

Classes 2020

Course	Description	Instructor	Day	Time	Room	Limited Seats Per Company	Max Students
4 Essentials of Leadership	When your leaders live the 4 Essential Roles of Leadership, they engage their team to consistently help your organization achieve its most critical priorities. They will discover how to build credibility and create a culture of trust, create a team vision, strategy, and compelling strategic narrative, align key systems to their team strategy and follow a proven execution process to achieve consistent results, and provide feedback and coaching to unleash team potential. What will participants learn to do? Build their leadership credibility and intentionally create a culture of trust, create an inspiring team vision and a relevant strategy, providing meaning and direction for their team's day-to-day work, craft a compelling strategic narrative they can share with key stakeholders at all levels, align key systems to their team's strategy to make core work processes easier, follow the proven 4 Disciplines of Execution® process to consistently achieve their most important goals provide regular positive and instructive feedback to shape high-trust team culture and apply key coaching skills within the Coaching Framework to unleash their team's potential.	Bryan Matsuoka	Tuesday March 24th	3pm-5pm	150		Unlimited
10 Steps to Reduce Worker's Compensation Costs	Workers' compensation has fast become a leading cost factor in any industry. This course was designed to help explain the cultural and operational errors that are increasing costs and decreasing company efficiency. Learn what changes can be made to improve the bottom line as well as overall business operations. Topics include: What is a true safety culture, what are the key components to a safety culture, how is an experience modification calculated and how to improve this experience modification.	Debra Rose	Tuesday March 24th	1pm-3pm	104		Unlimited
Anger: One Letter Short of Danger	If you have angry employees in your workplace or you yourself are angry you may end up reporting more medical injuries on the job. Many individuals don't think or realize the weight of anger and that anger can more than quadruple a person's odds of being injured on the job. There are many ways to prevent and manage anger, which if obtained, consequently leads to better safety. This course is designed to take you step by step through ways to remain calm and diffuse anger in the workplace and in our personal lives.	Rebekah Yancey	Tuesday March 24th	10am-12pm	104	3	30
Americans with Disabilities Act (ADA) - Accessible Public Rights-of-Way	The Americans with Disabilities Act, also known as ADA, is nothing new. First implemented in 1990, it was the United States government's first step toward address the needs of citizens living with disabilities. Yet as technology and our culture evolved, so did the challenges faced by disabled Americans. Training will focus on public rights-of-way designs on access, safety and independence impacting people with disabilities to live and access their neighborhoods, businesses, governments, etc., including the importance of planning for emergencies and the impact on people with disabilities.	Dana Gover and Team	Tuesday March 24th	3pm-5pm	105		Unlimited
Avoiding Nightmares when Coaching, Disciplining and Terminating	What keeps you up at night when it comes to discipline and termination? This training will discuss how changing your perspective on coaching and discipline can impact your stress level and keep the nightmares from happening. Terminations don't always have to be the worst case scenario and we will address the things that you can do to help protect your company in the event your discipline does reach the termination stage.	Rebekah Yancey	Wednesday March 25th	10am-12pm	151	3	40
Building a Lasting Safety Culture: Leverage Time & Investment	A safety culture separates those who constantly struggle to implement safety into their workplace from those who have a consistent flow of safety ideals in their workplace. Culture is the intersection of accountability and acknowledgement and can be easier to build into your company than you think. This course will give principles of building a safety culture into everyday life at work. The goal will be to add peace of mind to employers, create happier employees and increase bottom link profits of your company.	Dr. Bryan Wright	Tuesday March 24th	10am-12pm	150		Unlimited
Cloud Chasing: Dangers of Vaping	It's important that schools, community centers, work environments, and other places are aware of the ever growing e-cigarette epidemic and the dangers that can arise. This presentation about e-cigarettes/vaping will cover what devices look like, how they have changed over the years, and what health concerns could possibly happen.	Cody Orchard	Monday March 23rd	1pm-3pm	236		Unlimited

Confined Space	Over 1 million workers enter a confined space on an annual basis. Serious injury or death in a confined space can be the result of asphyxiation, engulfment, electric shock, falls, and heat stress. OSHA estimates that 85 percent of these accidents can be prevented if proper safety and precautions at job sites are initiated. This course is designed to protect those entering or working around a confined space. In this course you will learn the physical, chemical, and biological principles related to safe working with confined spaces.	Bruce Drewes	Wednesday March 25th	8am-10am	240		Unlimited
CPR-AED	The CPR/AED course is designed to teach the skills necessary to respond to breathing and cardiac emergencies in a safe, timely, and effective manner. Training includes the skills and knowledge needed to provide care for victims in sudden cardiac arrest through the use of an automated external defibrillator (AED). Upon completion of the course, students will receive a Heart saver CPR AED course completion card, valid for two years.	Rene Rambur	Tuesday March 24th	1pm-5pm	160	2	8
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Cyber Crimes and Safety	The Twin Falls Police Department will discuss present cyber threats to businesses and private citizens, including the latest scams and threats to our children. Learn ways to protect yourself and your livelihood. Those that attend will also get to see some of the latest digital investigation tools that are in use in Southern Idaho. A live demonstration of the dark web will also be presented.	Twin Falls Police Department	Tuesday March 24th	10am-12pm	105		Unlimited
Developing Effective Safety Teams and Champions	In many organizations, committees and safety champions are responsible for creating a robust, proactive, and self-managed, approach to continuous safety environment. This course is designed as an introduction to helping team members develop skills required for defining, developing, and following a reliable process that guarantees consistent results.	Joe Estey	Tuesday March 24th	8am-10am	151		Unlimited
Disconnectiveness: Understanding Current Mental Health/Substance Abuse Issues	Workplace substance abuse affects all businesses, regardless of size or industry. This training is designed to discuss the cause and condition of mental health disorders and the underlying causes of substance abuse/addiction. Included in the training will be a discussion of human development and how the brain is affected by mind-altering substances.	John Brannen	Tuesday March 24th	10am-12pm	240		Unlimited
Drug & Alcohol Reasonable Suspicion Training	Department of Transportation agencies require all supervisors and company officials to be trained in the signs and symptoms of drug abuse and alcohol misuse. This course is designed to provide information to officials to help them determine whether reasonable suspicion exists to require employees to undergo testing. The modules discussed include the five components of a drug free workplace, creating a comprehensive drug and alcohol policy, reasonable suspicion testing, motivational factors of abusers, dealing with abusing employees, signs and symptoms of abuse, approach and confrontation techniques, and documentation and recordkeeping. This course will meet the DOT requirements.	Jesus Torres	Tuesday March 24th	8am-10am	150		Unlimited
Effective Training Methods	There are numerous methods and materials for training with certain advantages and disadvantages, however not every method is effective. Training is an essential piece of every good safety program. You can improve your safety program by improving how you train. In this session you will see how to effectively break down any job or task to better train employees and reduce accidents and injuries in the workplace.	David O'Connell	Monday March 23rd	3pm-5pm	240	3	60
Electrical Arc Flash Safety	Training workers to work safely with and around electrical hazards is a critical requirement for maintaining worker safety, as electricity is a serious workplace hazard. Earn two electrical CEU credits while receiving training that teaches participants the basics of electrical safety in the workplace. Participants will gain an understanding of some of the electrical hazards likely to be encountered in the workplace and an appreciation for the possible damage these hazards can do. They will also learn about the skills, methods and equipment used to ensure their safety and the safety of others while working around these hazards. Training is ideal for any individual who works on or around electrical equipment or for those who oversee these personnel.	Jake Ball	Monday March 23rd	3pm-5pm	104		Unlimited
Emergency Preparedness	In a disaster, local officials and relief workers cannot reach everyone immediately. A disaster plan will help with safety, security, and comfort. Regardless of the type of disaster, there are things you can do to prepare. This course is designed to provide education in emergency preparedness for families, those with functional needs, and children. The course will also include information on county emergency operations plans, sheltering in place, partners in the community, and much more.	Jackie Frey	Tuesday March 24th	10am-12pm	236		Unlimited

Emotional Intelligence in the Workplace	This course will define and understand what the applied concept of emotional intelligence is by examining personality and its relationship with EQ/EI. Specifically, this course is intended to describe: The five factor personality model and personality disorders, theory and models of EQ/EI, EQ and personal relationships, emotional intelligence in the workplace and toxicity and conflict resolution, and improving your emotional intelligence.	Monica Matthews	Tuesday March 24th	1pm-3pm	236		Unlimited
Enhance your Safety Program with 5S	5S is used to improve quality, productivity and efficiency in an organization, but it can also improve safety and morale. It is well known that housekeeping is an integral part of every safety program. Implementing 5S will create a clean, safe and efficient workplace. Learn how to create a safer workplace using 5S, and more importantly, keep it that way.	David O'Connell	Tuesday March 24th	8am-10am	240		Unlimited
Excavation and Trenching	If you are replacing a culvert under the roadway or installing sewer lines below the elevation of the basement of homes in the area, the standards found in the OSHA excavation and trenching program provide a safe working environment. In this course students will identify basic hazards associated with excavations and trenching, recognize the need for strict adherence to benching and shoring requirements, required responsibilities of the competent person, elements of soil stability and basic classifications, types of systems used to protect workers, and basic emergency response procedures.	Bruce Drewes	Wednesday March 25th	3pm-5pm	240		Unlimited
Financial Health and Wellness	Did you know employee productivity is linked to financial health? Many hard working individuals are struggling with their financial situation. Stress over money and debt takes both a mental and physical toll on workers, impacting health-related costs and significantly reducing productivity. This course is designed to address the ways that you as an employer are able to provide employees with successful tools to take back their financial freedom.	Brian Scott	Wednesday March 25th	3pm-5pm	236		Unlimited
Fire Safety 101	Each year fire takes a tremendous toll in industrial America. Fire injures, destroys property and causes the loss of jobs. Portable fire extinguishers are often the first line of defense against fire in the workplace. This training will teach how to identify the different classes of fires and determine when to use each type of fire extinguisher, parts of a fire extinguisher, precautions that must be taken before using a fire extinguisher, and demonstration of how to extinguish a fire using the PASS technique (pull, aim, squeeze, sweep).	Josh Kliegl	Wednesday March 25th	3pm-5pm	104		Unlimited
First Aid	First Aid training gives you the information and the skills you need to help adults and children during emergency situations. The purpose of this course will be to help participants identify and eliminate potentially hazardous conditions in their environment, recognize emergencies, and make appropriate decisions for first aid care. It teaches skills that participants need to know in order to provide immediate care for suddenly ill or injured persons until more advanced medical care arrives to take over.	Jeremy Presnell	Wednesday March 25th	8am-12pm	160	2	8
First Lead Yourself	Learning to lead yourself is one of the most important principals you'll ever do as a leader. The better you know yourself, the better you can navigate the turmoil in today's highly uncertain environment. We will take an in depth look into leadership development with self-development as our catalyst. Becoming the best leader you can be, means putting in the time to become the best self you have yet to know. In this course, you will learn key principles you need to make part of your personal habit.	Blake Hollingsworth	Tuesday March 24th	8am-10am	154		Unlimited
Flagging: Basic Traffic Control	This course is designed to provide flaggers with the basic knowledge and information to perform their jobs safely. The training will include topics such as operating in a safe manner, directing traffic to protect highway construction workforce, and rules and regulations of proper traffic control.	Mike Stowell	Wednesday March 25th	8am-5pm	256	4	20
Food & Wellness	Do you feel guilty after eating? Do you think about food all the time? Are you tired of jumping from dieting and restriction to overeating and bingeing? You are certainly not alone! This course will go over the principles of Intuitive Eating, an eating model that helps you reconnect with your body and be able to trust the signals your body sends you. Intuitive Eating is a research-based method which has been proven to improve people's relationship with food by listening to and connecting with our body's own natural cues.	Holly J Anderson	Wednesday March 25th	10am-12pm	236		Unlimited
Food Safety Vision 2020	Description coming soon...	Bonna Cannon	Tuesday March 24th	3pm-5pm	236		Unlimited
Forklift Operator	OSHA requires all personnel to be certified to drive a forklift and most employers throughout the U.S. are requesting previous forklift operator training or certification. The demand for trucking and warehousing services is expected to increase in Idaho. Let us help you not only comply with OSHA regulations but get the job you want. This 1-day certification course is designed to provide participants with classroom training along with a practical confirmation of Forklift Operators with limited or extensive experience in handling forklift trucks. This course teaches forklift operators to operate in a safe and efficient manner which includes a written theory/practical exam.	Davy Gadd	Wednesday March 25th	8am-3pm	271	1	7

Franklin Covey 7 Habits for Highly Effective People Signature Series	Our character is a composite of our habits. Due to there consistency, habits constantly express our character and produce our effectiveness or ineffectiveness. This introduction course is designed to help your organization achieve sustained superior results by focusing on making individuals and leaders more effective. Participants gain hands on experience, applying timeless principles that yield greater productivity, improve communication, strengthen relationships, increase influence, and laser-like focus on critical priorities. This training is beneficial for all level employees as well as the employer.	Bryan Matsuoka	Monday March 23rd	1pm-3pm	150		Unlimited
Hands on Audit - for Occupational Health and Safety Management Systems Implementation	ISO 45001 and ANSI Z10 are Occupational Safety and Health Management Systems. Please join us for a review and implementing a Safety Management System. We will use an auditing template to frame our implementation strategy. For those new to the field or looking for a refresher we will begin with a site visit for CSI. This audit will cover life safety, OSHA construction and general industry standards to bring back findings and recommendations.	Valerie Waterland	Tuesday March 24th	8am-12pm	271		Unlimited
Hoisting and Rigging Safety	This course is designed to give beginners, and those who work in the vicinity of rigging activity, the ability to recognize potential hazards. The course will include topics such as Basic Rigging Plans, Load Control Basics, The Rigging Triangle, and Application and Inspection of Hardware and Slings.	JP Pezina	Wednesday March 25th	1pm-3pm	236		Unlimited
Incident Investigation: Safety Incident Management and Investigation	Investigating worksite incidents, such as injuries, illnesses, or close calls, provides employers and employees the opportunity to identify hazards in their operations and shortcomings in their safety and health programs. Most importantly, it enables employers and workers to identify and implement the corrective actions necessary to prevent future incidents. This course is designed to cover the methods for managing, investigating, and documenting incidents. Participants will be able to use what is taught from the course and apply critical thinking skills to conduct an incident investigation and pinpoint causes and preventatives for future injuries.	Aaron Keyes	Wednesday March 25th	3pm-5pm	150		Unlimited
Injury Prevention: Ergonomics with an Emphasis on Back Health	The human body is a fragile system, and we put many demands on it every day. Activities like reaching for supplies, sitting in front of a computer for hours, and moving heavy products can take a toll on our bodies. It may sound cliché that an ounce of prevention is worth a pound of cure, but it is a true and practical method. Ergonomics will not fully stick unless fundamental principles are taught and integrated. This course is designed as a foundational resource to debunk myths and lead to successful prevention of injury.	Dr. Bryan Wright	Wednesday March 25th	10am-12pm	150		Unlimited
ISO 45001 and ANSI Z10	For the advanced safety professionals, this session you will audit and set up a management system using the ISO45001 and ANSI Z10 standards. The training will audit CSI from previous frameworks and come together to create recommendations. While session will be focused on CSI as a framework, you will walk away with a better understanding of your framework for implementing the management system in your organizations.	Valerie Waterland	Tuesday March 24th	1pm-5pm	271		Unlimited
Lean Thinking and Methods	5S is a system to reduce waste and optimize productivity through maintaining an orderly workplace and using visual cues to achieve more consistent operational results. This course focuses on a quick intro to "Lean" implementing a culture of continuous improvement, the power of 5S, and the 8 step problem solving method "No matter how big or small the problem is, these 8 steps will help solve and or improve the issue."	Justin Meador	Monday March 23rd	1pm-3pm	154		Unlimited
Lockout/Tagout	Lockout/Tagout is one of the most serious and most often cited violations. Learn how to protect workers from potentially fatal accidents. Let our safety experts break down the OSHA regulations and teach proper lockout/tagout equipment procedures, required lockout/tagout devices, hazardous energy sources, injury prevention, and legislative requirements.	Marc Harm	Tuesday March 23rd	3pm-5pm	154		Unlimited
OSHA 10 - Construction	The OSHA 10 Training Program for the Construction Industry provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces of the construction industry. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights. Some topics include: Materials Handling, Hand and Power Tools, Excavations, Struck-By Hazards, Health Hazards in Construction, and many other exciting topics you do not want to miss. The 10-hour OSHA course is taught over a two day period and you MUST attend both days in order to receive an OSHA certification wallet card.	Richard Fesler	Tuesday March 24th - Wednesday March 25th	1pm-5pm 8am-5pm	154	6	30

OSHA 10 - General Industry	The OSHA 10 Training Program for General Industry is intended to provide training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces of general industry. The program also provides information regarding workers' rights, employer responsibility, and how to file a complaint. Through this training OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights. Some topics include: Personal Protective Equipment (PPE), Hazard Communications, Electrical, Walking Working Surfaces, and many other exciting topics you do not want to miss. The 10-hour OSHA course is taught over a two day period and you MUST attend both days in order to receive an OSHA certification wallet card.	Keone Valdez	Tuesday March 24th - Wednesday March 25th	8am-5pm 8am-12pm	241	6	30
Resources for Assisting Mental Health/Substance Abuse Disorders	Recovery in Motion exists to remove barriers to recovery by providing free services to individuals, families, and employees in our community who live with substance use and/or mental health challenges. This training is designed to discuss their role in providing resources to the local community and employers. Included will be a discussion about the help available to those with mental health/substance abuse disorders which will include veterans, those who have been incarcerated, and families with members who have health/substance abuse issues.	John Brannen	Tuesday March 24th	3pm-5pm	240		Unlimited
Silica	One of the longest standing hazards in the workplace has been that of silica dust. This session will focus on multiple perspectives for compliance with OSHA Silica in Construction and General Industry Standards. This will include lines of inquiry of OSHA Compliance Officers on enforcement inspections, and employer considerations for compliance with Table 1 - proposed control measures for common tasks/equipment on construction sites with silica exposure. The class will also address Frequently Asked Questions (FAQ's), and provide an opportunity for attendees to engage in role play if faced with workplace exposure scenarios.	Bruce Drewes	Wednesday March 25th	10am-2pm	240		Unlimited
Stop the Bleed	Stop the Bleed is part of a nationwide campaign to empower the general public to make a difference in a life-threatening emergency by teaching the basic techniques of bleeding control before emergency medical services arrive on scene. Techniques taught include scene safety, 9-1-1 activation, basic patient assessment, identifying sources of bleeding, bleeding control and wound packing and tourniquet application	Dillon Brock	Monday March 23rd	3pm-5pm	160		Unlimited
The Internet - Does Secure Site Really Mean Secure?	When surfing the web, you want to keep your personal information private, not leaving it open to be spied on by Internet Service Providers or other people on your network. This training will take you through an understanding of how the internet works and what makes a secure website for your personal and secure workplace information including, how the internet works, where your information is kept, differences between firewalls and more.	Gerardo Munoz	Tuesday March 24th	10am-12pm	158		Unlimited
The Intersection of Safety Performance and Operations	The intersection between culture and safety performance starts with our leadership. As EHS leaders our role is to determine what type of leaders do we have, what is our current culture and where do we need it to go in order to improve our safety performance. This course is designed to stimulate conversation on assessing our current organizational structure and how to move it toward improvement. The take away from this session will be how to determine the type of leaders, steps for engaging the team and a guideline to assess the current culture.	Valerie Waterland	Monday March 23rd	1pm-3pm	151		Unlimited
Transformative Leadership	The learning objectives are designed to give you insights into leadership theory and how it applies in real world contexts. Specifically, you will improve and address your skills in key areas of leadership, including change and innovation, reflection, collaboration, communication, conflict, and team awareness. This course will examine contemporary Transformational Leadership skills, tools, tips and how to improve your relationships with your team through authenticity and integrity.	Monica Matthews	Wednesday March 25th	1pm-3pm	150		Unlimited
Wellness in Health and Safety	There is a direct connection between safety and wellness, however many see and treat these as separate entities and manage them in separate departments. Work health safety training is essential for each individual in the workplace. Wellness is health in mind, body, and spirit and so much more than just not being sick. Wellness essentially means feeling good and taking care of your body as well as liking yourself. This course is designed to educate about the five "Dimensions of Wellness" and the means to utilize them to improve our health and happiness as well as workplace safety.	Judy Heatwole	Tuesday March 24th	3pm-5pm	256		Unlimited
What Do You See?	This course is designed to illustrate safety concerns and how it becomes unnoticeable, in other words what's obvious is not always obvious. Learn how to challenge the status quo in safety, implement new best safety practices, and how to become the standard of change and progression within your safety culture. We will take an in depth look into the safety concerns from the perception of several individuals as they inspected a local manufacturing company. Will you see what they saw?	Blake Hollingsworth	Tuesday March 24th	3pm-5pm	151		Unlimited

What's on Your Mind?	Quick decisions save time and energy, but sometimes those knee-jerk reactions lead to bad choices. That's because biases impact our thinking every day. This interactive course is designed to introduce participants to common mental biases that lead to errors during busy, unplanned, dangerous or event-triggering actions. Discussion will also include specific techniques and countermeasures for improving personal error detection and recovery.	Joe Estey	Tuesday March 24th	1pm-3pm	151		Unlimited
Worker's Comp Compliance and Rehabilitation Services	If a work-related injury or illness does occur at your worksite, you want to be prepared. You need to know what steps to take and who to contact when responding to emergency and non-emergency situations. It is important that this process is done quickly and fairly. This course is designed as an interactive discussion to review the Idaho Industrial Commission's compliance requirements, legal rights and responsibilities of the employer in the workers' compensation system, and the rehabilitation services offered in the event of an injured employee.	Susan Beseris Luis Estrada	Monday March 23rd	3pm-5pm	241		Unlimited
Working at Heights: Fall Protection	Falls are among the most common causes of severe work related injuries and deaths. When fall protection systems are put in place you are able to control and reduce the risk of injury and potential fatality. OSHA recommends that employees participate in annual fall protection training. This hybrid course is designed to introduce the different aspects of working from an elevated platform and how to properly use fall protections equipment. Modules include: Aerial Work Platforms (29 CFR 1926.453), Fall Protection (29 CFR 1926 Subpart M), and Ladder & Stairway Safety (29 CFR 1926 Subpart X).	Matt Johnson	Tuesday March 24th	8am-10am	256		Unlimited
Workplace Violence and Active Shooter Response	According to the FBI, active shooter incidents are on the rise and the majority of them occur in places of business where sadly no sector or work environment is immune to the possibility of these incidents. If you are a front desk professional your organization counts on you to handle any situation that walks through the front door. This course is designed to educate business professionals and law enforcement personnel about workplace violence and the Active Shooter phenomenon. Some of the topics will include recognizing and realizing the responsibility of workplace violence prevention, pathway to violence, personal safety plans and key components, identify and comprehend violent behavior pre-indicators, and many other important topics. At the end of this course students will receive a certification issued by the Twin Falls Police Dept.	Captain Matt Hicks	Wednesday March 25th	1pm-5pm	151		Unlimited