

# Safety Observer



## NW ND Workforce Training

*We hope that everyone has had a Safe Start to 2008!*

Our priority is reaching a higher performance level by always striving towards enhanced continuous communication about safety and compliance.

We will continue to make enhancements to our programs and welcome your suggestions and input!

### Preventing Back Injuries

- Plan ahead—do not be in a hurry.
- Position yourself close to the object you want to lift.
- Separate your feet shoulder-width apart to give yourself a solid base of support.
- Bend at the knees.
- Tighten your stomach.
- Lift with your leg muscles as you stand up.
- Don't try to lift an object by yourself that is too heavy or an awkward shape.

#### Notice

**Our office will be closed Friday, April 17 in observance of Good Friday.**

#### Upcoming Trainings and Events

##### 24 Hour OSHA Hazwoper

May 12-14 8:00 am—5:00 pm

##### 40 Hour OSHA Hazwoper—Incident Commander

May 12-16 8:00 am—5:00 pm

*Please contact Del Hellman @ 701-774-6230 or [Delbert.Hellman@wsc.nodak.edu](mailto:Delbert.Hellman@wsc.nodak.edu) to register.*

# REMINDER

**Time for annual training refreshers?**

**Let us help you!**

**It's as easy as:**

Contact our Training Department either by e-mail—[chanda.belden@wsc.nodak.edu](mailto:chanda.belden@wsc.nodak.edu) or calling in—701-774-6227

- ◆ First Aid/CPR—every 2 years
- ◆ Fit Testing—Annually
- ◆ H2S/Respiratory Protection—Annually
- ◆ Forklift Safety—every 3 years
- ◆ Defensive Driving—every 2-3 years



Wrong way to lift

Right way to lift



# MAR/APR CALENDAR

## March

COURSE	DATE	TIME
40 Hour New Hire Orientation	3-7, 10-14, 24-28	8:00-5:00
8 Hour New Hire Orientation	5, 12, 19, 26	8:00-5:00
16 Hour New Hire Orientation	6, 13, 20, 27	8:00-5:00
Medic First Aid/CPR	5, 12, 26	1:00-5:00
Forklift Safety	13, 27	3:00-4:00
Service Rig Training	17-21	8:00-5:00
CDL Truck Driving	3/3-3/15 & 3/24-4/5	8:00-5:00

## April

COURSE	DATE	TIME
40 Hour New Hire Orientation	31-4, 7-11, 14-18	8:00-5:00
8 Hour New Hire Orientation	2, 9, 16, 23, 30	8:00-5:00
16 Hour New Hire Orientation	3, 10, 17, 24	8:00-5:00
Medic First Aid/CPR	2, 9, 16	1:00-5:00
Forklift Safety	3, 10, 17	3:00-4:00
Service Rig Training	14-18	8:00-5:00
CDL Truck Driving	14-26	8:00-5:00

**NOTE:** All dates are tentative and subject to change due to enrollment. Please call Chanda @701-774-6227 to enroll.



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Workforce Training  
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