



UPDATED 9-23-2004

NORTHWEST LABORERS-EMPLOYERS TRAINING PROGRAM

Available Courses w/ Synopsis

[Airtrac Drilling \(80 hours\)](#)

Students will learn all aspects of air and hydraulic powered drills for the purpose of preparing rock for blasting. This class is part of the Laborers-AGC Specialty Skills Training Program and is held at Regional Training sites. Qualifications for attending are: 1) Be a member in good standing, 2) Be sponsored by a local Laborers' Union, Northwest Laborers Training Program, or a signatory contractor, 3) Have a need for specialty skills training and have work available upon completion. An application for Specialty Skills Training will need to be submitted to the training program. Topics to be covered:

- Maintenance
- Repair
- Operation
- Drilling
- Safety

[Air-tools & Oxygen/Acetylene Equipment \(40 hours\)](#)

This course exposes the construction craft laborer to air compressors, air tools and hoses, jackhammers, pavement breakers, sandblasting, oxygen/acetylene safety and proper use, tank handling and storage, gauges, etc.

[Anthrax Remediation Course \(24 hours\)](#)

The Anthrax remediation course introduces trainees to the field of anthrax remediation. The 24 hour course includes lectures and demonstrations as well as hands on training. Anthrax remediation is performed in contaminated buildings/ workplaces where anthrax spores are present. This specialized work must be performed by highly trained and qualified personnel.

Topics covered in this course include:

- Health effects and characteristics of anthrax
- Medical testing and treatment for anthrax
- Personal Protective Equipment
- Decontamination
- Work Area Monitoring and Sampling
- Work Area Preparation, remediation techniques and disposal.

Students attending this course must have a Current Hazardous Materials Worker Card.

[Asbestos Abatement Worker \(40 hours\)](#)



Washington State approved course provider #022

Oregon State approved course provider #L33

This class focuses on the hazards of asbestos and complies or exceeds the EPA, Federal OSHA, WISHA and DEQ training requirements. Each trainee is required to pass with a grade of 80% or above before his/her application is submitted to the applicable state for certification. This class covers the safe removal of asbestos-containing materials and includes both classroom time and hands-on training. Topics covered:

- Legal rights of workers
- Personal protective equipment
- Respiratory protection
- Engineering controls
- HEPA air filters
- Air monitoring
- Personal Hygiene
- Hands-on exercises
 - Glove bag procedures
 - Erecting 3-stage decon chamber
 - Removal of simulated ACM
 - Respirator use

Asbestos Abatement Supervisor (40 hours)

Washington State approved course provider #067

Oregon State approved course provider #L35

This class focuses on the responsibilities of the supervisor on an asbestos project and complies or exceeds the EPA, Federal OSHA, WISHA and DEQ training requirements. Each trainee is required to pass a written test with a grade of 80% or above before his/her application is submitted to the applicable state for certification. Topics covered:

- Identification
- Aerodynamic characteristics
- Summary of abatement control
- Calibration of air monitoring equipment
- Fit test protocols (QNFT & QLFT)
- Project setup and design
- Managing the job - workers, employer, client & regulatory

Asbestos Awareness (Class IV Work Only) (3 hours)

The purpose of the asbestos awareness class is to increase the workers awareness of asbestos and what to do if asbestos is encountered in day to day work activities. It will also increase the awareness of the effects asbestos exposure can have on your health.

Asbestos Worker Re-certification (8 hours)

This class brings the active asbestos abatement worker up to date on current regulations concerning the abatement industry. This is a federal and state requirement to maintain certification.

Washington State approved course provider #017

Oregon State approved course provider #L32



Asbestos Supervisor Re-certification (8 hours)

This class brings the active asbestos abatement supervisor up to date on current regulations concerning the abatement industry. This is a federal and state requirement to maintain certification.

Washington State approved course provider #067

Oregon State approved course provider #L34

Asphalt Laborer (80 hours)

This class teaches the basic skills needed and used in street and highway asphalt construction. Classroom and hands-on training will combine to provide an understanding in raking, shoveling, paving, estimating, and troubleshooting the placement of asphalt materials. Students will also receive experience in placing asphalt by hand and by using a latent box.

Basic Fence Building (80 hours)

This class introduces students to fencing material installation. They receive layout and post setting, gate building, demolition of existing fences, operating equipment associated with fence building for both demolition and installation of new fences and gates and all cleanup work. In addition they receive equipment maintenance and safety training such as first aid and CPR.

- Safety Policies
- Equipment Maintenance
(Daily Pre-operation Maintenance Check List)
- Medic, First Aid, CPR
- Jlg/ Extended Boom & Scissor Lift Training- To OSHA Regulations
- Layout & Post Setting
(Setting Posts/Estimating Concrete/Bias Cutting/Industrial Chain Link)
- Identifying All Parts to Chain Link Fence
- Ornamental Iron (Building Panels)
- Identifying All Components To Ornamental Iron
- Reading Shop Drawings
- Identifying Tubing & Pipe
- Identifying Terminal, Gate, & Line Posts
- Stretching & Hanging Fabric
- Principals of Gate Building
- Barbed Wire/ Touch Base On Razor Wire
- Tool Recognition
- Tie Hog Rings & Touch Up Paint
- Determine Types of Footings & Depth of Post Holes
- What Materials & Attire To Have On The Job Site
(Tool Belt, Tools, Hard Hat Etc..)
- Fence Line Clean Up



[Blueprint Reading Part I, Basic \(40 hours\)](#)

The Basic Construction Plan Reading course is specifically designed for trainees who want to develop their plan reading skills. Prior knowledge in “elevation control” would be very helpful. This class is covered with exercises and homework type problem solving. This includes:

- Reading blueprints for structural information
- Working drawings and blueprints
- Reading detail drawings
- The “plot” plan
- Reading floor plans
- Reading blueprints/trade
- Symbols & notations used on floor plans

[Blueprint Reading Part II, \(40 hours\) \(Pre-Requisite Requirement\)](#)

This class covers plan reading for “Light Commercial Construction” which builds on knowledge learned from Part I. Knowledge in “elevation control” is required. Completion and passing of the “Basic Blueprint Reading - Part I” or equivalent is a **pre-requisite** to taking this class. This class is covered with exercises and homework type problem solving. This includes:

- Reading blueprints for small commercial building
- Types of construction
- Heavy timber construction
- Reading blueprints for a townhouse
- Structural steel construction
- Reinforced concrete

[Blueprint Reading Part III, \(40 hours\) \(Pre-Requisite Requirement\)](#)

This class covers plan reading for “Heavy Commercial and Industrial Construction” which builds on the knowledge learned from Part I & II. Completion and passing of the “Blueprint Reading – Part II” or equivalent is a **pre-requisite** to taking this class. This class is covered with exercises and homework type problem solving. This includes:

- Reading blueprints for heavy commercial and industrial building
- Types of construction
- Specifications
- Site work
- Structural Steel Construction
- Mechanical and Electrical systems
- Reinforced concrete construction
- Finish construction

[Commercial Drivers License \(CDL\) \(40 hours\) \(Pre-Requisite Requirement\)](#)

This class contains training to enable students to successfully complete the written examination required for the CDL training session. **This class does NOT teach anyone how to drive.** Each student will be required to pay for any testing fees applicable at the end of class. A Washington State official will be at the training facility to administer the written test. Students should already have the knowledge and skills on how to operate a commercial



vehicle. Also, students should have employment that dictates that each student has a CDL Drivers License and is referred by the local union. Each student must provide and bring to the class:

- **5-year “Abstract of Violation”** (Department of Licensing office / \$4.50 fee required)
- **Department of Transportation “Physical Examination”** (any physician can provide this **AND** it **MUST** be on a DOT Medical Form)
- **CDL Manual** (pick it up at Department of Licensing)
- **Current CDL learners permit** (To obtain this CDL learners permit, each student must take a copy of the DOT physical, their social security card, and pay a \$7.00 fee to the Department of Licensing.)

Concrete Cutting & Coring (40 hours)

This course covers the proper safety, use and handling of concrete sawing equipment. The course has extensive hands-on training in the use and operation of:

- Walk-behind saws
- Hydraulic trac-guided wall saws
- Floor Saws
- Coring and Drilling equipment
- Hydraulic chainsaw – handheld
- Hearing Conservation

Concrete Patch and Repair (40 hours)

Students will learn how to repair both fresh and hardened concrete products. They will learn what causes, how to identify and repair concrete surfaces defects, such as:

- Excessive bleeding
- Blisters
- Sticky mixes
- Abnormal or inconsistent setting times
- Rock pockets
- Applying RACO products
- Hardened concrete problems
- Hearing Conservation

Concrete Placement (80 hours)

Designed to teach the proper placement, consolidation, vibration and curing of various types of concrete. The class will cover proper compaction equipment for different types of soil, simple form work and estimating concrete usage. Basics to include:

- What is soil compaction?
- Confined area soil compaction
- Common applications & calculating concrete volume
- Cement to water ratio's
- Principals of proper curing
- Mixing concrete - Basics (portable gas-powered mixers)
- Hearing Conservation

Concrete Placement Advanced (80 hours)

This class is designed to provide additional information to the more advanced concrete worker. Trainee's should have at least 1 year of concrete experience or have completed the Basic Concrete Placement class. Course covers the different aspects of concrete including:

- Materials in concrete
- Specifying the concrete mix



- Curing materials and methods
- Air-entrainment of concrete / aggregate
- Repair of concrete - Causes and control of cracks
- Concrete forms and forming
- Hearing Conservation

Contractor-Safety Training Orientation Program (C-STOP) (8 hours)

C-STOP is a basic safety awareness class on construction safety. It briefly covers a variety of subjects from a video-based format and quizzes to review the information.

Contractor-Safety Training Orientation Program Re-Certification (C-STOP) (4 hours)

C-STOP is a basic safety refresher class and briefly covers the same subjects as the 8 hour awareness plus new subjects from the same type video based format.

Construction Math (40 Hours)

Students review basic math functions as they relate to the construction industry with practice on addition, subtraction, multiplication and division. Students will work with problems involving volumes in square feet, square yards, cubic feet, cubic yards, working to figure out construction problems in concrete volumes, backfill amounts in dirt, and asphalt amounts for paving jobs.

Confined Space Entry (24 hours)

Students learn safe and effective methods on how to enter a permit-required confined space. Course includes:

- Recognition of permit-required confined spaces
- Read and complete an “entry permit”
- Responsibilities of “entrant”, “attendant”, & “supervisor”
- Setup & entry into a confined space
- Physical and Atmospheric hazards (how to recognize and control them)
- Personal protective equipment
- Rescue operations

Confined Space Awareness (8 hours)

Students will increase their awareness and learn how to recognize a permit-required confined space. Course includes:

- Recognition of permit-required confined spaces
- Hazards of confined spaces
- Responsibilities of “entrant”, “attendant”, & “supervisor”



First Aid Training including CPR (8 hours)

“Medic First Aid” course covering basic first-aid and CPR, includes:

- Assessment and handling of serious injuries
- Shock, heart attack, unconsciousness, circulation problems
- Sprains & strains, diabetic emergencies, seizures, poison
- Basic life support
- Spider bites, snake bites, anaphylactic shock, choking
- Drowning, cold related emergencies, hyperventilation
- Strokes, injuries to the head, eyes, neck and back
- Bleeding control, bandage workshop

Elevation Control (40 hours)

This class covers common math used in construction, the proper setup and leveling of a transit, and understanding elevations within a building. The class also includes:

- How to take and record elevations
- How to turn simple angles
- How to safely setup & use a “beacon-type” grade laser beam
- How to set building corners
- Water levels
- Pacing off distances

Fire Watch (8 hours)

This class will review the responsibilities of being on fire watch, how to use a fire extinguisher and how to notify emergency personnel.

Forklift Safety (8 hours)

Students learn about the Appropriate State or OSHA regulations, operator responsibilities, proper maintenance and servicing, understanding load charts and operator manual and estimating material weights.

General Construction (80 hours)

This class teaches some of the basic skills that every “Construction Craft Laborer” should have. It covers new construction, demolition and land clearing. The class is mostly hands-on learning with an emphasis on safety. Included in the class are:

- Oxygen/Acetylene cutting
- Air tools (i.e., chipping gun, pavement breakers, etc.)
- Electric Tools (i.e., sawsall, roto-hammer, etc.)
- Power tools (i.e., power-actuated, chainsaws, etc.)
- Sandblasting
- General and electrical safety
- PPE - hearing, eye, head, toe protection (including repetitive motion)
- Soil compaction and equipment
- Hearing Conservation

Grade Checking (80 hours)



The student will learn about and become familiar with field level transits as well as laser levels. You will use current grade checking practices to determine proper cuts, fills and slopes as it applies to site work. Trainee's should take the "Transit & Level" class prior to attending this one. Topics include:

- Proper safe operation (laser levels)
- Maintenance of laser levels
- Mathematics used in "cuts, fills and slopes"
- Read, understand and use standard "symbols" in grade work

[Hazard Communication \(3 hours\)](#)

When completed, you will be able to recognize and understand warning labels (i.e., NFPA, DOT, HMIS), how to ask for, read and understand a material safety data sheet.

[Hazardous Waste Worker \(80 hours\)](#)

This class both meets and exceeds the training requirements for OSHA 29 CFR 1910.120 hazardous waste worker. This training is required to work on hazardous waste sites and involves certification. The course is designed to provide workers with both classroom and hands-on training sufficient to assure the highest level of retention. The course covers:

- Hazard recognition
- Hazard communication
- Health effects
- Personal protective equipment
- Respiratory protection
- Decontamination
- Site safety and health plans
- Material handling
- Safe sampling techniques (air, water, soil)
- Permit-required confined space entry
- Worker legal rights
- Remediation technologies and groundwater

[Hazardous Waste Worker Re-certification \(8 hours\)](#)

This class brings the active hazardous waste worker up to date on current regulations concerning the environmental cleanup industry. This is a federal and state requirement to maintain certification.

[Hazardous Waste Supervisor \(24 hours\) \(Pre-Requisite Requirement\)](#)

Completion of the 80 hour hazardous waste worker course is a **pre-requisite** to taking this class. This course is designed to cover supervisor responsibilities and to provide those individuals with additional leadership and communication skills. The format uses small group activities to research and review SS&HP's, OSHA regulations, increase their level of hazard recognition and help develop decision-making skills. Other topics include:

- Emergency response
- Media relations
- Personal protective equipment
- Written "Standard Operating Procedures"
- Supervisor & workers - Rights and remedies



Hazardous Waste Supervisor Re-certification (8 hours)

This class brings the active hazardous waste supervisor up to date on current regulations concerning the environmental cleanup industry. This is a federal and state requirement to maintain certification.

High Scaling (80 hours)

This course is **NOT** for everyone! Individuals must in very good physical condition and not have a fear of heights prior to taking this class. The Training Director or his designee prior to acceptance into this class must interview all potential students. Students will be required to literally hang over an 80 foot high rock cliff using the skills they have learned in class. Trainees will be instructed in the following:

- Hazard recognition
- Fall protection laws
- Harness use and inspection
- Lanyard use and inspection
- Downlines use and inspection knots
- Compressed air safety
 - Starting & stopping compressors
 - Maintenance of compressors
 - Dangers of compressed gasses
 - Eye injuries
 - Dust problems
- Noise injury
- Skin care
- Jack hammer use and maintenance
- Braker use and maintenance
- Porta-power equipment
- Air bags
- Rock splitter use and maintenance
- Hands-on Training will include:
 - Hanging over 80' rock face
 - Using equipment while suspended
 - Climbing up & down rock face
 - Rock bolting

Laborers – Our Heritage (40 hours)

The make up will be part general Union history, LIUNA history, LIUNA Northwest District Council history, Local Union history and individual membership history. This will be done in Labor Center style, which is group centered and participant driven. This program, like the core of all our programs is information, discussion, analysis, and practice.

The students will be presented with information in the form of written material, film, speakers, web sites, oral histories, etc. Students will have the opportunity to discuss, ask questions, analyze, reflect and will work at participatory research and collaborative work with each other to practice skills that can be taken back to their locals and fellow members. The overriding emphasis of the program is to encourage them to develop a commitment to their union and fellow workers by helping them to understand what LIUNA is, where it came from, and where it is going. This way they may develop a sense of ownership and pride in the rich yet imperfect history of a great organization.

Lead Abatement Worker (40 hours) (Pre-Requisite Requirement)



The class focuses on safety & health hazards and the safe removal and handling of lead-based paints on structural steel. This class meets EPA, OSHA & OR-OSHA requirements. A current asbestos abatement certification and having worked in that industry is a **pre-requisite** to attending this class. This class covers:

- Personal protective equipment
- Health effects
- Monitoring requirements
- Regulatory requirements
- OSHA requirements for “Lead in Construction”
- Work practices & engineering controls
- Hazard communication
- General safety on the job

Mason Tending and Forklift Safety (80 hours)

The mason tender has always been a very important part to the success of the masonry industry. This class will cover the skills and capabilities that are essential for the safe and efficient operation of any masonry project. The course includes topics:

- Job setup
- Scaffolding erection
- Proper estimating and stocking of materials
- Proper mortar mixing procedures
- Types of mortar and grouts
- Forklift operation and safety
- Tending the needs of the mason
- Weather and how it affects the project
- Hearing Conservation

Metric Measurement in Construction (24 hours)

This class introduces the trainee to metric measurement. It covers metric units for measuring lengths, depths, widths, volumes and capacities. The class includes many worksheets, group activities and hands-on activities to help understand the metric system.

Microbial Remediation (40 hours)

The Microbial remediation course introduces trainees to the emerging field of microbial remediation. Microbial remediation is performed in both new and old buildings where indoor air quality has been affected or where occupants are suffering from potentially serious health effects of exposure to toxic microbes such as mold, mildew, bird/bat droppings, bacteria, and/or viruses). The work involves cleanup or demolition of contaminated building materials or heating, ventilation, and air conditioning (HVAC) systems. Topics covered in this course include:

- Indoor Air Pollution and Sick building Syndrome
- Health Effects in relation to indoor air quality
- Work Area Sampling
- Hazard Communications
- Personal Protective Equipment
- Work Area Preparation and Remediation techniques
- Decontamination

This course includes both hands-on, lecture and demonstration types of training. Students attending this course should have some form of prior environmental training.



Nuclear Power Plant Decommissioning (80 hours)

This class meets the requirements of the Nuclear Regulatory Commission and is designed to prepare those workers who will be decommissioning and dismantling old nuclear power plants. The class covers information on scaffold user; fall protection; oxygen-acetylene and plasma-arc cutting; forklift safety; hoisting & rigging safety, and the OSHA 10 construction safety outreach program. It also includes training for NRC Radiation certification, environmental awareness, confined space awareness, and concrete surface remediation. The class can be tailored to meet specific contractor needs.

OSHA 10 Construction Safety Outreach Program, PSM and BERA (Basic Emergency Response Awareness) (16 hours)

This class covers a variety of basic construction safety and health issues. The course covers general safety of the OSHA 29 CFR 1926 Construction Standards and applicable state requirements when more stringent. This class uses group exercise and worksheets to learn. A total of 10 topics are covered from the following list:

- Intro. to OSHA, Competent person & General Duty Clause
- OSHA inspection procedures
- Confined Spaces
- Subpart D: Occupational Health & Environmental Controls
- Subpart E: Personal protective equipment
- Subpart F: Fire Protection
- Subpart H: Material Handling, Use, Storage and Disposal
- Subpart N: Cranes
- Subpart I: Hand and Power Tools
- Subpart J: Welding and Cutting
- Subpart K: Electrical
- Subpart L: Scaffolds
- Subpart M: Walking and Working Surfaces
- Subpart G,O,W: Motor Vehicles
- Subpart P: Excavations
- Subpart Q: Concrete and Masonry
- Subpart X: Ladders and Stairways

OSHA 30 Construction Safety Outreach Program (40 hours)

This class covers a variety of basic construction safety and health issues. The course covers general safety of the OSHA 29 CFR 1926 Construction Standards and applicable state requirements when more stringent. This class uses group exercise and worksheets to learn and is more extensive than the 10 hour course. All of the topics are covered from the following list:

- Intro. to OSHA, Competent person & General Duty Clause
- OSHA inspection procedures
- Confined Spaces
- Subpart D: Occupational Health & Environmental Controls
- Subpart E: Personal protective equipment
- Subpart F: Fire Protection
- Subpart H: Material Handling, Use, Storage and Disposal
- Subpart N: Cranes
- Subpart I: Hand and Power Tools
- Subpart J: Welding and Cutting
- Subpart K: Electrical
- Subpart L: Scaffolds
- Subpart M: Walking and Working Surfaces
- Subpart G,O,W: Motor Vehicles
- Subpart P: Excavations
- Subpart Q: Concrete and Masonry
- Subpart X: Ladders and Stairways



OSHA 500 - Construction Safety and Health Standards (40 Hours)

This class is a Train-the-Trainer that shows you how to teach an OSHA 10 & or 30 hour construction safety & health outreach program. To take the OSHA 500 class, a person must have a good working knowledge of the OSHA 29 CFR 1926 Construction standards and have 5 years construction safety experience. Current foreman, supervisor's and safety personnel will be given preference for attending. Other people with interests in safety as a career are also encouraged to attend this course.

Pre-Construction Training (PCT) (40 hours)

The new entrant will learn what it takes to become a productive "Construction Craft Laborer". Trainees will receive preliminary preparation and training for entry into the Laborers apprenticeship program. The course consists of 4 days learning and practicing timed work-tasks and one day test based on actual performance doing the tasks. Tasks include:

- Proper lifting techniques
- Concrete block moving
- Ditch digging to grade and compaction
- Proper use of a shovel
- Personal protective equipment
- Sand wheeling / control of a wheelbarrow
- Scaffold erection & disassembly, Basics
- Lumber moving and stacking
- Material and tool recognition
- Fine grading for concrete placement
- Gravel wheeling
- Brick moving and stacking
- Promptness & attitude
- Hearing Conservation

Plastic Pipe Fusion (16 hours)

The class uses extensive demonstration and hands-on training techniques to cover polyethylene pipe fusion up to 8 inch diameter. The course also covers:

- Mechanics of hot tapping gas lines
- Stick welding
- Describe large diameter pipe fusion
- Describe dual-wall pipe fusion
- Dangers & safety precautions of static electricity

Process Safety Management of Highly Hazardous Chemicals (PSM) (12 hours)

This class covers a variety of basic construction safety and health issues. The course covers general safety of the OSHA 29 CFR 1926 Construction Standards and the 29 CFR 1910.119 PSM standards as well as the appropriated State requirements. The course covers the responsibilities of the facility owner, contract employer and contract employee as well as:

- Confined space awareness
- Lock-out/Tag-out awareness
- Hazard communication awareness
- Fire prevention and emergency response
- PSM facility work "Permits"
- Intro. to OSHA, Competent person & General Duty Clause
- Personal protective equipment



- Electrical hazards
- Fall protection
- Scaffolding safety
- Material Handling safety

Pipe Laying - Gravity Flow (80 hours)

This class covers the necessary elements to pipe laying. General safety and “How To” is covered using classroom and extensive demonstration and hands-on teaching techniques. Topics covered include:

- Trenching and Shoring techniques
- Pipe laying techniques
- Transit level and Laser setup
- Manhole construction
- Drain fields
- Back-filling and related safety
- Field math necessary
- Testing pipe procedures
- Safe load bearing for sand and gravel
- Hearing Conservation

Pipe Laying - Pressure Pipe (80 hours)

This class covers the necessary elements to assembling pressure piping systems. General safety and “How To” is covered using classroom and demonstration teaching techniques. Topics include:

- Hydrant work
- Mechanical fitting
- Water main testing
- Polyethylene pipe fusion
- General safety
- Hearing Conservation

Radiation Worker II (24 hours)

This course covers DOE requirements for working in radiation at a Department of Energy facility. The course requires successful completion of both a written test and a performance test. Topics include:

- Basic chemistry
- Radioactive materials
- Preparing for work on DOE sites
- Proper procedures for donning and doffing PPE
- Hearing Conservation

Rigging and Signaling (40 hours)

This class is divided into regulations, theory and hands-on training to promote trainee self study, use of problem solving techniques and practical use and application of rigging techniques. The class is designed to give the trainee a working knowledge of “Hoisting Procedures” and special safety issues. Topics covered are:

- Federal & State regulations
- Slings: Types, ratings and uses
- Calculating loads
- Rope of man-made fibers



- Knots and splices
- Hand and voice signaling
- Wire rope
- Safety
- Hearing Conservation

Road Excavation and Plan Reading (40 hours)

This is an advance course for heavy & highway work. The class will cover project layout, elevations, underground utility work and scheduling. The course uses actual blueprints from DOT projects and is specific to Washington or Oregon projects depending on course location. A working knowledge of elevation control or grade checking is **highly recommended**.

Scaffold Erection and Fall Protection (80 hours)

This class has both classroom time and extensive hands-on training designed to increase your knowledge, experience level and meet the OSHA 29 CFR 1926.454 scaffold training requirements for those who are erecting, disassembling, moving, operating, repairing, maintaining or inspecting scaffolding. The trainees will assemble and disassemble several different types of scaffolding under different types of conditions. The scaffolds that will be used include:

- Tower scaffolds
- Tube and clamp scaffolds
- System scaffolds
- Suspension scaffold
- Limitation of scaffolds materials
- Scaffold safety
- Review current standards
- Hearing Conservation

Scaffold User Safety (8 hours)

This class meets the OSHA 29 CFR 1926.454 scaffold user training requirements. The class will increase the awareness level of those persons whom work on scaffolding. The course consists of:

- Nature of electrical hazards, fall hazards and falling object hazards
- Correct procedures for dealing with the above hazards
- Fall protection systems
- Proper handling of materials on scaffolding
- Maximum intended loads and the load-carrying capacities for scaffolding

WADOT - Certification in Site Erosion and Sedimentation Control (8 hours)

This class is only taught by a certified Washington DOT instructor. Procedures will be presented for the design and implementation of Temporary Erosion and Sediment Control plans (TESC). Practical examples, WSDOT case studies, and hands-on field work will be utilized to stress the proper installation, maintenance, inspection, and removal of temporary erosion and sediment control Best Management Practices (BMPs).



Upon completion of the course, students will be able to: (1) understand and implement the TESC; (2) direct the proper installation, inspection, maintenance, and removal of erosion and sediment control BMPs; (3) communicate effectively with WSDOT construction personnel, sub-contractors, grading inspectors, and resource agency personnel regarding erosion and sediment control; and (4) work in partnership with the above personnel to suggest changes and additions to TESC plans to enhance compliance with WSDOT erosion and sediment control requirements.

Smart Mark (12 hours)

This class covers a variety of basic construction safety and health issues. The course covers general safety of the OSHA 29 CFR 1926 Construction Standards and applicable state requirements when more stringent. This class was developed by the Construction Industry Partnership, Building & Construction Trades Department, AFL-CIO and is similar to the OSHA 10 Outreach course but is required training in some areas. All of the topics are covered from the following list:

- Intro. to OSHA, Competent person & General Duty Clause
- OSHA inspection procedures
- Confined Spaces
- Subpart D: Occupational Health & Environmental Controls
- Subpart E: Personal protective equipment
- Subpart F: Fire Protection
- Subpart H: Material Handling, Use, Storage and Disposal
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- Subpart N: Cranes
- Subpart I: Hand and Power Tools
- Subpart J: Welding and Cutting
- Subpart K: Electrical
- Subpart L: Scaffolds
- Subpart M: Walking and Working Surfaces
- Subpart G,O,W: Motor Vehicles
- Subpart P: Excavations
- Subpart Q: Concrete and Masonry
- Subpart X: Ladders and Stairways

TRADE SHOW & EXHIBITION INSTALLERS (40 Hours)

This class is for Tradeshow and Exposition Services Installers. It will train workers for the preparation, storage, handling, loading/unloading, construction, uncrating, layout, installation, dismantle, maintenance of Tradeshows, Conventions, Museums, Fairs, Special Events, and Meeting-Related Materials.

Class registration, site rules/general information
JLG Man-lift, Scissor, Forklift Straight Mast Safety Training

JLG Man-lift, Scissor, Forklift Straight Mast Hands on training.

Material Identification
Build and Dismantle Station as a group –
Practice building and dismantling station as a group and individually.
Medic First Aid
OSHA 10



Traffic Control (8 hours)

This class is the Evergreen Safety Council's traffic control course and is recognized in Washington, Oregon, and Idaho. The class uses written traffic scenarios for the hands-on training. The course also covers:

- Clothing and equipment
- Safety, positioning, traffic elements
- Stopping distance, road conditions
- Stopping traffic, releasing traffic
- Slowing traffic, directing traffic to other lanes
- One-way traffic control, traffic control zone
- Taper length, channeling devices,
- Signage - placement, guide, regulatory
- Flagging at night, freeway flagging

Traffic Control Supervisor (24 hours)

This class covers the supervisory skills, duties and responsibilities necessary to successfully control traffic. The class deals with legal issues such as liabilities, emergencies, documentation, governing documents (i.e., MUTCD, specifically part IV; 1994 Std Specs.) contracts and WSDOT, ODOT or IDOT guidelines, depending on the State. Also covered:

- Different devices
- Location and layout requirements
- The public
- Planning and preparation for controlling traffic
- Operating and maintaining traffic control zones

Trenchless Pipe Rehabilitation and Remote Camera Operation (80 hours)

This class is hosted by the Construction Laborers' Education and Training Fund of Minnesota and North Dakota and is part of the Laborers-AGC Specialty Skills Training Program. Qualifications for attending are 1) Be a member in good standing, 2) Be sponsored by a local Laborers' Union, Northwest Laborers Training Program, or a signatory contractor, 3) Have a need for specialty skills training and have work available upon completion. An application for Specialty Skills Training will need to be submitted to the training program.

Trainees learn the basics of trenchless pipe rehabilitation as well as the operation and maintenance of remotely operated cameras for inspection and service. Course topics include methods of rehabilitation for existing utility piping systems without excavation, methods of pipe relining, manhole rehabilitation, remote camera operation and maintenance, and remote service cutter operation.



Tunnel Safety and Health Awareness for New Tunnel Workers (40 hours)

In this course, you will learn about the underground construction environment, the most serious hazards associated with tunneling operations and the proper methods for working safely in underground construction.

This training program is intended to provide underground construction workers with a basic awareness of underground construction activities and their respective hazards. This program does not address all of the hazards that you may encounter while working in a tunnel and does not replace the job specific safety training that your employer is required to provide to you before you begin working on a tunnel project.

Upon completion, you should be able to:

1. Understand the typical underground construction environment and processes;
2. Identify the most common safety and health hazards associated with underground construction;
3. Describe various safe work procedures for preventing injuries and illnesses associated with underground construction activities; and
4. Understand the OSHA and MSHA safety and health requirements that your employer must comply with to ensure that you are provided with a workplace free from recognized hazards.

Tunnel and Shaft Worker (80 hours)

This class provides LIUNA members with comprehensive training in underground tunnel and shaft work. Trainees learn and practice production and safety procedures. This program also meets Mine Safety and Health Act Part 48 requirements except for specific site safety.

This class is part of the Laborers-AGC Specialty Skills Training Program and is held at Regional Training sites. Qualifications for attending are 1) Be a member in good standing, 2) Be sponsored by a local Laborers' Union, Northwest Laborers Training Program, or a signatory contractor, 3) Have a need for specialty skills training and have work available upon completion. An application for Specialty Skills Training will need to be submitted to the training program.

The topics and activities covered in the program are:

- Terminology of Underground Work



- Mining Equipment, Tools, and Other Materials
- Health and Safety
- Hearing Conservation
- Hands-on Training
 - Scaling
 - Drilling
 - Mucking Out
- Track Laying
- Preparing Holes for Explosives
- Shotcreting

Tunnel Safety and Health Awareness 40 Hours

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3. Describe various safe work procedures for preventing injuries and illnesses associated with underground construction activities; and

Understand the OSHA and MSHA safety and health requirements that your employer must comply with to ensure that you are provided with a workplace free from recognized hazards.

Transit Level Introduction (40 hours)

The class covers the proper techniques of controlling elevations and operations of a transit level. This class is highly recommended prior to attending the “Grade Checking or Road Excavation & Plan Reading” course. Class topics:

- Tripods, proper setup
- How to setup instruments
- Interpreting a surveyors rod reading
- Math exercises and conversion
- Focusing, signaling

