

NORTH DAKOTA SAFETY COUNCIL TRAINING CALENDAR

January • February • March 2024

Your safety training experts

CONFERENCE PREVIEW

Get your first glimpse of the 2024 Safety + Health Conference
Pre-Conference courses and more!

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/CPR COURSES

Basic Life Support for Health Care and Professional Rescuers

Course Length: 4 hours

NDSC Member: \$80 Non-Member: \$90

Today's professional responders encounter many challenges such as natural and man-made disasters and infectious diseases. This in-depth course focuses on immediate life-threatening situations, and demonstrates how to respond quickly and effectively.

Bismarck - 8am - 12pm - January 10, March 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 - February 6-7

Dickinson - 8am - 5pm - March 18-19

Fargo - 8am - 5pm - January 24-25

Minot - 8am - 5pm - January 16-17, March 25-26

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 - January 17, March 14, March 23

Dickinson - 8am - 10:30am - January 24, January 29, February 14

Fargo - 8am - 10:30am - January 23, February 6, February 13, March 26

Minot - 8am - 10:30am - February 13

Williston - 12pm - 2:30pm - March 20

CPR/AED, Adult - Spanish



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.*

Dickinson - 8am - 10:30am - January 29, March 13

Fargo - 8am - 10:30am - January 23, February 13, March 5

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 - January 17, February 6, March 14, March 23

Dickinson - 8am - 1pm - February 14, March 18

Fargo - 8am - 1pm - January 24, February 6, March 26

Jamestown - 12pm - 5pm - March 27

Minot - 8am - 1pm - January 16, February 13, March 25

Williston - 12pm - 5pm - March 20

CPR/AED/First Aid, Adult - Spanish



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.*

Dickinson - 8am - 1pm - January 29, March 13

Fargo - 8am - 1pm - January 23

Fargo - 12pm - 5pm - February 13, March 5

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 - February 3

NEW COURSE AVAILABLE!



Check out our new **Mental Health First Aid** course on page 7



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.

Bismarck - 1pm - 5:30pm - January 28

Williston - 1pm - 5:30pm - January 21, March 31

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 - February 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 - January 11, March 14

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 - January 18, February 29

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 - February 27

Dickinson - 8am - 12pm - January 25

Fargo - 6pm - 10pm - February 6

Grand Forks - 8am - 12pm - March 9

Minot - 6pm - 10pm - February 29

Williston - 8am - 12pm - January 20, March 30

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 - February 12

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.

Fargo - 8am - 12pm - January 23

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 - February 13-14

Minot - 8am - 5pm - January 24-25, March 20-21



NOW AVAILABLE IN SPANISH!

Your best defense is a Defensive Driving Course.

Learn tips and techniques that will help you avoid crashes, fines and even death. Plus DDC online is approved for an **INSURANCE DISCOUNT & POINT REDUCTION.**

And now you can take DDC online in Spanish Language!

REGISTER NOW





WORKPLACE SAFETY COURSES

ECCS 8-Hour Refresher

Course Length: 8 hours

NDSC Member: \$185 Non-Member: \$235

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 – January 15, February 2, March 4

Effective Safety Management Practices I



Course Length: 2 days

NDSC Member: \$875 Non-Member: \$1,035

Designed for safety leaders, this course addresses safety management systems, the roles and responsibilities of safety professionals, leading safety management processes, safety performance measures and more.

Fargo – 8am – 5pm – March 4-5

Effective Safety Management Practices II



Course Length: 2 days

NDSC Member: \$875 Non-Member: \$1,035

This course provides the advanced knowledge required to implement a successful safety management system. It covers human and organizational performance, serious injury and fatality prevention, risk assessments, safety observation programs and more.

Fargo – 8am – 5pm – March 6-7

Fall Protection Awareness - Construction

Course Length: 4 hours

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

An overview of the fall protection requirements for the construction industry, steel erection and equipment used to elevate personnel.

Dickinson – 1pm – 5pm – February 12

Fargo – 1pm – 5pm – February 28

H2S Clear for Energy

Course Length: 4 hours

NDSC Member: \$155 Non-Member: \$185

This course 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 – 8am – 12pm – January 25, February 15, March 4

Minot – 8am – 12pm – January 17

Minot – 1pm – 5pm – February 12, February 26, March 11, March 25

HAZWOPER 8-Hour Refresher



Course Length: 8 hours

NDSC Member: \$225 Non-Member: \$255

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 – January 8

HAZWOPER 24-Hour Hazardous



Materials Technician Training

Course Length: 24 hours

NDSC Member: \$575 Non-Member: \$650

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 – February 6-8

HAZWOPER 40-Hour Hazardous



Materials Specialist

Course Length: 40 hours

NDSC Member: \$975 Non-Member: \$1,030

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 – March 11-15

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.*

Dickinson – 8am – 5pm – January 17, March 27

Fargo – 8am – 5pm – January 16, March 19

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.



WORKPLACE SAFETY COURSES

Lift Truck Operator, Train-the-Trainer

Course Length: 16 hours

NDSC Member: \$825 Non-Member: \$975

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 - January 22-23, February 7-8, March 25-26

Dickinson - 8am - 5pm - January 17-18, March 27-28

Fargo - 8am - 5pm - January 16-17, March 19-20

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

Course Length: 24 hours

NDSC Member: \$325 Non-Member: \$375

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 - January 15-17, February 14-16, March 4-6

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

Course Length: 8 hours

NDSC Member: \$120 Non-Member: \$150

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 - January 8, January 29, February 5, February 26, March 26

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

Course also offered in Spanish. See website for details.

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

Course also offered in Spanish. See website for details.

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



CALL FOR NOMINATIONS!

Know someone who goes above and beyond for safety?

Deadline to submit nominations for the NDSC's **Duane Kuehn Outstanding Safety Professional Award** is January 19, 2024. Award will be given during the 2024 Safety + Health Conference.

Find the application online at ndsc.org/awards



WORKPLACE SAFETY COURSES

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 8am to 5pm day one, and 8am to 12pm day two.

Dickinson - January 15-16, March 25-26

Fargo - March 14-15

OSHA 10-Hour General Industry - Spanish

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 8am to 5pm day one, and 8am to 12pm day two.

Dickinson - January 8-9, March 11-12

OSHA 30-Hour General Industry

Course Length: 30 hours

NDSC Member: \$725 Non-Member: \$925

This course is a comprehensive safety program designed for anyone involved in general industry. Specifically devised for safety directors, foremen and field supervisors; the program provides complete information on OSHA compliance issues.

Bismarck - 8am - 5pm - January 29-February 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 - January 22-25

OSHA 502 Update for Construction Industry

Outreach Trainers

Course Length: 18 hours

NDSC Member: \$705 Non-Member: \$705

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 - February 6-8

OSHA Recordkeeping

Course Length: 4 hours

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

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.

Fargo - 8am - 12pm - January 4

Principles of Occupational



Safety & Health

Course Length: 32 hours • ASC CEUs: 2.6

NDSC Member: \$1,560 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! Pursuing your Advanced Safety Certificate? POSH is required to earn your certificate!

Bismarck - 8am - 5pm - March 18-21

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 - January 25, February 28, March 20

Dickinson - 8am - 5pm - January 10, March 6

Safeland USA Basic Orientation

Course Length: 8 hours

NDSC Member: \$215 Non-Member: \$235

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.

Bismarck - 8am - 5pm - January 16, February 13, March 5

Dickinson - 8am - 5pm - January 23, February 13, February 26

Minot - 8am - 5pm - January 16, February 7, March 5

Register online at

ndsc.org/take-a-course



WORKPLACE SAFETY COURSES

Safety Inspections



Course Length: 8 hours • ASC CEUs: 0.65

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

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

Fargo - 8am - 5pm - January 19

Safety Management Techniques



Course Length: 32 hours • ASC CEUs: 2.6

NDSC Member: \$1,560 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 - January 8-11

NEW COURSES AT NDSC!



Urban/Industrial Rescue Essentials



Course Length: 5 days

NDSC Member: \$1,395 Non-Member: \$1,535

The new, highly anticipated 50-hour Roco Urban/Industrial Rescue Essentials™ course replaces the previous Roco Industrial Rescue I/II™ course and is the starting point for rescuers working on rope and in confined spaces. This newly designed hands-on training course is for rescuers who respond to emergencies ranging from the depths of a confined space to the heights of an elevated structure or industrial platform.

Bismarck - 7am - 5pm - February 5-9



Mental Health First Aid

Course Length: 7.5 hours

NDSC Member: \$175 Non-Member: \$195

Mental Health First Aid (MHFA) is skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge. Similar to physical First Aid and CPR, MHFA helps you assist someone experiencing a mental health or substance use crisis until professional assistance is obtained or the crisis is resolved.

Fargo - 8am - 4pm - January 18, February 8, March 21

Bismarck - 8am - 4pm - February 15



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.*

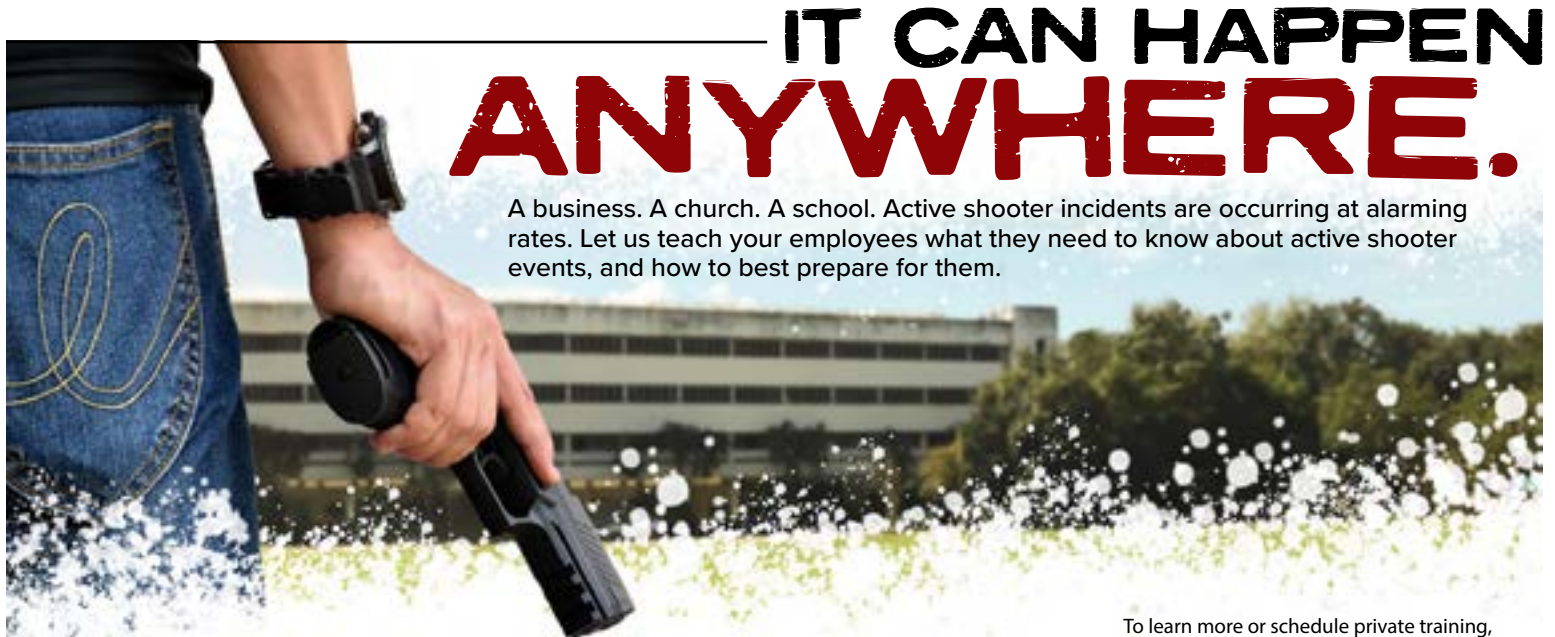
In-Person

Fargo - 1pm - 5pm - January 23

Distance Learning



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



A business. A church. A school. Active shooter incidents are occurring at alarming rates. Let us teach your employees what they need to know about active shooter events, and how to best prepare for them.

Learn more and see our Violence and Personal Safety offerings

To learn more or schedule private 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

**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.

WHERE SAFETY PROS MEET

The region's largest safety & health conference



February 21 -23, 2024

Bismarck Event Center
Bismarck, ND

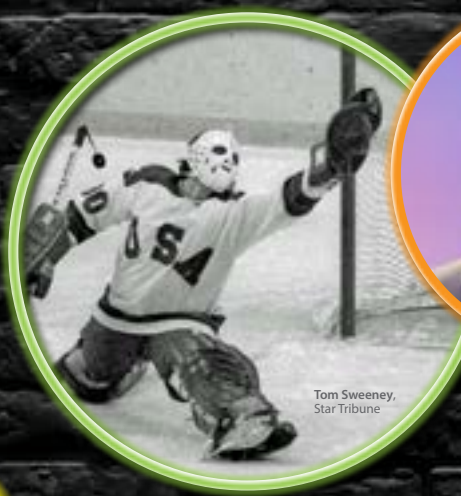
PreConference Tuesday, February 20

See 1980 "Miracle on Ice"
Olympic Gold Medalist

JIM CRAIG

THURSDAY KEYNOTE

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



**"Accessibility to amazing and
inspiring people is the best!"**

- 2023 Conference Attendee

**"So much practical info I can
bring back to my company."**

- 2023 Conference Attendee

Attendee registration opens in late November.
Exhibitor registration and sponsorship opportunities available now.

ndsc.org/annualconference

NDSC
NORTH DAKOTA SAFETY COUNCIL
A private non-profit.

2024 NDSC SAFETY & HEALTH CONFERENCE

PRE-CONFERENCE COURSES

Monday Course

Tuesday Courses

See full course descriptions at ndsc.org

PC01 • ASC Team Safety

\$350 NDSC Member, \$450 Non-Member
Rick Halldorson, NDSC

8:00am-5:00pm

Whether you call them safety committees, workforce committees, or safety teams, this course is designed for safety, health and management personnel responsible for putting these teams together, but who may lack experience in team building. Learn how to build an effective safety team, or get the most from an established team.

PC02 • H2S Clear

\$155 NDSC Member, \$185 Non-Member
Dennis Snodgrass, NDSC

8:00am-12:00pm

This course will help you improve employee safety performance for general industry workers who may come in contact with hydrogen sulfide during their regular day to day job duties. While not only improving safety performance, this course also prepares general industry workers by providing crucial knowledge of the dangers of H2S and the precautions, tools and controls necessary when working in H2S environments.

PC03 • Compliance Rescue Refresher™

\$370 NDSC Member, \$470 Non-Member
Chris Carlson/Brad Warr, ROCO Rescue

8:00am-5:00pm

A real emergency demands rescue proficiency. To maintain proficiency, refresher training and regular practice drills are vital. OSHA 1910.146 requires that rescue team members practice making permit space rescues at least once every 12 months from actual or representative confined spaces. NFPA 1670 states that teams must undergo an annual performance evaluation, and NFPA 1006 says individuals shall demonstrate competency on an annual basis
Max: 20 attendees

PC04 • CPR/AED/First Aid Adult

\$90 NDSC Member, \$95 Non-Member
Aglae Young, NDSC

8:00am-1:00pm

Do you know how to respond if your colleague collapsed on the job site? This course teaches students to take action in a medical emergency and prepares them to respond to choking, breathing and cardiac emergencies. Participants will learn how to use an automated external defibrillator (AED) in conjunction with CPR. First

Aid is taught using a combination of instructor-led lecture, "watch-then-practice" videos, and hands-on training. Upon completion, receive an Adult 2-year CPR/AED and 2-year First Aid certificate.

PC05 • Executive Sit, Stand, Stretch - Self Care Techniques and Prevention Strategies of Back and Neck Pain

\$200 NDSC Member, \$225 Non-Member
Yoav Suprun, www.DrYoav.com

8:00am-12:00pm

Lower back and neck pain has cost billions of dollars in workers compensation and reduced productivity. These days it is a true epidemic requiring the corporate culture to shift to prevention strategies. Key discussion points in this talk will be:

- The true reason many suffer from back pain and how to self-treat and prevent it.
- Neck pain and stiffness are very prevalent. What one should know in order to treat and prevent it?
- What is the secret to aging with a perfect posture?

PC06 • Elevating Safety Leadership: Actionable Strategies in Communication, Influence, and Worker Engagement

\$220 NDSC Member, \$255 Non-Member
Jason Kunz, 3M

8:00am-12:00pm

Surveys from business and organizational executives confirm that employers want strong leadership and communication skills in their safety and health (S&H) professionals in addition to sound technical and scientific attributes. Understanding key principles and building leadership skills is what makes the difference in achieving organizational and individual success.

PC07 • Mental Health First Aid

\$175 NDSC Member, \$195 Non-Member
Erika Erb, NDSC

8:00am-5:00pm

Mental Health First Aid (MHFA) is skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge. Similar to physical First Aid and CPR, MHFA helps you assist someone experiencing a mental health or substance use crisis until professional assistance is obtained or the crisis is resolved. Nearly 1 in 5 in the U.S. live with a mental illness, and on average, 130 people die by suicide every day. MHFA gives you the skills to respond with confidence. Max: 15 attendees

PC08 • OSHA 7410 Managing Excavation/Trenching Operations

\$185 NDSC Member, \$185 Non-Member
John Young, NDSC

8:00am-5:00pm

This course is designed as a training program to inform employers and employees of the best practices in trenching and excavation safety. You will learn about the role and responsibility of the employer to assign a "competent person" to the excavation site and provide that person the knowledge of key excavation hazards.

PC09 • OSHA Field Leadership

\$220 NDSC Member, \$255 Non-Member
Don Moseman, NDSC

8:00am-12:00pm

This course was created in a cooperative effort between several OSHA Training Institutes. There is a statistical link between Safety in the workplace and the level of proper leadership. This course will help supervisors discover specific reasons people do not perform to expectations and tools to help you lead them to perform better.



NORTH DAKOTA SAFETY COUNCIL

SAFETY+HEALTH CONFERENCE

51st ANNUAL

REGISTRATION OPENS IN DECEMBER!

Courses priced at individual rates. Lunch included with all Pre-Conference courses.

Watch for updates in your inbox and online at
ndsc.org

Take advantage of these unique training opportunities taking place before the NDSC's Annual Safety & Health Conference!

MONDAY, FEB. 19 & TUESDAY, FEB. 20

PC10 • ASC Safety Inspections

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

Rick Halldorson, NDSC

8:00am-5:00pm

A safety and health inspection is a monitoring system conducted to detect potential hazards so they can be corrected before an incident occurs. This class provides an overview of the safety and health inspection process and covers techniques to improve the process. During this course you will discover the purpose and benefits of safety inspections and learn how to plan and conduct an effective safety inspection.

PC11 • ASC Job Safety Analysis

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

Jay Skarphol, NDSC

8:00am-5:00pm

Workplace hazards are a major threat for many of today's organizations. This class covers the process for hazard identification and control to help reduce hazards and operating costs. You'll learn how to enlist participation from frontline employees, supervisors and upper management, to help reduce personal injuries and build a hazard-free workplace.

PC12 • Qualified Rigging and Signalperson Training

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

Daniel Wells, NDSC

8:00am-5:00pm

This course is designed to meet the requirements for Riggers and Signalpersons to be qualified under the new rule, 29 CFR 1926, Subpart CC. Course will address safe rigging practices and procedures, methods to calculate sling loading, ASME hand and voice signals, ASME responsibilities of signalpersons, and more.

PC13 • Spring Thaw

\$55 NDSC Member, \$65 Non-Member

Greg Dehne, John Woutat, Adele Abrahms, NDSC

9:00am-5:00pm

Statistics show that incidents tend to increase during April and May when many mining operations begin producing again, often with new employees who are unaware of the hazards of mining. Spring Thaw is designed to increase awareness of hazards for both surface coal and sand and gravel mines, and improve mine safety and health.

PC14 • Hazwoper Refresher

\$225 NDSC Member, \$255 Non-Member

Mike Adams, NDSC

8:00am-5:00pm

This refresher course fulfills the requirements of the HAZWOPER Standard for Construction and General

Industry and includes updates on and an overview of HAZWOPER requirements with a hands-on approach. Focus will be placed on identification, evaluation and control of a hazmat scene or incident. Course will also cover respiratory protection, DOT ERG, NIOSH pocket guide, and other topics.

PC15 • Arc Flash, The NFPA 70E Standard and Your Electrical Maintenance. ARE YOU PREPARED?

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

Joe Schommer, RESA Power

8:00am-12:00pm

The world of electrical hazards, protection and accident prevention can be a confusing place. Hundreds of deaths and thousands of injuries can be avoided each year by following the NFPA 70E: Standard for Electrical Safety in the Workplace. Be prepared by arming yourself with the knowledge of the types of electrical hazards and the effects of electrical shock and flash. This session will identify the need for electrical safety as well as electrical maintenance and safety programs.

PC16 • DOT Compliance

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

Peter Juarez, NDSC

8:00am-12:00pm

Personnel responsible for managing commercial vehicles and drivers, such as fleet safety managers, driver managers, safety supervisors, HR professionals and administrative support personnel, can benefit from this course. During this workshop, the instructor will provide a detailed overview of the Compliance, Safety & Accountability system, and training that is critical for carrier or fleet safety management.

PC17 • Repeat - Executive Sit, Stand, Stretch - Self Care Techniques and Prevention Strategies of Back and Neck Pain

\$200 NDSC Member, \$225 Non-Member

Yoav Suprun, www.DrYoav.com

1:00pm-5:00pm

Lower back and neck pain has cost billions of dollars in workers compensation and reduced productivity. These days it is a true epidemic requiring the corporate culture to shift to prevention strategies. Key discussion points in this talk will be:

- The true reason many suffer from back pain and how to self-treat and prevent it.
- Neck pain and stiffness are very prevalent. What one should know in order to treat and prevent it?
- What is the secret to aging with a perfect posture?

PC18 • Repeat - Elevating Safety Leadership: Actionable Strategies in Communication, Influence, and Worker Engagement

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

Jason Kunz, 3M

1:00pm-5:00pm

Surveys from business and organizational executives confirm that employers want strong leadership and communication skills in their safety and health (S&H) professionals in addition to sound technical and scientific attributes. Understanding key principles and building leadership skills is what makes the difference in achieving organizational and individual success.

PC19 • Emergency Response for Employees

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

Don Moseman, NDSC

1:00pm-5:00pm, Basic

OSHA requires each employer to have a plan for all emergencies and then train employees on that plan. This session will cover the suggested emergency response protocol for most types of situations from FEMA and the U.S. Department of Homeland Security. Attendees will come away from the session with a better understanding of what emergency plan training should look like for their workplace.

PC20 • Do you transport Hazmat? Are you doing it correctly?

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

Mitch Rumble, Compliance Services LLC

1:00pm - 5:00pm

Hazmat Training - This training will cover the following topics: 1. General Awareness 2. Safety 3. Security Awareness 4. Highway Transportation 5. Labeling 6. Markings 7. Placarding 8. Incident Reporting 9. Shipping Papers This training session is designed for employers and employees who transport hazardous materials in commerce.

PC21 • Reasonable Suspicion for Supervisors

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

Peter Juarez, NDSC

1:00pm-5:00pm

This classroom course will give supervisors from all industries valuable training on the management of drug and alcohol abuse in the workplace. Supervisors will learn what to look for, and actions to take if someone seems unfit for duty. In addition to learning how to perform reasonable suspicion/cause testing, they will also learn WHY it is important to do so. Other topics include: important elements of a comprehensive substance abuse policy, and the greatest risk categories for drug and alcohol abuse among worker populations.

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
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.



Erika Erb

Erika has 17 years of combined general industry and construction field experience. She has created safety programs and policies, developed and implemented safety committees, managed work comp and return-to-work programs, and much more.



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.



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



Steven Mayer



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.

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