

*Your safety  
training experts*

# TRAINING CALENDAR

January • February • March 2025

## CONFERENCE PREVIEW

Get your first look at the 2025 NDSC Safety + Health Conference  
Pre-Conference course offerings and much more!



Find a full list of all our courses and additional course details at [ndsc.org/take-a-course](https://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 - January 11, January 22, March 8, March 11**

**Dickinson - 8am - 10:30am - January 15, March 12**

**Fargo - 8am - 10:30am - January 14, February 11**

**Grand Forks - 12pm - 2:30pm - March 11**

**Jamestown - 12pm - 2:30pm - February 5**

**Minot - 8am - 10:30am - February 5, March 12**

**Williston - 12pm - 2:30pm - January 30**

### 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 - January 11, January 22, February 19, March 8, March 11**

**Bismarck - 8am - 1pm - February 24 (Safety + Health Conference Pre-Conference course. See pages 10-11 for more info)**

**Dickinson - 8am - 1pm - January 15, March 12**

**Fargo - 8am - 1pm - January 14, February 11, March 12**

**Grand Forks - 12pm - 5pm - March 11**

**Jamestown - 12pm - 5pm - February 5**

**Minot - 8am - 1pm - January 8, February 5, March 12**

**Williston - 12pm - 5pm - January 30**

**Williston - 8am - 1pm - March 26**

### 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 - February 22**

### 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 - February 22**

### 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 - February 11**

**Dickinson - 8am - 1pm - March 19**

### 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 - February 24 (Safety + Health Conference Pre-Conference course. See pages 10-11 for more info)**

**Fargo - 8am - 5pm - February 18**

**Minot - 8am - 5pm - January 21**







# FIRST AID/CPR COURSES

*Featured Course:*

## CPR/First Aid, Train-the-Trainer

Certify your employees to teach the only nationally-recognized CPR/AED/First Aid curriculum that meets all OSHA first aid requirements. During the train-the-trainer course, learn new methods that involve, influence, and facilitate adult learning while refining teaching skills. Day one of the course will involve observing a full 5-hour CPR/AED/First Aid course, and day two all students will make a practice presentation to the class and learn presentation tips for improving retention.

**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 19-20**

**Fargo - 8am - 5pm - March 12-13**

**Minot - 8am - 5pm - January 8-9**

**Williston - 8am - 5pm - March 26-27**

**REGISTER FOR CPR/FIRST AID TRAIN THE TRAINER**





# 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 - 3pm - 7pm - January 26**

*See [ndsc.org](http://ndsc.org) as additional dates and locations get added*

## Distance Learning

**NDSC Member/Non Member: \$80**

**Court/DOT Required: \$95**

**Virtual Instruction - 5pm - 9pm - February 23, March 30**

*See [ndsc.org](http://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 - February 13**

*See [ndsc.org](http://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 16, March 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: \$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 - 6:15pm - 10:15pm - February 5**

**Fargo - 6pm - 10pm - February 10**

**Grand Forks - 8am - 12pm - February 22**

*See [ndsc.org](http://ndsc.org) as additional dates and locations get added*

## Distance Learning

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

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

**Virtual Instruction - 6pm - 10pm - February 18, March 18**

*See [ndsc.org](http://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 - March 12**

**Fargo - 8am - 12pm - January 21**

## 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 - January 28-29, March 25-26**

**Fargo - 8am - 5pm - February 4-5**

**Minot - 8am - 5pm - March 18-19**

**ARE YOU  
PREPARED FOR A  
ROADSIDE  
EMERGENCY?**

NDSC emergency road kits are the perfect solution to keep you and your family safe when you have a roadside emergency. Make sure you have one in personal or workplace vehicle.

*Plus, they make a great gift!*

**ORDER A  
ROAD KIT**





# 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 - January 20-24, February 3-7, February 17-21, March 3-7, March 31-April 4**

## Confined Space Entry Entrant, Attendant and Supervisor

**Course Length: 5 hours**

**NDSC Member: \$185 Non-Member: \$225**

This course will provide attendees with a comprehensive overview of the OSHA general industry and construction industry standards for Permit Required Confined Space Entry Supervisor. The differences between the general industry and construction industry requirements will be addressed, as well as a brief overview of other roles and responsibilities. *Course developed by Roco Rescue, the world's leader in industrial rescue training and an OSHA VPP Site.*  
**Fargo - 8am - 1pm - January 30, March 27**

## 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.*  
**Fargo - 8am - 5pm - February 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 - February 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 - February 12-13**

## 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 - February 24 (Safety + Health Conference Pre-Conference course. See pages 10-11 for more info)**

**Bismarck - 8am - 5pm - March 3**

**Fargo - 8am - 5pm - January 20**

## 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 - January 6-9**

## 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 - January 20, March 17**

### Distance Learning

**Virtual Instruction - 1pm - 5pm - February 17**

## 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 - February 24 (Safety + Health Conference Pre-Conference course. See pages 10-11 for more info)**

**Dickinson - 8am - 5pm - January 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 - February 5-7**





# WORKPLACE SAFETY COURSES

## 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 17-21**

## 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 - February 24 (Safety + Health Conference Pre-Conference course. See pages 10-11 for more info)**

**Bismarck - 8am - 5pm - March 17**

**Fargo - 8am - 5pm - January 6**

## 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 - January 6**

**Fargo - 8am - 5pm - February 10**

## 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 - January 22, February 19, March 26**

**Fargo - 8am - 5pm - January 27, February 17, March 24**

## 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 - January 22-23, February 19-20, March 26-27**

**Fargo - 8am - 5pm - January 27-28, February 17-18, March 24-25**

## 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 - January 27-29, February 17-19, March 24-27**

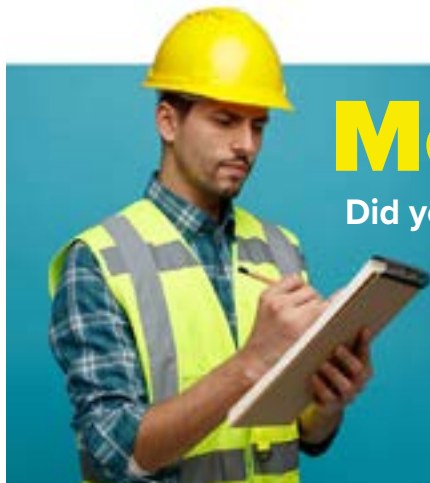
## MSHA Refresher Part 48 - Surface Coal

**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 - January 6, January 20, February 3, February 10, March 10, March 17**



# Mock OSHA Inspections

Did you know NDSC can do a mock OSHA inspection for your company?

An NDSC Mock OSHA Audit will help match your program to your company's actual hazards and help you identify any required training. We will also assist your company in developing mitigation strategies for hazards that have been identified.

**Learn more and schedule your inspection**



# WORKPLACE SAFETY COURSES

## 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](http://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/](http://ndsc.org/h2s-certification-and-respiratory-protection-training/)



## 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.**

**Fargo - January 23-24, March 3-4**

## OSHA 500 Trainer Course in OSHA Standards for Construction

**Course Length: 32 hours**

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

See prerequisites at [ndsc.org/osh-a-occupational-safety](http://ndsc.org/osh-a-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 13-16**

## 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 - 8am - 5pm - March 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 - 8am - 5pm - February 3-6**

## OSHA 7100 Introduction to Machinery and Machine Safeguarding

**Course Length: 8 hours**

**NDSC Member/Non-Member: \$135**

This course covers the process to identify, select and properly safeguard machinery to protect employees and others in the work area and deliver appropriate training in safe work practices.

**Bismarck - 8am - 5pm - March 31**

## OSHA 7405 Fall Hazard Awareness for the Construction Industry

**Course Length: 8 hours**

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

This course covers the identification, evaluation, prevention and control of fall hazards in the construction industry, and focuses on falls to a lower level rather than falls to the same level resulting from slips, trips and falls.

**Bismarck - 8am - 5pm - February 10**



# WORKPLACE SAFETY COURSES

## OSHA 7410 Managing Excavation Hazards

**Course Length: 7 hours**

**NDSC Member: \$150 Non-Member: \$180**

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

**Bismarck - 8am - 5pm - February 24 (Safety + Health Conference Pre-Conference course. See pages 10-11 for more info)**

## 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 15, February 12, March 12**

## Principles of Occupational

### Safety & Health

**Course Length: 32 hours • ASC CEUs: 2.6**

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

This program provides a solid understanding of the fundamentals of workplace safety and health and best practices for initiating and managing a safety program. You'll cover 19 key safety, health and OSHA compliance topics – all during one comprehensive course! *Pursuing your Advanced Safety Certificate? POSH is required to earn your certificate!*

**Bismarck - 8am - 5pm - March 24-27**

## 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.

**Fargo - 8am - 5pm - January 9, February 13, March 13**

## 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 - February 11**

## Distance Learning

**Virtual Instruction - 8am - 5pm - January 14, March 11**

## 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 - January 20**

**Fargo - 8am - 5pm - March 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 - February 3**

**Fargo - 8am - 5pm - March 31**

**CALL FOR NOMINATIONS**

Do you know someone outstanding in the safety field?

### **Duane Kuehn Outstanding Safety Professional Award**

One award is presented annually at NDSC's Safety + Health Conference to an individual who has been instrumental in the development and implementation of safety programs, and honors those forward-looking individuals who, over the long-term, place safety and innovation at the forefront of their activities.



Deadline to submit nominations for the NDSC's Duane Kuehn Outstanding Safety Professional Award is **January 24, 2025.**

Find the application online at [ndsc.org/awards](https://ndsc.org/awards)





# 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 - 8pm - 12pm - February 24** (*Safety + Health Conference Pre-Conference course. See pages 10-11 for more info*)

**Fargo - 1pm - 5pm - January 21**

### Distance Learning

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

**8am - 12pm - March 11**



## Train on our Slip Simulator and be prepared this winter!

65% of all lost workdays are caused from slips, trips and falls. Let us help you reduce those incidents by up to 70%.

**Learn more about our Slip Simulator**

To learn more or schedule private training, contact our Community Safety Manager at  
**701-751-6105**  
or [kathy@ndsc.org](mailto:kathy@ndsc.org)



## REGISTRATION

Register at [ndsc.org/take-a-course](https://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](https://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](https://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](https://ndsc.org). For the One Basin, One Way cancellation policy, visit [onebasinoneway.com](https://onebasinoneway.com).

# PRE-CONFERENCE COURSES

See full course descriptions at [ndsc.org/annualconference](http://ndsc.org/annualconference)

## PC01 • Compliance Rescue Refresher™

**\$370 member • \$470 nonmember**

Brad Warr, Chris Carlsen ROCO Rescue



**8:00 am – 5:00 pm, Intermediate**

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. Roco's Compliance Rescue Refresher™ course includes hands-on practice as well as problem-solving confined space and elevated scenarios to keep your team updated and prepared for response.

## PC02 • Strategies to Improve Motor Carrier Safety and CSA Scores

**\$220 member • \$255 nonmember**

**8:00 am – 12:00 pm, All Levels**

North Dakota Highway Patrol Members will take an in-depth look at FMCSA's Compliance, Safety and Accountability (CSA) program. Troopers will begin by reviewing how CSA scores are calculated and when alerts appear on a motor carrier profile. After creating a baseline understanding of scores, the training will then break down the use of the Safety Management Cycle to assist carriers in identifying strategies to improve and maintain their safety program.

## PC03 • Adult CPR/AED/First Aid

**\$95 member • \$100 nonmember**

Kacy Kirby, NDSC HSE Consultant



**8:00 am - 1:00 pm, All Levels**

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.

## PC04 • Fatigue Risk Management

**\$280 member • \$315 nonmember**

Mike Harnett, Solaris Fatigue Management

**8:00 am – 5:00 pm, All Levels**

The workshop is designed to develop

Champions who will be able to lead their organization in the implementation of fatigue-related risk mitigation initiatives. In this workshop, you'll learn how to: 1) Develop a business case for managing fatigue related risks, specific to your organization. 2) Clearly define your program including what it will look like, how it will be run and how it will remain viable. 3) Select the right tactical approaches to identify, assess and mitigate your fatigue related risk

## PC05 • Mental Health First Aid

**\$175 member • \$195 nonmember**

Dennis Snodgrass, NDSC HSE Consultant

**8:00 am – 5:00 pm, All Levels**

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 assist someone experiencing a mental health or substance use crisis until professional assistance is obtained or the crisis is resolved.

## PC06 • Incident Investigation & Root Cause Analysis

**\$350 member • \$450 nonmember**

Jay Skarphol, NDSC Safety Consultant

**8:00 am – 5:00 pm, Advanced, Intermediate**

Learn how to uncover the who, what, why, when and how of each workplace incident. This one-day class focuses on techniques for gathering complete, accurate and objective incident data so you can establish root causes, report findings and determine the best corrective action to prevent future incidents from happening.

## PC07 • Next Level Leadership

**\$250 member • \$285 nonmember**

Ryan Bouda, LEAP Training and Coaching

**1:00 pm- 5:00 pm, Intermediate**

This high-level leadership workshop will teach attendees how to discover their innate strengths, vision, and intentions, unlocking their true leadership potential. The instructor will help attendees identify and eliminate unproductive behaviors that

hinder their effectiveness as a leader, and develop transformative leadership skills that empower them to navigate change and drive exceptional results.

## PC08 • Reasonable Suspicion for Supervisors

**\$175 member • \$225 nonmember**

Steven Mayer, NDSC Safety Consultant

**8:00 am – 12:00 pm, All Levels**

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 they need 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.

## PC09 • Ergonomics: Managing for Results

**\$350 member • \$450 nonmember**

Andrea Jensen, NDSC HSE Consultant

**8:00 am – 5:00 pm, Advanced**

Ergonomic-related issues are the #1 cause of workplace injuries. Repetitive motion and overexertion are the major risk factors facing American workers today. The one-day NSC Ergonomics course will teach you how to reduce the number and severity of musculoskeletal injuries in your workplace.

## PC10 • Leading an Effective Safety Committee

**\$250 member • \$285 nonmember**

Christin Fine, EERC & Kirsten Yeado,

American Crystal Sugar

**8:00 am - 12:00 pm, Advanced, Intermediate**

Unlock the potential of your safety committee with this half-day, hands-on course designed for current and aspiring safety leaders. Participants will learn essential skills needed to establish and guide a safety committee that fosters a culture of safety and engagement.



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

**MONDAY, FEBRUARY 24**

## Registration opens December 2!

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

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

### **PC11 • Road Construction & Traffic Control Standards Update**

**\$220 member • \$255 nonmember**

*Don Moseman, NDSC Training Director*

**8:00 am - 12:00 pm, All Levels**

This course is for supervisors or workers involved in street and highway work who are expected to work in or around temporary traffic control. Workers who have a need for ANY type of traffic control can benefit from this training, including those in utilities, rail, road construction, maintenance, and city/county/state employees.

### **PC12 • OSHA 7410: Managing Excavation Hazards**

**\$150 member • \$180 nonmember**

*John Young, NDSC HSE Consultant*

**9:00 am - 3:30 pm, Advanced, Intermediate**

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

### **PC13 • Workplace Trauma & Triage**

**\$135 member • \$165 nonmember**

*Aglae Young, NDSC HSE Consultant*

**9:00 am - 12:00 pm, Advanced, Intermediate**

Today's professional responders encounter many challenges such as natural and man-made disasters and infectious diseases. Responders may require increased training to effectively handle these emergencies. This in-depth course focuses on immediate life-threatening situations and demonstrates how to respond quickly and effectively. It provides real-world perspectives on how frequently these situations occur to help provide context and retain knowledge.

### **PC14 • Spring Thaw**

**\$55 member • \$65 nonmember**

*Andy Heidrich, Aglae Young, Alan Roberts, Dr. David Saxon*

**9:00 am - 4:00 pm, All Levels**

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.

### **PC15 • NFPA 70E Arc Flash Electrical Safety**

**\$220 member • \$255 nonmember**

*Joe Schommer, RESA Power*

**8:00 am - 12:00 pm, Basic, Intermediate**

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 NFPA70E: Standards 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.

### **PC16 • HAZWOPER Refresher**

**\$225 member • \$255 nonmember**

*Reyka Ravenwood, NDSC HSE Consultant*

**8:00 am - 5:00 pm, Intermediate**

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. This course will also cover respiratory protection, DOT ERG, NIOSH pocket guide, and other topics. Hands-on elements will include donning and doffing SCBA units, PPE tape up exercises, air monitoring equipment, as well as a special exercise utilizing the components of HAZWOPER.

### **PC17 • Elevating Safety Leadership: Advanced Strategies in Communication, Influence, and Engagement**

**\$250 member • \$285 nonmember**

*Jason Kunz, The Kunz Companies*

**1:00 pm - 5:00 pm, Advanced, Intermediate**

Step into the realm of safety leadership mastery with this advanced course designed to equip EHS and operational professionals to transform workplace safety through expert communication, strategic influence, and unparalleled worker engagement.

### **PC18 • De-Escalation**

**\$150 member • \$175 nonmember**

*Steven Mayer, NDSC Safety Consultant*

**1:00 pm - 3:00 pm, All Levels**

Some professions require people to encounter 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.

### **PC19 • Fit for Duty**

**\$125 member • \$150 nonmember**

*Don Moseman, NDSC Training Director*

**1:00 pm - 3:00 pm, All Levels**

This course will introduce attendees to the importance of having your employees be "Fit for Duty". Attendees will learn how to understand the importance of substance use, misuse, fatigue, and stress and some of the sources that cause these situations to emerge.

### **PC20 • NFPA 70E Arc Flash Electrical Safety (REPEAT)**

**\$220 member • \$255 nonmember**

*Joe Schommer, RESA Power*

**1:00 pm - 5:00 pm, Basic, Intermediate**

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 NFPA70E: Standards 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.

### **PC21 • Don't just hold your breath: Exposure assessment strategies to evaluate hazardous gas and vapors during oil and gas extraction and production activities**

**\$370 member • \$470 nonmember**

*John E. Snawder, Ph.D. DABT, NIOSH*

**8:00 am - 5:00 pm, Basic, Intermediate**

Oil and gas exploration and production activities may lead to workers being exposed to potentially harmful airborne particulates, hydrocarbons and toxic gases. During this session, learn more about the process of characterizing the nature of emissions; how to identify the chemical components of the gas and vapors; and sampling strategies.





NORTH DAKOTA SAFETY COUNCIL

# SAFETY+HEALTH CONFERENCE

52nd ANNUAL

February 24-27, 2025  
Bismarck Event Center

# EMPOWER YOUR SAFETY JOURNEY

at the region's largest safety & health conference!



We invite you to join us in February for an event that offers an array of enriching experiences like compelling speakers, cutting-edge sessions, and valuable networking opportunities. By attending, you're not just investing in your company; you're sparking innovation within your organization.

Sending your team, or attending yourself, opens doors to new ideas and connections that can shape your company's future. Emerging leaders will gain exposure to innovative concepts, bring back transformative insights, establish significant partnerships, and enhance your company's visibility.

## Here are just some of the other top-notch sessions you will find at the conference!

### Monday Pre-Conference offers:

- Full day on Fatigue Risk Management
- Fit for Duty
- Hazwoper Refresher

### Tuesday-Thursday sessions include:

- Three trends shaping the future of the safety profession
- Accountability for Safety
- Workplace Safety for Spanish speaking employees
- Collaboration in today's multi-generational workplace
- Fall Protection
- Ladder safety
- Mental wellness - Tough Enough to Talk about it
- Ethics for the Safety Professional
- Situational Awareness
- Trenching and More!

Attendee registration  
opens December 2!

For updates, or to see sponsor or vendor opportunities, visit  
**[ndsc.org/annualconference](https://ndsc.org/annualconference)**

## 3 EXCELLENT KEYNOTE SPEAKERS



### Tuesday Keynote

#### Jimmy Yeary

*Award-winning Singer-songwriter*  
Emphasizing relationships through storytelling and how we develop trust and safety.



### Wednesday Keynote

#### Greg "BOSS" Wooldridge

*Blue Angels Commanding Officer*  
5 dynamics of a Blue Angel's  
"Glad to Be Here" debrief.



### Thursday Keynote

#### Hunter Pinke

*Former UND football player*  
How to live the rest of your life without having another bad day.

## See what 2024 Conference attendees had to say!

"Very well put together conference. Much better than conferences I have attended from other organizations in the past."

"Great conference. Great hospitality. Great first experience in North Dakota and conference as a whole."

**NDSC**  
NORTH DAKOTA SAFETY COUNCIL  
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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.



**Reyka Ravenwood**

Reyka has decades of corporate, operations & consulting experience, including over a decade of Oil & Gas field experience specific to the Bakken Basin, with additional consulting in the Permian and Kern River Oil Fields.



**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.*

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