

NDSC
NORTH DAKOTA SAFETY COUNCIL
A private non-profit.

*Your safety
training experts*

TRAINING CALENDAR

April • May • June 2025

THE NEW MSHA SILICA RULE

If you have questions on the new MSHA standards for miners' exposure to silica dust, NDSC is here to help!



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
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FIRST AID/CPR COURSES

CPR/AED, Adult

Course Length: Approximately 2.5 hours

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

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.

Bismarck - 8am - 10:30am - May 13

Williston - 12pm - 2:30pm - May 12

CPR/AED/First Aid, Adult

Course Length: Approximately 5 hours

NDSC Member: \$95 Non-Member: \$100

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.

Bismarck - 8am - 1pm - April 15, May 13, June 17

Dickinson - 8am - 1pm - May 6

Williston - 12pm - 5pm - May 12

CPR/First Aid, Train-the-Trainer

Course Length: 16 hours

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

Certify your employees to teach the only nationally-recognized CPR/AED/First Aid curriculum that meets all OSHA first aid requirements. *Please call (800) 932-8890 to register or learn how to customize your training.*

Bismarck - 8am - 5pm - April 15-16, June 17-18

Dickinson - 8am - 5pm - May 6-7

Fargo - 8am - 5pm - November 12-13

Minot - 8am - 5pm - November 5-6

About
10,000

SUDDEN CARDIAC ARRESTS

occur at work per year in the United States

Is your staff prepared to react?



Order an AED & supplies at

www.ndsc.org/shop



Stat source: osha.gov



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.

See ndsc.org as in-person dates and locations get added

Distance Learning

NDSC Member/Non Member: \$80

Court/DOT Required: \$95

Virtual Instruction - 5pm - 9:30pm - May 11, June 22

See ndsc.org as additional dates and locations get added

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 - May 13

Fargo - 6pm - 10pm - June 9

Grand Forks - 8am - 12pm - June 23

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 - April 22

See ndsc.org as additional dates and locations get added

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 - May 8

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 - April 10, May 22, June 26

DOT Compliance

Course Length: 4 hours

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

Recently updated, this program provides a detailed overview of the CSA system and FMCSA regulations, and critical training for carrier or fleet safety management.

Bismarck - 8am - 12pm - May 5

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 - May 6-7

Fargo - 8am - 5pm - April 1-2

Minot - 8am - 5pm - May 20-21

WANNA GET RID OF SOME POINTS?

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





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 - April 28-May 2, May 19-May 23, June 2-6

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.

Bismarck - 8am - 5pm - May 12-13

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.

Bismarck - 8am - 5pm - May 14-15

Ergonomics, Managing for Results

Course Length: 8 hours • ASC CEUs: 0.65

NDSC Member: \$325 Non-Member: \$425

Learn the basic concepts relating to ergonomics in the workplace, gain skills to recognize ergonomic risk factors, learn how to conduct an ergonomic worksite analysis, and more. Attendees will be able to identify steps to implement a successful ergonomics program at their workplace. *Earn your Advanced Safety Certificate by taking this and other ASC courses.*

Bismarck - 8am - 5pm - April 14

Fargo - 8am - 5pm - June 27

Excavator Trainer Upgrade

Course Length: 8 hours

NDSC Member/Non-Member: \$715

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

Bismarck - 8am - 5pm - April 11

Fundamentals of Industrial Hygiene

Course Length: 32 hours • ASC CEUs: 2.6

NDSC Member: \$1,560 Non-Member: \$1,750

This course develops your understanding of industrial hygiene terminology, principles and practices by examining four key processes in an effective industrial hygiene effort -- anticipation, recognition, evaluation, and control. *Earn your Advanced Safety Certificate by taking this and other ASC courses.*

Bismarck - 8am - 5pm - April 21-24, June 23-26

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.

Minot - 1pm - 5pm - May 19

Distance Learning

Virtual Instruction - 1pm - 5pm - April 21, June 16

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 - June 16

Fargo - 8am - 5pm - June 16

Job Safety Analysis

Course Length: 8 hours ASC CEUs: 0.65

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

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

Bismarck - 8am - 5pm - May 19

Fargo - 8am - 5pm - June 13

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 - June 11-12

Fargo - 8am - 5pm - May 19-20



WORKPLACE SAFETY COURSES

Loader Group Trainer Certification

Course Length: 4 days (32 hours)

NDSC Member/Non-Member: \$1,850

This course addresses front-end, backhoe and skid steer loader in a comprehensive 5-day course. The training covers concepts common to all types of loaders including Bobcat, CAT, John Deere, Komatsu, JCB, Volvo, Kubota and TCM. Trainees will receive in-depth instruction on each type of loader, as well as extensive instruction on how to effectively train operators. Course offered through IVES and hosted by the NDSC.

Bismarck - 8am - 5pm - June 23-25

Mobile Elevated Work Platform

Trainer Certification

Course Length: 24 hours

NDSC Member/Non-Member: \$1,495

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

Bismarck - 7:30am - 4:30pm - June 5-7

MSHA New Miner Part 48 - Surface Coal

Course Length: 24 hours

NDSC Member: \$375 Non-Member: \$425

This course is required for all new and inexperienced surface coal miners. Federal law requires all miners receive basic and annual refresher training; all mine operators maintain an effective training plan; and that each new miner complete no less than 24 hours of training.

Upon successful completion, students will receive a National Safety Council 2-year Adult CPR/AED certificate and 2-year First Aid certificate and North Dakota Safety Council Slip Simulator Training certificate and Fire Extinguisher Training certificate.

Bismarck - 8am - 5pm - April 21-23, May 19-21, June 16-18

MSHA Refresher Part 48 - Surface Coal

Course Length: 8 hours

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

This course is required for all experienced surface coal miners. Course content applies to coal mines, underground metal and non-metal mines, surface metal mines, and certain surface non-metal mines such as gold.

Bismarck - 8am - 5pm - April 14, April 28, May 5, May 12, June 9, June 23

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/



HAVE YOU CHECKED OUT OUR PODCAST?

Catch up on past episodes and see what you've missed.

Listen Now!





WORKPLACE SAFETY COURSES

OSHA 3015 – Excavation Trenching and Soil Mechanics

Course Length: 20 hours
NDSC Member/Non-Member: \$705

This course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching.

Bismarck - 8am - 5pm - April 28-30

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 - April 14-17

OSHA 501 Trainer Course in OSHA Standards for General Industry

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

Prerequisites required. Go to www.ndsc.org to view. This course allows students to become a trainer in the Outreach Program, conduct 10- and 30-hour general industry courses, and issue cards to participants. Special emphasis is placed on topics required in the 10- and 30-hour programs as well as on those that are most hazardous, using OSHA standards as a guide. Effective instruction techniques and use of visual aids will also be covered. 2.6 CEUs; 4.0 CMs.

Bismarck - 8am - 5pm - June 3-6

OSHA 511 Occupational Safety & Health Standards for General Industry

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

This course covers OSHA policies, procedures and standards, as well as general industry safety and health principles. Topics include scope and application of OSHA general industry standards with special emphasis on those areas most hazardous, using OSHA standards as a guide. 2.6 CEUs. Course is a prerequisite to the OSHA 501.

Bismarck - 8am - 5pm - June 9-12

Premium Combo Trainer Certification

Course Length: 40 hours
NDSC Member/Non-Member: \$2,365

This course certifies instructors to train counterbalanced forklift, rough terrain telehandler forklift, boomlift and scissor lift operators.

Bismarck - 8am - 5pm - April 28-May 2

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.

Minot - 8am - 5pm - April 8, June 17

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.

Bismarck - 8am - 5pm - June 30

Fargo - 8am - 5pm - April 11

Safety Training Methods

Course Length: 32 hours • ASC CEUs: 2.6
NDSC Member: \$1,560 Non-Member: \$1,750

This course satisfies ANSI Standards Z490. One criteria for accepted practices in safety, health and environmental training. It offers today's top industry methods so management can make educated training decisions and optimize workplace safety efficiency.

Bismarck - 8am - 5pm - April 7-10

Team Safety

Course Length: 8 hours • ASC CEUs: 0.65
NDSC Member: \$350 Non-Member: \$450

Learn how to build an effective safety team, or get the most from an established team. Topics covered include: team safety concepts and techniques; how to plan for and create an effective safety team and how to identify training and development needs of team members. Earn your *Advanced Safety Certificate* by taking this and other ASC courses.

Bismarck - 8am - 5pm - June 2

Fargo - 8am - 5pm - May 9



We are SOCIAL!

Connect with us on Facebook, LinkedIn and YouTube!







WORKPLACE SAFETY COURSES

Questions about the new MSHA silica standards?

The NDSC is here to help!

If you're in the mining industry and need guidance on the new silica standards being enforced by MSHA, we're here to help! The NDSC has MSHA mining experts, Certified Industrial Hygienists, and OSHA specialists on staff.

These regulations are a game-changer for safety in mining, and the knowledge and hands-on experience that NDSC trainers have will help companies stay compliant while safeguarding their teams.





COMMUNITY SAFETY COURSES

Reasonable Suspicion for Supervisors

Course Length: 4 hours

NDSC Member: \$175 Non-Member: \$225

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

Bismarck - 1pm - 5pm - May 5

Distance Learning



NDSC Member: \$225 Non-Member: \$275

8am - 12pm - June 3

HELP ERASE GUN VIOLENCE INCIDENTS



From 1970 through 2022, there were
2,056 SCHOOL SHOOTINGS

Be prepared for these incidents with
SCHOOL VIOLENCE PREVENTION

Increase your level of safety and preparedness in the event of an emergency or violent act. Learn the history of mass shootings and if your school is at risk for violence. Topics include predator recognition and observation techniques, preparedness suggestions, identification of internal and external threats, and the importance of developing an Emergency Response Plan.

To learn more or schedule private training, contact our Community Safety Manager at
701-751-6105
or kathyz@ndsc.org

Source: usnews.com

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.



NOMINATIONS NOW OPEN!

The NDSC's awards program honors member companies with outstanding safety programs, employees and instructors who make safety a top priority, and those who have gone above and beyond to improve safety in their workplaces and the communities they serve.

Choose from the following categories:

- Community Advancement Award
- Emerging Safety Champion Award
- Milestone Award
- Safe Driver Award
- Safety Improvement Award
- Safety Management Excellence Award
- Star Driver Award
- Outstanding Safety Instructor
- Workplace Safety Merit Award

The deadline to apply is Friday, March 21

PLUS...

You can nominate people for the Lifesaver Award and the Duane Kuehn Outstanding Safety Professional all year long!



Make your nominations now at
ndsc.org/awards

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

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
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Meet the NDSC TRAINING TEAM



Andy Heidrich

Andy has been working in the construction/trucking/mining industry since 2002, including working as a heavy equipment operator, certified propane technician, and a trucking foreman. He also attained his CDL.



Andrea Jensen

Andrea has over 15 years' experience in safety in the transportation, manufacturing and construction industries, and has an MS in Occupational Health and Safety and an MBA from American Military University.



Kacy Kirby

Kacy has worked primarily as a safety specialist and manager in the manufacturing industry. During his time in safety, he has been certified to teach PEC Safeland, First Aid/CPR, Reasonable Suspicion, Forklift, as well as others.



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.



Tim Poston

Tim has over two decades of experience in various aspects of the oilfield industry, and will bring that knowledge and hands-on experience to his training at NDSC. Additionally, he is a volunteer firefighter.



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.

PART-TIME TRAINERS



Greg Dehne



Steven Mayer



John Woutat



Aglae L. Young



John Young

Experienced and professional, NDSC trainers earn rave reviews on their engaging style and deep knowledge.

Learn more about our trainers and read student reviews at [ndsc.org](https://www.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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