour training 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 - June 6-7

# **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 - June 5-8

# 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 - April 11-12

# **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 - May 15-18

# **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.

# Distance Learning (4)



Virtual Instruction - 1pm - 5pm - April 20, June 15

# **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 - April 3-6

# Safety Management Techniques 🚗



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

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!

Bismarck - 8am - 5pm - May 8-11

# **Team Safety**

Course Length: 8 hours • ASC CEUs: 0.65

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.

# Distance Learning 🚇



NDSC Member: \$350 Non-Member: \$450

8am - 5pm - June 26

# PRIVATE TRAINING AVAILABLE FOR MOST COURSES!

If you don't see a conveniently scheduled time or location, call us! Most courses can be scheduled as a private course for your business upon request.

Call **701-223-6372** for more information.



Complement the region's best safety training with our lineup of safety services. NDSC has the latest technology and a team of highly qualified safety consultants who understand what you need to accomplish your company's safety goals and standards.

NDSC offers air quality sampling as part of our Industrial Hygiene Services. The NDSC deploys the latest technology of air pumps to sample and analyze your workplace. Sampling for air contaminants includes; gasses, dust, vapors, fumes and molds. These chemical and biological hazards can have a major impact on your team and their safety. The NDSC provides the equipment, data analysis and a written assessment report.

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.

# SESSMENT The CDC estimates 22 million workers are exposed to damaging noise

each year. We offer noise assessments using state-of-the-art sound level meters and dosimeters. An occupational noise assessment includes a consultation and a written assessment report. OSHA requires employers to prove the existence and non-existence of physical and chemical hazards in the workplace, the NDSC can help you identify concerning exposure, and make a plan to be in compliance with OSHA's Noise Standard.

We also offer custom safety plans, consulting, AED checkups and more.

ndsc.org/safety-services





# COMMUNITY SAFETY COURSES

# **Reasonable Suspicion for Supervisors**

**Course Length: 4 hours** 

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

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.

Bismarck - 1pm - 5pm - May 15 • Fargo - 1pm - 5pm - April 4

**Distance Learning** 

NDSC Member: \$150 Non-Member: \$175

8am - 12pm - June 12



# THREAT?

# NDSC offers Emergency Operations Planning.

All facilities face a certain level of risk associated with various threats. These threats may be the result of natural events, unintentional incidents, or intentional acts of violence. Regardless of the nature of the threat, facility owners have a responsibility to limit or manage these risks. Let the NDSC help prepare you and your employees.



SCHEDULE AN ASSESSMENT OR LEARN MORE

# REGISTRATION

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

# NDSC TRAINING LOCATIONS

20+ locations across the state. Go to <a href="mailto:ndsc.org/take-a-course/training-locations">ndsc.org/take-a-course/training-locations</a> for course locations and addresses.

NDSC is dedicated to

PREVENTING INJURIES and SAVING 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 <a href="mailto:nds.corg">nds.corg</a>. For the One Basin, One Way cancellation policy,

visit onebasinoneway.com.



# You still have time to nominate! ndsc.org/awards

Nominations close at the end of March.

Awards Banquet April 18, 2023

Real companies. Real people. Real lives saved.

NORTH DAKOTA SAFETY COUNCIL
A private non-profit.

# Meet the NDSC



# Michael Adams

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 Juarez

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, traffic safety, and supervisor-level safety programs.



# **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.



### Daniel Wells

Daniel is highly respected in the safety community, and has more than 5 years of construction and industrial safety leadership experience in multiple construction industry disciplines and oil & gas.



### **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



# PART-TIME TRAINERS











Learn more about our trainers and read student reviews at

ndsc.org

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.

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