NORTH DAKOTA SAFETY COUNCIL

TRAINING CALENDAR

October • November • December 2024

Your safety training experts

REASONABLE SUSPICION

Supervisors will learn training on the management of drug and alcohol abuse in the workplace, what they need to look for, and actions to take if someone seems unfit for duty.







OCTOBER • NOVEMBER • DECEMBER 2024 Quarterly Training Calendar

Find a full list of all our courses and additional course details at

ndsc.org/take-a-course







Spanish



Available in Includes Hands-On Advanced Safety Training



IVES Instructed Certificate 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 19, November 5, December 7

Fargo - 8am - 10:30am - October 8 Jamestown - 12pm - 2:30pm - November 7 Minot - 8am - 10:30am - November 6 Williston - 12pm - 2:30pm - December 4

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.

Bismarck - 8am - 10:30am - December 5 Dickinson - 12pm - 2:30pm - October 7 Fargo - 12pm - 2:30pm - November 18

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 19, October 22, November 5, December 3,

December 7

Dickinson - 8am - 1pm - October 1

Fargo - 8am - 1pm - October 8, November 12 Jamestown - 12pm - 5pm - November 7 Minot - 8am - 1pm - November 6 Williston - 12pm - 5pm - December 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.

Bismarck - 8am - 1pm - December 5 Dickinson - 12pm - 5pm - October 7 Fargo - 12pm - 5pm - November 18M

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 - November 9

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 handson training are used for various first aid scenarios. Ideal for anyone working with children younger than age 12. Upon completion, receive 2-year pediatric certificates for CPR/AED and First Aid.

Bismarck - 8am - 1pm - November 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 - October 22-23, December 3-4

Dickinson - 8am - 5pm - October 1-2 Fargo - 8am - 5pm - November 12-13 Minot - 8am - 5pm - November 5-6



FIRST AID/CPR COURSES

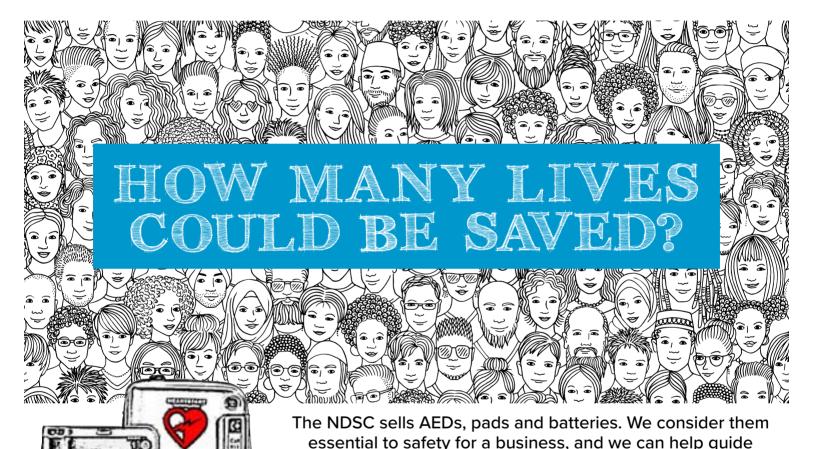
Mental Health First Aid

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.

Bismarck - 8am - 5pm - October 29 Fargo - 8am - 5pm - December 11 Minot - 8am - 5pm - November 19



9in10

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

Bystanders only administer CPR about

you in purchasing what works best for your workplace. Plus, we provide a **FREE orientation** when you purchase an AED from us!

40%

of the time and AEDs even less so.

There are

cardiac arrests annually in the workplace

Statistics source: American Heart Association

PURCHASE AN AED TODAY!

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

ndsc.org/shop



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DRIVER SAFET 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 - 3pm - 7:30pm - October 6 Williston - 1 pm - 5:30pm - November 3

See ndsc.org as additional dates and locations get added

Distance Learning



NDSC Member/Non Member: \$80

Court/DOT Required: \$95

Virtual Instruction - 5pm - 9pm - October 27, November 17, December 15

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 - November 21

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 26

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.

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: \$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 - December 2 Grand Forks - 8am - 12pm - October 26 Fargo - 6pm - 10pm - December 3 Minot - 6pm - 10pm - November 13 Williston - 8am - 12pm - November 2

See ndsc.org as additional dates and locations get added

Distance Learning (2)



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

Court/DOT Required: \$95 • Seniors \$65 • Addl. Family \$50 Virtual Instruction - 6pm - 10pm - October 9, November 13, December 11

See ndsc.org as additional dates and locations get added

DOT Compliance

Course Length: 4 hours

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

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

Bismarck - 8am - 12pm - November 19 Fargo - 8am - 12pm - October 22



Hazard Recognition & Mitigation @



Course Length: 3 hours

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

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

Virtual Instruction - 6pm - 9pm - December 4

Safety Starts with You



Course Length: 3 hours

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

We'll discuss conditions that could affect driver ability, including drugs in the workplace; driver fatigue; driver distractions; harassment; and post-accident procedures.

Virtual Instruction - 6pm - 9pm - November 20



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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 7-11, December 16-20

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 - October 14, November 25, December 16

Distance Learning



Virtual Instruction - 8am - 12pm - October 16, December 9 Virtual Instruction - 1pm - 5pm - November 11

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 13

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 18-20

WANT TO ADVERTISE IN THE TRAINING CALENDAR?

Get your products and service seen by safety professionals and decision-makers! A postcard promoting the training calendar is sent to over 7,000 people every quarter.



Contact Kristin Wilson at 701-751-6115 or kristinw@ndsc.org

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 21-25

Lift Truck Operator Training

Course Length: 8 hours

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

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 - November 18, December 12

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.

Dickinson - 8am - 5pm - November 18-19, December 12-13

MSHA New Miner Part 48 - Surface Coal

Course Length: 24 hours

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

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.

Students earn NSC CPR & First Aid Certification!

Bismarck - 8am - 5pm - October 14-16, November 11-13, December 16-17

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 7, October 28, November 4, November 25, December 9, December 23



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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 500 Trainer Course in OSHA Standards for Construction

Course Length: 32 hours

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

See prerequisites at ndsc.org/osha-occupational-safety. Students who successfully complete this course will be able to conduct both 10-hour and 30-hour construction courses and issue cards to participants verifying course completion. Using OSHA standards as a guide, course participants are briefed on effective instructional approaches and effective use of visual aids and handouts. 2.6 CEUs; 4.0 CMs.

Bismarck - 8am - 5pm - October 21-24

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 - November 18-21

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 4-8

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 30, November 12, December 17

Distance Learning



Virtual Instruction - 8am - 5pm - October 23, November 27, December 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 - October 7-10





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Critical Issues Training Series - Safety Tensioning

Course Length: 1.5 hours

NDSC Member: FREE Non-Member: \$30

Working in Health and Safety can be very challenging and rewarding. Helping others to become safer in their personal and professional lives can provide personal satisfaction and a noble sense of purpose. However, one challenge specific to health and safety is the idea that it is a thankless profession. How does someone fully learn about, measure or count incidents, like injuries or property damage, that never materialize?

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





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Reach Right is the ultimate American made ergonomic handle that saves sore backs by reducing strain and improving posture with all your long-handle tool projects in every season. Reach Right is the tool that pays for itself with increased efficiency and productivity and reduced injury and downtime.



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ORDER YOURS NOW!





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- Quarterly Training Calendar



COMMUNITY SAFETY COURSES



REGISTRATION

Register at <u>ndsc.org/take-a-course</u> 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.



BOOST YOUR BRAND!

establish significant partnerships, and enhance your company's visibility.

Be an Exhibitor, secure your booth and get your products and services in front of safety professionals.

MAKE A DIFFERENCE!

Become a Conference sponsor and help us prevent injuries and save lives.

What do Blue Angels and UND Football players have in common? Both are keynote presentations at the 52nd annual Safety + Health Conference!



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



Meet the NDSC TRAINGTEAM



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.



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.



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.



PART-TIME TRAINERS



Greg Dehne



Steven Mayer



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.

NORTH DAKOTA SAFETY COUNCIL A private non-profit.