

*Your safety
training experts*

TRAINING CALENDAR

October • November • December 2025

TRAIN IN STYLE

NDSC is proud to introduce our new Fargo training facility.



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



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 - October 14, November 8, December 9

Fargo - 8am - 10:30am - October 14, December 16

Grand Forks - 12pm - 2:30pm - October 21

Jamestown - 12pm - 2:30pm - October 23

Minot - 8am - 10:30am - October 8, November 12

Williston - 12pm - 2:30pm - November 6

CPR/AED, Adult - Spanish

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.*

Fargo - 8am - 10:30am - November 5

CPR/AED, Pediatric

Course Length: Approximately 2.5 hours

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

Learn to recognize and respond to breathing and first aid emergencies in children and infants. Video self-instruction and hands-on training are used for choking and CPR/AED practice. Ideal for daycare providers, churches, and anyone working with children younger than age 12. *Upon completion, receive a Pediatric 2-year CPR/AED certificate.*

Bismarck - 8am - 10:30am - October 4

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 - October 14, November 8, November 11, December 9

Dickinson - 8am - 1pm - October 22

Fargo - 8am - 1pm - October 14, November 12, December 16

Grand Forks - 12pm - 5pm - October 21

Jamestown - 12pm - 5pm - October 23

Minot - 8am - 1pm - October 8, November 12

Williston - 8am - 1pm - December 17

Williston - 12pm - 5pm - November 6

CPR/AED/First Aid, Pediatric

Course Length: Approximately 5 hours

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

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 - October 4

CPR/AED/First Aid, Adult - Spanish

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.*

Dickinson - 8am - 1pm - October 9

Fargo - 8am - 1pm - November 5

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.



FIRST AID/CPR COURSES

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 - November 11-12

Dickinson - 8am - 5pm - October 22-23

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

Williston - 8am - 5pm - December 17-18

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 - 5pm - October 7

Minot - 8am - 5pm - November 4

Introducing our ALL STAR lineup of

LIFE-SAVERS!



9 IN 10

cardiac arrest victims who receive a shock from an AED in the first minute live!

The NDSC sells AEDs, pads and batteries. This **heroic equipment** is **essential to safety** for a business, and we can help guide you in purchasing what works best for your workplace.

PURCHASE AN AED TODAY!

Plus AED supplies, First Aid Kits, Manikins, Rentals and more!

NDSC.ORG/SHOP



DRIVER SAFETY COURSES

Driving courses qualify for insurance discounts & point reduction!

Defensive Driving Course - Alive at 25

Course Length: 4.5 hours

Course Fee: \$65 Court/DOT Required: \$85

Alive at 25 focuses on behavior, judgment, decision making and consequences, and provides tools to help young drivers make positive choices.

Fargo - 5pm - 9pm - October 5

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 - October 26, November 30

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 - October 1

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 - October 2, December 4

Course also qualifies for WSI's Safe Driver program.

Defensive Driving Course - Basic

Course Length: 4 hours

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

Court/DOT Required: \$85 Seniors: \$50 (55+)

Additional Family Members: \$45

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

Bismarck - 6pm - 10pm - November 4

Fargo - 6pm - 10pm - November 3

Grand Forks - 8am - 12pm - November 22

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 - October 15, December 3

See ndsc.org as additional dates and locations get added

Defensive Driving Course

SPANISH - Distance Learning

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

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

See ndsc.org as additional dates and locations get added

Defensive Driving Courses also available online!

DOT Compliance

Course Length: 4 hours

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

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

Bismarck - 8am - 12pm - November 3

Fargo - 8am - 12pm - October 6

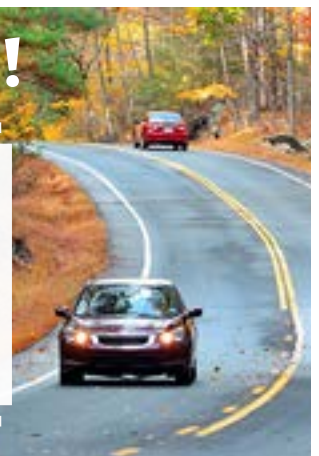
AUTUMN ROAD TRIP? BE PREPARED!



NDSC emergency road kits are the perfect solution to keep you and your family safe when you have a roadside emergency. Whether you're making a casual Autumn drive or driving home for the holidays, make sure you have a road kit in your personal or workplace vehicle.

ORDER A ROAD KIT

Plus, the gift of safety always makes a great holiday gift!





WORKPLACE SAFETY COURSES

Certified Occupational Safety Specialist (COSS)

Course Length: 40 hours

NDSC Member: \$1,799 Non-Member: \$2,299

This is a nationally recognized program designed to build a solid foundation in both General Industry and Construction knowledge. Its main objective is to equip those with safety and health responsibilities with the core competencies they must master to be successful in OS&H.

Distance Learning

Virtual Instruction - 8am - 5pm - October 20-24, November 3-7, November 17-21, December 15-19

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 - November 10-11

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 - November 12-13

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 - November 17

Distance Learning

Virtual Instruction - 1pm - 5pm - October 20, December 15

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 - November 20

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 - November 17-19

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 - October 20-24, December 1-5

Incident Investigation & Root Cause Analysis

Course Length: 8 hours ASC CEUs: 0.65

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

Whether you're on the path to earning your ASC or you're trying to improve your safety program, this course is worth your time and investment. This nationally recognized course focuses on techniques for gathering complete, accurate and objective incident data, establishing root causes, reporting findings and determining corrective action.

Fargo - 8am - 5pm - November 10

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.

Fargo - 8am - 5pm - November 17-18

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 - October 20-22, November 17-19, December 15-17



WORKPLACE SAFETY COURSES

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 - October 6, October 27, November 10, November 24, December 8, December 22

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/



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 - 9am - 5pm - November 5-7

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 - 9am - 5pm - October 20-22

OSHA 510 Occupational Safety & Health Standards for Construction

Course Length: 32 hours

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

This course covers OSHA policies, procedures and standards, as well as construction safety and health principles. Topics include scope and application of OSHA construction standards. Special emphasis is placed on those areas that are most hazardous, using OSHA standards as a guide. 2.6 CEUs; 4.0 CMs.

Bismarck - 9am - 5pm - November 17-20

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 - 9am - 5pm - October 6-9

OSHA 5810 Hazards Based Standards for Oil & Gas Exploration and Production

Course Length: 32 hours

NDSC Member/ Non-Member: \$850

This course will provide attendees with the basic knowledge and skills needed to anticipate, recognize, evaluate and control hazards that are found in the U.S. on-shore oil and gas and exploration and production industries.

Bismarck - 9am - 5pm - December 2-5



WORKPLACE SAFETY COURSES

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.

Bismarck - 8am - 12pm - October 8

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 - November 3-7

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 - December 2-5

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 - October 21

Distance Learning



Virtual Instruction - 8am - 5pm - November 18

Team Safety



Course Length: 8 hours • ASC CEUs: 0.65

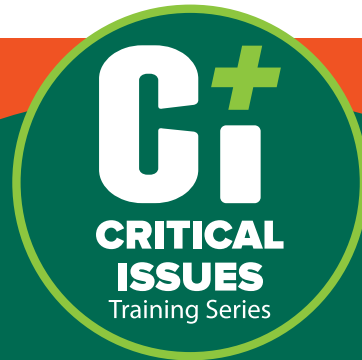
NDSC Member: \$350 Non-Member: \$450

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.*

Distance Learning



Virtual Instruction - 8am - 5pm - October 13



IMPLEMENTING AN EXTREME TEMPERATURE PROGRAM

Course Length: 1.5 hours

NDSC Member: FREE Non-Member: \$30

In the state of North Dakota, we endure extreme temperatures on both sides of the spectrum. Many of our employees also deal with hazards from both high and low temperature throughout the year. Do you have a plan in place for protecting your workers from these extreme conditions? Join us as we discuss the continued emphasis from OSHA on protecting employees from extreme cold and hot workplace hazards, tools to build a program around these conditions, and ideas to better protect our people from these dangerous environments.

Wahpeton - 11:30am - 1pm - October 23

REGISTER NOW





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

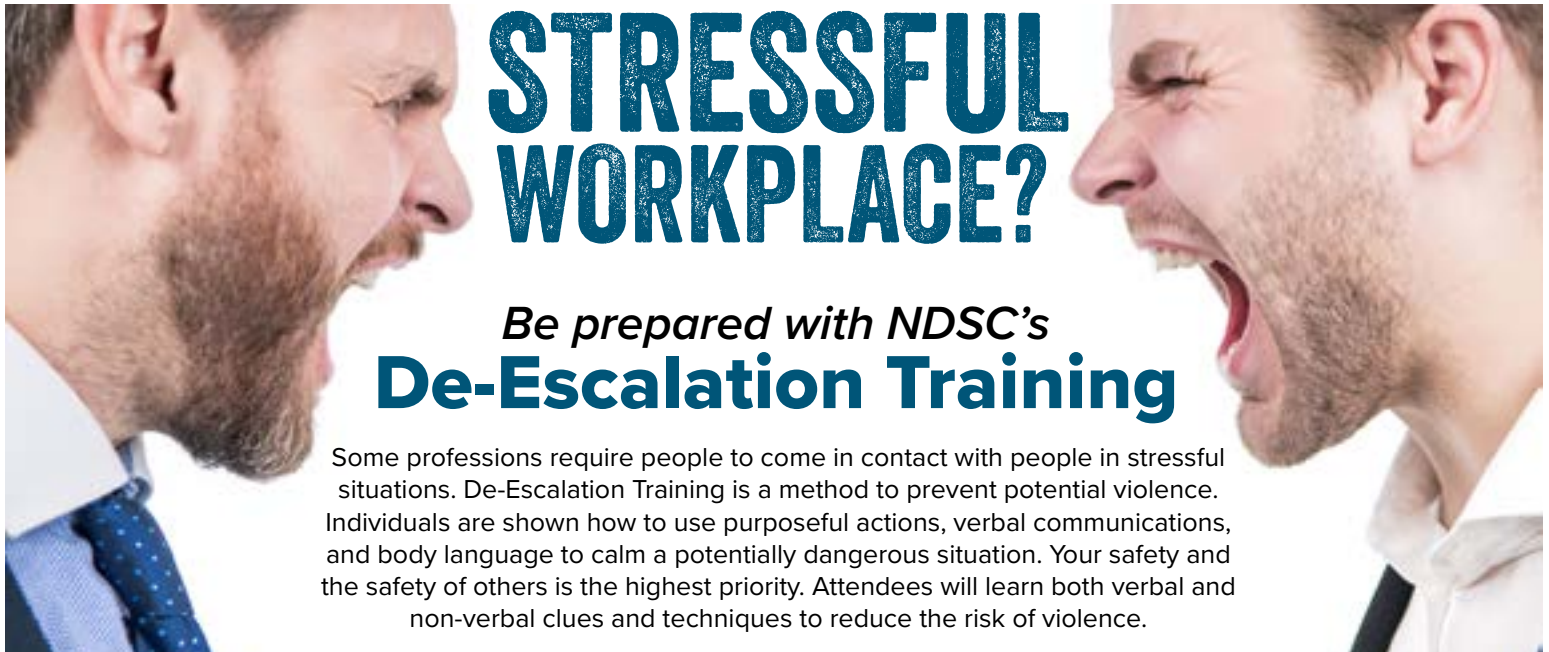
Bismarck - 1pm - 5pm - November 3

Fargo - 1pm - 5pm - October 6

Distance Learning

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

8am - 12pm - December 8



STRESSFUL WORKPLACE?

Be prepared with NDSC's
De-Escalation Training

Some professions require people to come in contact with people in stressful situations. De-Escalation Training is a method to prevent potential violence. Individuals are shown how to use purposeful actions, verbal communications, and body language to calm a potentially dangerous situation. Your safety and the safety of others is the highest priority. Attendees will learn both verbal and non-verbal clues and techniques to reduce the risk of violence.

Learn more about our De-Escalation course and schedule private training
ndsc.org/de-escalation-training

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.

Train in **STYLE**

in our brand new Fargo space



The North Dakota Safety Council is proud to expand our reach with a brand-new, larger training center and offices in Fargo. We're bringing life-saving education closer to the communities and industries of eastern North Dakota and western Minnesota.

This modern facility offers both small and theater-style classrooms to accommodate any group size, providing convenient access to our full range of nationally recognized safety training, from OSHA compliance to First Aid/CPR and industry-specific courses. More space means more opportunities to help businesses protect their teams, boost productivity, and build a culture of safety.



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 AUDITS

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



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**

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.