# NORTH DAKOTA SAFETY COUNCIL CALEN DYA

July • August • September 2023

Your safety training experts

## **TRENCHING &** XCAVATION

Sign up today to learn about trenching requirements, protective systems and more.





### JULY • AUGUST • SEPTEMBER 2023 Quarterly Training Calendar

SPANIS

Spanish

Find a full list of all our courses and additional course details at ndsc.org/take-a-course

Distance Learning Available



Training



Certificate

/ES **IVES** Instructed

course

### **FIRST AID/CPR** COURSES FIRST AID

#### 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 - July 13, August 17, September 14, September 30

Dickinson - 8am - 10:30am - August 10 Fargo - 8am - 10:30am - September 19 Minot - 8am - 10:30am - August 29 Jamestown - 12pm - 2:30pm - August 15 Williston - 8am - 10:30am - August 9

#### 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 - July 13, August 8, August 17, September 14, September 30

Dickinson - 8am - 1pm - August 10, September 19 Fargo - 8am - 1pm - July 25, September 19 Jamestown - 12pm - 5pm - August 15 Minot - 8am - 1pm - July 18, August 29, September 12 Williston - 8am - 1pm - August 9

#### 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 - September 9

#### CPR/AED/First Aid, Pediatric 付

#### **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 - September 9

#### **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 - August 8-9 Dickinson - 8am - 5pm - September 19-20 Fargo - 8am - 5pm - July 25-26

Minot - 8am - 5pm - July 18-19, September 12-13





# DRIVER SAFETY

# 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 - August 13** 

Fargo - 2pm - 6pm - August 13 Grand Forks - 1pm - 5:30pm - August 6 Williston - 1pm - 5:30pm - August 20 See ndsc.org for additional dates and locations

#### Distance Learning

NDSC Member/Non Member: \$65 Court/DOT Required: \$95 Virtual Instruction - 5pm - 9:30pm - August 13

#### 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 - September 14** See ndsc.org for additional dates and locations

Distance Learning NDSC Member: \$135 Non-Member: \$160 Court/DOT Required: \$185 Virtual Instruction - 8am - 5pm - July 21

### Teen drivers were involved in nearly **19% OF FATAL CRASHES** in North Dakota in 2021.



Enroll your teen driver in an Alive at 25 class, and they will learn the tools to make positive choices so they don't become one of those statistics.

Source: visionzero.nd.gov

#### 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 - August 15 Fargo - 6pm - 10pm - August 15 Fargo - 6pm - 10pm - August 8 Grand Forks - 6pm - 10pm - September 5 Minot - 6pm - 10pm - September 20 Williston - 8am - 12pm - August 19

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 - July 10, August 21, September 27 See ndsc.org for additional dates and locations

#### **DOT Compliance**

#### Course Length: 4 hours NDSC Member: \$220 Non-Member: \$255

THE KEYS TO KEEPING

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 - August 8 Fargo - 8am - 12pm - July 11

HEM SAFE



# WORKPLACE SAFETY WORKPLACE

#### <u>Certified Occupational Safety Specialist (COSS)</u> 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 🥹

Virtual Instruction - 8am - 5pm - July 31-August 4, August 21-25, September 4-8

#### **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 – July 25, August 22, September 19

#### Excavator Trainer Upgrade 🤤 🎼

#### 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 – August 25** 

#### 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 - September 12-14** 



#### 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 - August 21-25

#### 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 - July 26, September 27** 

#### Incident Investigation & Root Cause Analysis Course Length: 8 hours ASC CEUs: 0.65 NDSC Member: \$349 Non-Member: \$439

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 - August 1

#### 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 - July 27, August 31 Fargo - 8am - 5pm - July 20, September 7

#### 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 - July 27-28, August 31-September 1 Fargo- 8am - 5pm - July 20-21, September 7-8



# WORKPLACE SAFETY WORKPLACE SAFETY

#### Loader Group Trainer Certification Course Length: 4 days (32 hours)

#### 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 - August 21-24

#### **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, and other diseases. This course will train you on the hazards related to exposure. Learn how to stay in compliance with OSHA's Respirable Crystalline Silica standard for Construction (1926.1153) and the steps required to protect yourself and your employees.

Bismarck - 12:30pm - 4:30pm - July 11

#### <u>MSHA New Miner 46 (Nonmetal) & 48 (Coal/</u> <u>Nonmetal & Construction)</u>

#### 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 - July 17-19, August 14-16, September 25-27

#### **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 - July 10, July 24, August 7, August 21, September 4, September 18

#### **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 - July 11-12, September 7-8



JULY • AUGUST • SEPTEMBER 2023 **Quarterly Training Calendar** 

### **ORKPLACE SAFET** COURSES WORKPLACE SAFETY

#### **OSHA 500 Trainer Course in OSHA Standards**

for Construction **Course Length: 32 hours** 

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

See prerequisites at ndsc.org/osha-occupational-safety. Students who successfully complete this course will be able to conduct both 10-hour and 30-hour construction courses and issue cards to participants verifying course completion. Using OSHA standards as a guide, course participants are briefed on effective instructional approaches and effective use of visual aids and handouts. 2.6 CEUs; 4.0 CMs. Bismarck - 8am - 5pm - August 14-17

#### **OSHA 510 Occupational Safety & Health**

#### **Standards for Construction**

#### **Course Length: 32 hours** NDSC Member: \$795 Non-Member: \$795

This course 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. Bismarck - 8am - 5pm - July 24-27, September 25-28

#### **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.

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Bismarck - 8am - 5pm - July 17-21

#### 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 - September 25-28

#### 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.

Distance Learning 🖳 NDSC Member: \$350 Non-Member: \$450 8am - 5pm - August 28

#### **Trenching & Excavation Safety Course Length: 4 hours**

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

Helps you understand the duties and responsibilities of the employer and employee. It will help workers identify hazards involved with trenching and excavation activities, how to protect employees from those hazards and key elements of the Excavation standard issued by OSHA.

Bismarck - 9am - 1pm - July 12



Silica exposure can come from chipping, cutting, sawing, drilling, grinding, sanding, and crushing of concrete, brick, block, rock, and stone products. This exposure can lead to silicosis, lung cancer, and other diseases. Train your employees on identifying and mitigating these hazards.

### **REGISTER FOR MANAG** SILICA HAZARDS COURSE



COMMUNIT

# 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 - August 8** Fargo - 1pm - 5pm - July 11

#### Distance Learning

NDSC Member: \$150 Non-Member: \$175 8am - 12pm - September 12



# You never want to see these vehicles outside your workplace.

# Let NDSC increase your level of preparedness with our **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 NDSC's emergency planning experts help you.



#### 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 <u>ndsc.org/take-a-course/training-locations</u> 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 <u>ndsc.org</u>. For the One Basin, One Way cancellation policy, visit **onebasinoneway.com**.

# Have fun and make an impact... ONE STEP ATA TIME.

# Ilth Annual RUN CHANGE

### Saturday, September 30, 2023 North Dakota Safety Council

DEUTSCHER FAMILY MEMORIAL

### 1710 Canary Ave • Bismarck, ND

In 2012, Aaron, Allison, Brielle and Unborn Baby Deutscher were traveling to attend a family reunion. Brielle was only a year and a half old and her baby sibling would arrive in December. The family was active, healthy and focused on family. Aaron and Allison were avid sports enthusiasts – Allison played softball and ran half marathons and Aaron played softball and soccer. Brielle even got in on the action as Aaron was teaching her how to kick a soccer ball. As they traveled toward Bismarck, they were struck by a drunk driver on Interstate 94 and all five involved in the crash were tragically killed. This preventable incident broke the hearts of family and friends, and shook communities statewide. The Run4Change was started to bring something positive out of this tragedy and over the years, hundreds of people have supported, volunteered and participated in the walk/run.



Please join us in making the 2023 run a huge success!

Registration opens in June

Find out more at ndsc.org/run4change





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.

# N C

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

## 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.



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.









Aglae L. Young

John Young

Learn more about our trainers and read student reviews at

ndsc.org



Brenden Dockter Edon Willis



**Private training available** for most courses.

**PART-TIME TRAINERS** 

Available for in-person and distance-learning training Call 800-932-8890 or 701-223-6372 for more information.

