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!
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 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, February 19, February 24
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
JANUARY • FEBRUARY • MARCH 2024
Quarterly Training Calendar

DRIVER SAFETY COURSES

Driving courses qualify for insurance discounts & point reduction!

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

Course also qualifies for WSI's Safe Driver program.

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

Course also qualifies for WSI's Safe Driver program.

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 – 8am - 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: $755 Non-Member: $930
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.
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 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.

OSHA 10-Hour Construction Course (ECCS)
Course Length: 10 hours
NDSC Member: $205  Non-Member: $260
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 8am to 5pm day one, and 8am to 12pm day two.
Bismarck - March 18-19
Dickinson - February 5-6
Fargo - January 29-30, February 27-28
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 22-25
Dickinson - 8am - 5pm - January 10, March 6
Minot - 8am - 5pm - January 16, February 13, March 5

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! Pursing 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

**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

JANUARY • FEBRUARY • MARCH 2024
Quarterly Training Calendar

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

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.

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.
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
Monday Course

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
Aglace 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.
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 and procedures, methods to calculate sling loading, ASME.

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 Schonmer, 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 Rumple, Compliance Services LLC
1:00pm – 5:00pm

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.
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
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.

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

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.

Learn more about our trainers and read student reviews at ndsc.org.