

NORTH DAKOTA SAFETY COUNCIL

TRAINING CALENDAR

October • November • December 2023

Your safety training experts

QUALIFIED RIGGING & SIGNALPERSON TRAINING

Get trained now to meet the requirements
for Riggers and Signalpersons



NDSC
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



Distance Learning Available



Available in Spanish



Includes Hands-On Training



Advanced Safety Certificate



IVES Instructed course



FIRST AID

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 5, November 9, November 25, December 14

Dickinson - 8am - 10:30am - October 17

Fargo - 8am - 10:30am - November 9

Minot - 8am - 10:30am - October 26

Jamestown - 12pm - 2:30pm - December 7

Williston - 8am - 10:30am - October 11, December 6

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 5, October 10, November 9, November 25, December 5, December 14

Dickinson - 8am - 1pm - October 17, November 14

Fargo - 8am - 1pm - October 3, November 9

Jamestown - 12pm - 5pm - December 7

Minot - 8am - 1pm - October 26, November 7

Williston - 8am - 1pm - October 11, December 6

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 - November 18

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 hands-on 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 - November 18

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 - October 10-11, December 5-6

Dickinson - 8am - 5pm - November 14-15

Fargo - 8am - 5pm - October 3-4, December 12-13

Minot - 8am - 5pm - November 7-8

Learn to

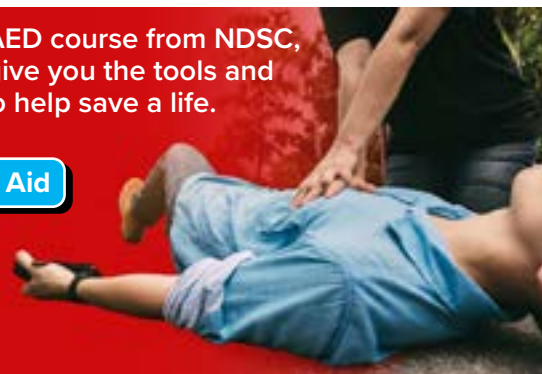
BE A HERO

Learn more about NDSC First Aid

If cardiac arrest victims are treated with CPR or an AED before EMS arrives, their survival rate

DOUBLES OR TRIPLES.

Take a CPR/AED course from NDSC, and we can give you the tools and confidence to help save a life.





DRIVER SAFETY COURSES

Driving courses qualify for insurance discounts & point reduction!

Course also qualifies for WSI's Safe Driver program.

Defensive Driving Course - Alive at 25

Course Length: 4.5 hours

Course Fee: \$60 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.

Fargo - 1pm - 5:30pm - November 12

Grand Forks - 1:30pm - 6pm - November 1

Williston - 1pm - 5:30pm - October 15

See ndsc.org as additional dates and locations get added

Distance Learning

NDSC Member/Non Member: \$80

Court/DOT Required: \$95

Virtual Instruction - 5pm - 9:30pm - October 29, December 10

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 9

See ndsc.org as additional dates and locations get added

Distance Learning

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

Court/DOT Required: \$185

Virtual Instruction - 8am - 5pm - December 7

Defensive Driving Course - Basic

Course Length: 4 hours

NDSC Member: \$60 Non-Member: \$65

Court/DOT Required: \$85 Seniors: \$45 (55+)

Additional Family Members: \$40

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

Bismarck - 6pm - 10pm - October 10, December 12

Fargo - 6pm - 10pm - November 6

Grand Forks - 6pm - 10pm - November 2

Minot - 6pm - 10pm - November 13

Williston - 8am - 12pm - October 14

See ndsc.org as additional dates and locations get added

Distance Learning

NDSC Member: \$75 Non-Member: \$80

Court/DOT Required: \$95 • Seniors \$65 • Addl. Family \$50

Virtual Instruction - 6pm - 10pm - November 1, December 13

See ndsc.org as additional dates and locations get added

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 14

Fargo - 8am - 12pm - October 3

Traffic Control For Supervisors

Course Length: 16 hours

NDSC Member: \$495 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 - November 7-8

Minot - 8am - 5pm - October 17-18



WANNA TOSS OUT SOME POINTS?

A driver can elect to take defensive driving in lieu of points (for violations 5 or less). Contact DMV with questions!



DRIVER SAFETY COURSES



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 - December 13

Hazard Recognition & Mitigation

Course Length: 3 hours

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

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

Virtual Instruction - 6pm - 9pm - November 29

Safety & Bus Operations

Course Length: 3 hours

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

Review four real-life crashes, behaviors that led to the crashes and safety best practices that could have helped prevent them.

Virtual Instruction - 6pm - 9pm - November 1

Safety Starts with You

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 25

NOMINATE A SAFETY SUPERHERO!

Know someone who goes above and beyond for safety?

Duane Kuehn Outstanding Safety Professional Award

Given at NDSC's Safety + Health Conference

One award is presented annually to an individual who has been instrumental in the development and implementation of safety programs, and honors those forward-looking individuals who, over the long-term, place safety and innovation at the forefront of their activities.



Named after Duane Kuehn, who worked in the safety industry for 40 years and whose attitude and compassion demonstrate the characteristics of an outstanding safety professional, this award recognizes an individual within public safety who has gone above and beyond their daily duties and who exemplifies the mission of the NDSC.



Lifesaver Award

This award is presented to individuals who have acted above and beyond the call of duty to assist and/or rescue another individual(s). The act may have occurred in the workplace or elsewhere.

Fill out an application! ndsc.org/awards



WORKPLACE SAFETY COURSES

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

Virtual Instruction - 8am - 5pm - October 30-November 3, December 4-8

ECSS 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 - October 9, November 10, December 11

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 5

Incident Investigation & Root Cause Analysis

Course Length: 8 hours ASC CEUs: 0.65

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

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 determining corrective action.

Bismarck - 8am - 5pm - November 21

Distance Learning

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

8am - 5pm - November 20

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 19, November 16, December 11

Fargo - 8am - 5pm - October 9, November 6, December 11

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 19-20, November 16-17, December 11-12

Fargo - 8am - 5pm - October 9-10, November 6-7, December 11-12

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 23-25, November 13-15, December 18-20

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 16, November 6, November 20, December 4

FEATURED COURSE

Qualified Rigging & Signalperson Training

Course Length: 8 hours

NDSC Member: \$295 Non-Member: \$365

Meets the requirements for Riggers and Signalpersons to be qualified under the new rule, 29 CFR 1926, Subpart CC, this course addresses safe rigging practices and procedures, methods to calculate sling loading, ASME hand and voice signals, ASME responsibilities of signalpersons, and more.

Bismarck - 8am - 5pm - October 11, November 8, December 6





WORKPLACE SAFETY COURSES

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 - October 3-4, November 30-December 1

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 - October 17-20

OSHA 502 Update for Construction Industry Outreach Trainers

Course Length: 18 hours

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

Designed for personnel in the private sector who have completed the OSHA 500 Trainer Course and are active trainers in the outreach program. It provides an update on OSHA construction standards, policies, and regulations. Outreach trainers are required to attend this course every four years to maintain trainer status. 1.8 CEUs; 3.0 CMs.

Bismarck - 8am - 5pm - December 5-7

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 - November 14-16

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 30-November 3



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 23-26





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 - November 14

Fargo - 1pm - 5pm - October 3

Distance Learning



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

8am - 12pm - December 5

SLIP on in for this FUN training!

(and learn how to reduce slip, trip and fall incidents)

65% of all lost workdays are caused from slips, trips and falls.

NDSC's Slip Simulator™ training can help reduce those 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. Not only do you learn proper slippery surface walking techniques 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.

**Learn more about
our Slip Simulator™**

To schedule private training, contact our
Community Safety Manager at

701-751-6105

or kathy@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

**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 ndsc.org. For the One Basin, One Way cancellation policy, visit onebasinoneway.com.

NDSC SAFETY SERVICES

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.



AIR SAMPLING

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.



NOISE ASSESSMENT

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.



MOCK OSHA INSPECTION

NDSC Safety Consultant John Young has more than 20 years of experience working in OSHA and can help you prepare for the potential of OSHA showing up on your doorstep. Young will help to evaluate the hazards in your workplace and will provide OJT training as he conducts a Mock OSHA Audit on what your company may expect during an inspection.



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.

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

Schedule yours or see more at

ndsc.org/safety-services

NDSC
NORTH DAKOTA SAFETY COUNCIL
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WHERE SAFETY PROS MEET

The region's largest safety & health conference



Feb 21 - Feb 23, 2024
Bismarck Event Center
Bismarck, ND

PreConference Tuesday, Feb 20



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



**"I love building relationships
with new vendors"**

- Conference Attendee

**"Always a strong
Conference, well organized
& professional. I'll be back!"**

- Conference Exhibitor

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

ndsc.org/annualconference

ND+SC
NORTH DAKOTA SAFETY COUNCIL
A private non-profit.

Meet the NDSC TRAINING TEAM



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**.*

PART-TIME TRAINERS



Greg Dehne



Aglae L. Young



John Young

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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