(https://www.constructionfoundation.org)



Class Catalog

Filter by a Topic

Building Information Modeling (BIM) Business CESCL: Stormwater Management Construction Leadership Series

Construction Quality Management (CQM) Construction Technical Skills (CTS) Foreman Training Program (FTP) General Construction Classes

Law Leadership & Development Lean Construction Certification Program (LCCP) Office/Admin. Staff Online Project Management

Public Speaking Safety Supervisory Training Program (STP) Sustainability Technology WWHM

308: Construction Project Management (/classes/type? record=308-construction-project-management)

Topics: Online

The purpose of this 308 Construction Project Management online course is to provide a framework for understanding the project manager's roles, responsibilities, processes and procedures. Student will learn the stages of the project, dispute resolution, project financing, feasibility, bidding and contracting.

Students will learn about cost and risk control as well as developing and applying policies and procedures. Other topics will include subcontractor management, purchasing and components of a good purchase order. Project start up and close out techniques will be covered.

Learning objectives By the end of this 308 Construction Project Management online class you will:

Know the different project delivery systems and how each affects the role of the project management team

Understand owner feasibility studies, methods of delivery, programming and design

Know how to manage the flow of project information during the various phases of the project.

Be able to manage various types and sources of risk that are the primary responsibility of the project supervisor

Understand the role of planning and scheduling in the pre-construction phase of a construction project
Understand the how and why of estimating

Be able to manage the mobilization and organization of a project in the field

Understand the basics of expediting materials, equipment orders, and the inspection and approval processes

Understand how project financing and insurance plays a role in modern construction management, cash flow, and project cost control

Understand the typical contracts used in the construction industry

Understand and recognize the Specifications and the Order of Precedence and its use in risk management

Be able to coordinate the close out of a construction project. Determine the best course of action to getting paid

Be able to apply subcontractor management techniques

Understand how corporate policies and procedures can affect the management of the project,

View Class Details and Dates (/classes/type?record=308-construction-project-management)

Assertiveness Training (/classes/type?record=assertiveness-training)

Topics: Leadership & Development

View Class Details and Dates (/classes/type?record=assertiveness-training)

Basic Rigging and Qualified Signal Person Certification (/classes/type?record=basic-rigging-and-qualified-signal-person-certification)

Topics: Safety

Attend this training to meet the new Federal OSHA standards for rigging and signaling. Correct rigging is essential to make the lift safe. Understanding how to calculate load weights, sling angles, and knowing about wire rope are all critical for the rigger. If you do not know the proper rigging techniques, your load could be improperly attached, and the rigging could fail, Learn the rejection criteria for wire rope and synthetic slings as well as inspection requirements, how to rig a stable load, and how to select the proper slings and hardware.

Signal persons play key roles on a construction site. They are the crane operator's eyes and ears on the ground and have a major responsibility in guiding operations. The signal person training course focuses on the role and responsibility that signal persons have, performing proper hand signals for both mobile crane and tower crane operations, and understanding voice commands.

OSHA requires a signal person when:

The point of operation is not in full view of the operator. The operator's view is obstructed in the direction the equipment is traveling.

Either the operator or the person handling the load determines that a signal person is needed because of site-specific safety concerns.

Course participants will have an understanding of the fundamentals of proper signaling and the ability to identify potential safety problems.

This course meets OSHA 29 CFR 1926-1400 compliance standards for Qualified Signal Person, identified under §1926.1428. This training also satisfies ASME B30.5 requirements applicable to general industry.

When you complete this 10-hour course, you will receive a Qualified Rigging and Qualified Signal Person card.

View Class Details and Dates (/classes/type?record=basic-rigging-and-qualified-signal-person-certification)

BIM (/classes/type?record=bim)

Topics: Building Information Modeling (BIM)

BIM Unit 1: An Introduction to Building Information Modeling

This course provides an overview of BIM terminology and practices while introducing important concepts necessary to understand how BIM is changing the construction process.

Following successful completion of Unit 1, participants will have the ability to:

Recognize the importance of BIM; Define common BIM terminology; Discuss how BIM can be used as a communication and collaboration tool;

Explain the benefits of BIM; Explain the federated model process; Compare examples of successful BIM usage;

Discuss issues associated with starting BIM; and Create a company BIM assessment.

BIM Unit 1 is the first unit in a 4 part BIM Education Program. The total program is 32 hours of BIM education, and allows series graduates to test for the CM-BIM (Certificate of Management-Building Information Modeling). Successful candidates will carry the CM-BIM designation as a business credential.

BIM Unit 2: BIM Techonology

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This course provides a neutral introduction to BIM tools. Throughout the course, tools are introduced as they relate to the functions they perform, as well as particular phases in a project where they have the strongest capabilities. By understanding these differences, it is possible for each attendee to determine what questions need to be asked prior to making an investment in technology.

Following successful completion of Unit 2, participants will have the ability to:

Explain the phased structure of a BIM project; Discuss the classes of BIM tools; List the more common BIM applications;

Describe how the use of BIM tools needs to be planned and organized; Explain the need to embed tools into processes; and

Develop a process for identifying and selecting BIM tools,

BIM Unit 2 is the second unit in a 4 part BIM Education Program. The total program is 32 hours of BIM education, and allows series graduates to test for the CM-BIM (Certificate of Management-Building Information Modeling). Successful candidates will carry the CM-BIM designation as a business credential.

BIM Unit 3: BIM Contract Negotiation and Risk Allocation

Examine BIM and contract terminology to determine best practices for integrating BIM use into project contracts, as well as hot-button issues such as standard of care, intellectual property rights, and insurance and surety bonding coverage to help participants become BIM champions within their organizations. Following successful completion of Unit 3, participants will have the ability to:

Explain contract liability and standards of care related to BIM Negotiate BIM Addendum terms for BIM Execution Plan development

Use BIM contract negotiation to establish proactive collaborative BIM Identify intellectual property rights and licensing issues related to Model use

Recognize BIM coverage limitations in existing insurance and bond products

Devise fair risk allocation and management responsibility provisions on BIM projects

BIM Unit 3 is the third unit in a 4 part BIM Education Program. The total program is 32 hours of BIM education, and allows series graduates to test for the CM-BIM (Certificate of Management-Building Information Modeling). Successful candidates will carry the CM-BIM designation as a business credential.

BIM Unit 4: BIM Process, Adoption and Integration

Provide a foundation for participants to establish and execute the BIM process, facilitate its adoption, and achieve integration on a single project and at a company level to execute multiple BIM projects simultaneously. Following successful completion of Unit 4, participants will have the ability to:

Define process, adoption, and integration as related to BIM implementation Describe why BIM is a disruptive practice today

Identify reactive and proactive BIM outcomes
Evaluate and select process options for a specific BIM project

Describe the roles and responsibilities of participants in the BIM process

Identify consistent factors influencing BIM Return on Investment (ROI) at the project and the company levels

Communicate the BIM process to management, colleagues, and project stakeholders

Outline a process for BIM adoption and implementation at the project and the company levels

BIM Unit 4 is the fourth unit in a 4 part BIM Education Program. The total program is 32 hours of BIM education, and allows series graduates to test for the CM-BIM (Certificate of Management-Building Information Modeling). Successful candidates will carry the CM-BIM designation as a business credential.

View Class Details and Dates (/classes/type?record=bim)

Bluebeam (/classes/type?record=bluebeam)

Topics: Technology Business General Construction Classes

Introduction to the basics of Bluebeam a software program that allows people in the construction industry to easily mark up and take off quantities from pdf documents. Students will gain an understanding of how Bluebeam is applied to RFI posting, document control, punch posting, site layout, quantity take off and as a tool for collaboration. Course uses a hand on approach to learning by using recent construction plans to develop Bluebeam skills.

Upon completion of the Bluebeam class, the students will be able to:

Open up and calibrate documents Mark up documents Create a site logistics plan

Create quantity take off for length, area, count and cubic yards

The Bluebeam class is for people new to Bluebeam, foremen, superintendents and administrative teams members, View Class Details and Dates (/classes/type?record=bluebeam)

CARES Tax Webcast presented by Moss Adams (/classes/type? record=cares-tax-webcast-presented-by-moss-adams)

Topics: Business

Please join us as we discuss the implications of COVID-19 on the TK industry and relief options available,

Topics covered include:

Latest information on the CARES Act (stimulus bill) and any new key tax provisions Federal tax filing and payment deadline relief

Tax update on The Families First Coronavirus Response Act Learn about strategies to shift focus to capitalizing on opportunities.

View Class Details and Dates (/classes/type?record=cares-tax-webcast-presented-by-moss-adams)

CESCL: Stormwater BMPs for Construction (/classes/type? record=cescl-stormwater-bmps-for-construction)

Topics: CESCL: Stormwater Management

Day 1: Classroom Instruction - Remote (Via Zoom)

Day 2: Remote (Via Zoom)

This two-day training course teaches contractors the most current techniques for successfully managing erosion and sediment at construction sites. In addition, the newest information on complying with federal, state and local regulatory requirements for stormwater is presented in an easy to understand format. The course combines classroom instruction with actual hands-on field exercises aimed at choosing, and correctly installing mats, blankets, check dams, bonded fiber matrix, straw and other erosion control materials for specific site conditions. The Washington State Department of Ecology (DOE) has approved this class as satisfying Certified Erosion and Sediment Control Lead training requirements. The course is endorsed by the Pacific Northwest International Erosion Control Association, and required by the Port of Seattle. Participants completing this class will receive certification as erosion and sediment control leads for the Washington Department of Ecology.

Click here (https://constructionfoundation.org/classes/supplemental-materials-and-resources) for a list of Supplemental Materials and Resources.

View Class Details and Dates (/classes/type?record=cescl-stormwater-bmps-for-construction)

CESCL: Stormwater BMPs for Construction Recertification (/classes/type?record=cescl-stormwater-bmps-for-construction-recertification)

Topics: CESCL: Stormwater Management

This one-day course meets the Washington State Department of Ecology's (DOE) requirements for Certified Erosion and Sediment Control Lead (CESCL) recertification under the Construction Stormwater General Permit for CESCLs who have previously completed the two-day certification class, The course includes a review of some of the core knowledge of erosion and sediment control, but is primarily dedicated to advanced topics that will assist CECSLs in managing permit compliance more effectively. The course includes the following topics:

- Issues in permit compliance: a summary of DOE's analysis of permit compliance during the 2006-07 season; what non-compliance issues were most common?
- Inspection and monitoring: An in-depth coverage of when, where and how to conduct work site inspections, including hands-on practice sampling turbidity and pH
- Risk Management: Principles of risk assessment and response that can assist operators in developing a strategic approach to erosion control.
- Water Treatment: Options for construction stormwater treatment with a focus on assisting operators in selecting appropriate treatment options for their work sites.

The Washington State Department of Ecology (DOE) will allow up to a 6-month maximum grace period for any expired CESCLs. Please check the DOE website's CESCL database for your current CESCL status. Click here (http://apps.ecy.wa.gov/wqcescl/) for the DOE's CESCL database.

Click here (https://constructionfoundation.org/classes/supplemental-materials-and-resources) for a list of Supplemental Materials and Resources. View Class Details and Dates (/classes/type?record=cescl-stormwater-bmps-for-construction-recertification)

Competent Person Silica Exposure Controls (/classes/type? record=competent-person-silica-exposure-controls)

Topics: Safety

This course presents an overview of the dangers of silica, specifically in construction. The course covers safe work procedures where workers are exposed to silica and what employers must do to satisfy the new OSHA requirements being implemented this year.

The focus of this course is to familiarize you with practices that decrease the risk of exposure, and to offer best practices for mitigating the dangers of exposure to silica in construction.

View Class Details and Dates (/classes/type?record=competent-person-silica-exposure-controls)

Confined Space Competent Person (/classes/type? record=confined-space-competent-person)

Topics: Safety

This seminar provides instruction using real life examples on the hazard recognition and control for conditions that are unsafe, unsanitary or dangerous to employees exposed to Confined Spaces.

Topics covered will include:

Emphasis on identification, controls & testing controls Definition of OSHA/WISHA "Qualified & Competent Person

Responsibilities/Liabilities of the Competent Person Responsibilities/Liabilities of the Host Employer including training requirements

Hazard Recognition Ventilation Techniques

Do you perform work with the US Army Corps of Engineers (USACE) or Naval Facilities (NAVFAC)? Our competent person courses accommodate contractors, military and government employees who must comply with the EM385-1-1 USACE safety and health requirements.

View Class Details and Dates (/classes/type?record=confined-space-competent-person)

Construction 101: An overview of the industry (/classes/type? record=construction-101-an-overview-of-the-industry)

Topics: General Construction Classes

This is an excellent class for non-field personnel that are unfamiliar with the workings of the construction industry. Receive a basic overview of the industry, the rules, and the players. The primary focus is on construction terminology, processes and practices.

View Class Details and Dates (/classes/type?record=construction-101-an-overview-of-the-industry)

Construction Leadership Series (/classes/type? record=construction-leadership-series)

Topics: Construction Leadership Series Leadership & Development

Partnering with industry leaders, this comprehensive leadership skills training series was created for individuals with 10-plus years of industry experience who aspire to be one of tomorrow's leaders.

"Learn today and apply tomorrow" approach:

- · Pre-assessment followed by seven modules of training
- · Company mentors will participate in selected activities throughout the series
- · Assigned reading and homework
- · Instruction by subject matter experts
- Industry panelists providing multiple points of view and case studies
- Network with fellow attendees, panelists, and industry guests
- Certified by the AGC of Washington and the AGC Education Foundation

As limited spaces are available, please email Dan Morris at dmorris@agcwa.com to secure your seat. You will be contacted within one business day if your student has been accepted into the program.

Dates for the upcoming series:

April 6, 2023 - 1. Situational Leadership
April 18, 2023 - 2. Effective Communication
May 2, 2023 - 3. Managing Change
May 18, 2023 - 4. Getting the Work
May 23, 2023 - 3. Financial Management
May 25,2023 - 6. Risk Management
June 8, 2023 7. Thinking Strategically

Module 1: Situational Leadership

- · Learn the difference between Leadership and Management
- Understand ways to develop "followers" rather than "subordinates"
- · Identify different leadership styles
- Understand and use effective types of delegation
- · Gain the maximum contribution and commitment from your people

Module 2: Effective Communication

- · Learn the four major styles of communication
- · Identify your natural preferred style
- · Recognize and value other styles
- · Adapt your style to others for maximum effectiveness of
- Transfer this knowledge to how you can best manage your people,

communications

meetings, and your day

Module 3: Managing Change

- · Understand the four phases of transformational change
- · Explore the Change Cycle
- · Identify the five essential skills to managing change
- · Build your creative problem-solving skills
- Examine the evolution of teamsModule

Module 4: Getting the Work

- · Learn the three qualities of high-performing influencers
- Identify the difference between the client's problems and needs
- Understand the four stages of a sales transaction
- Master the Consultative Influencing Model & Types of Questions
- · Getting to the Benefit Statement successfully
- Getting to the next step after following the process
- · How to plan ahead for the call

Module 5: Financial Management

Understand financial statements and reports as practical business

tools

- · Understand how to maximize both project and company profitability
- Understand how to use financial tools to drive business decisions

Module 6: Risk Management

- · Recognizing various forms of risk
- Determining which kinds of risks are to be avoided and which are to be managed
- · Identifying characteristics of excellent risk management programs
- · Getting paid appropriately for managing risk
- · How market conditions affect various risks·

Module 7: Thinking Strategically

- · Review the core concepts of a business strategy
- · Walk through the key elements of the Strategic Planning model
- · Discuss the differences between Thinking Strategically and

Operational Planning

· Gain a clear picture of who your company is, what it stands for, and

where it is going

Apply the Strategic Account Management model

For more information, contact Dan Morris, Director and Education and Training, at dmorris@agcwa.com (mailto:dmorris@agcwa.com) or 206.284.4500. View Class Details and Dates (/classes/type?record=construction-leadership-series)

Construction Quality Management (CQM) (/classes/type? record=construction-quality-management-cqm)

Topics: Construction Quality Management (CQM)

The Corps of Engineers requires all contractors performing construction for them to comply with the "Contractor Quality Control" (CQC), requirements in their contracts. In cooperation with the construction industry the Corps developed a training course entitled Construction Quality Management for Contractors. The purpose of the "Construction Quality Management for Contractors" course is to familiarize all quality management personnel with the Corps of Engineers, Construction Quality Management, (CQM) policies and procedures. The course details the requirements of the contractor personnel and the government personnel assigned to the project and the reasons for those requirements. The effectiveness of the CQM system is enhanced when all personnel are aware of their responsibilities and the reasons for them. To ensure the success of the CQC system it is a contract requirement that the contractor's quality control representative take this training. The course is taught by the Corps district responsible for the construction. Any contractor who works with the US Army Corps of Engineers must successfully complete this course in order to be approved as a quality control manager.

This certification is good for 5 years.

View Class Details and Dates (/classes/type?record=construction-quality-management-cqm)

CTS A: Introduction to Reading Blueprints (/classes/type? record=cts-a-introduction-to-reading-blueprints)

Topics: Construction Technical Skills (CTS)

This course will use simple to complex blueprints to demonstrate common terms, symbols, and notes. Learn how to navigate between various types of drawings - architectural, structural, mechanical, and electrical. Gain an understanding of the relationship between blueprints and specifications. Use architectural scales to read and quantify the drawings. Prepare quantity take offs and the basics of estimating. This is the perfect class for those who want to learn the fundamentals of blueprint reading and introduction to estimating process.

View Class Details and Dates (/classes/type?record=cts-a-introduction-to-reading-blueprints)

CTS B: Interpreting Blueprint Plans & Specifications / (/classes/type?record=cts-b-interpreting-blueprint-plans-specifications)

Topics: Construction Technical Skills (CTS)

Interpreting Plans & Specifications builds on skills learned in Reading Plans & Specifications and is designed for the field or office person who wants to sharpen his or her skills with a working set of plans. The focus is on accurate comprehension of detailed information, with proficiency leading to the quantity survey and estimating courses.

Prerequisite: Completion of CTS A or instructor approval.

View Class Details and Dates (/classes/type?record=cts-b-interpreting-blueprint-plans-specifications)

CTS C: Quantity Take-Off (/classes/type?record=cts-c-quantity-take-off)

Topics: Construction Technical Skills (CTS)

Quantity Take-Off introduces the approach and techniques required to conduct a detailed quantity survey of a small commercial building, Consistent progression through each area of work is emphasized.

View Class Details and Dates (/classes/type?record=cts-c-quantity-take-off)

Custom Class (/classes/type?record=custom-class)

Topics:

View Class Details and Dates (/classes/type?record=custom-class)

Design Build (/classes/type?record=design-build)

Topics

View Class Details and Dates (/classes/type?record=design-build)

Design Build Workshop (/classes/type?record=design-build-workshop)

Topics: General Construction Classes

Design Build Workshop

This two-day workshop addresses the needs of public owners and the design-build community in understanding the issues and best practices associated with using this collaborative-procurement process. A panel of local industry experts – including public owners, general contractors, and designers – will share past-project experiences with an emphasis on mastering the basics, lessons learned, and recommended best practices to avoid similar problems on your projects. Discussion will also be based on several chapters of the white paper developed by the Capital Projects Review Advisory Board (CPARB) Design Build Committee. Plenty of time will be allocated for questions and answers to address specific concerns expressed by workshop attendees.

Examples of topics to be addressed include:

The basics: What is design build? Different types and uses for design-build projects Necessary solicitation documents Selecting your team

Encouraging competition What happens after getting selected for the job

View Class Details and Dates (/classes/type?record=design-build-workshop)

Effective Negotiations Strategy Workshop (/classes/type? record=Negotiations)

Topics: Leadership & Development

Develop a basic understanding of negotiations with a consistent framework to encourage more collaboration and a win-win approach

Join the AGC Education Foundation as we prepare participants to understand and effectively manage the negotiation process with a principled approach that supports a commitment to long-term client and partner relationships. The primary goal is to help participants manage negotiations more effectively by teaching them to prepare, conduct and review negotiations, and to be aware of a variety of negotiation styles and processes that may be encountered.

Learning Objectives:

Develop a shared understanding of a negotiation Learn about the concepts of a principled negotiation

Understand the fundamental elements of the negotiation framework outlined in the acclaimed book Getting to Yes

Practice negotiation skills through class exercises and case students developed by the Harvard Negotiation Project

Clarify the negotiation process to reduce the natural anxiety associated with a "negotiation"

*This two-day class runs over a 30-day period to allow for out-of-class exercise completion View Class Details and Dates (/classes/type?record=Negotiations)

EPA Renovation, Repair & Painting (RRP) Lead Renovator Certification (/classes/type?record=epa-renovation-repairpainting-rrp-lead-renovator-certification)

Topics: Safety

EPA Renovation, Repair & Painting (RRP) Lead Renovator

This course trains renovation, repair and painting contractors how to work safely in housing with lead-based paint and comply with EPA's Renovation, Repair and Painting (RRP) Rule and HUD's Lead Safe Housing Rule. Includes health concerns, regulations, before, during and after work procedures, record keeping and training non-certified workers. This training is required for any contractor who is involved in any construction activity that will or has the potential to contact lead based paint.

The EPA rule requires contractors to use "lead-safe" practices when working on homes, day-care centers and schools built before 1978, the year lead paint was banned for residential use because of health risks. This 8 hour course trains renovation, repair and painting contractors how to work safely in housing with lead-based paint and comply with EPA's renovation, repair and painting (RRP) rule and HUD's lead safe housing rule. Includes health concerns, regulations, before, during and after work procedures, record keeping and training non certified workers. This training is required for any contractors who is involved in any construction activity that will or has the potential to contact lead based paint.

Role of a Certified Renovator

- · Perform lead-safe work as described in the RRP Rule
- · Train all non-certified workers in lead-safe practices
- Provide onsite and regular direction for all non-certified workers during setup and cleanup
- Are available by phone when not physically present at the work site during work
- Maintain onsite proof of certification as a certified renovator and training records for all non-certified renovation workers
- Be a certified firm if accepting payment for contract
- · If they are a sub, not an employee of the firm, they also must be a certified firm

In 2008, the Environmental Protection Agency issued a new rule under the Toxic Substances Control Act regarding "lead-based paint hazards created by renovation, repair, and painting activities that disturb lead-based paint in target housing and child-occupied facilities." The rule, which has an effective date of April 2010, directly affects general and specialty contractors by requiring them to be certified if they are performing work on a targeted facility and to provide warnings to let people know of the hazards.

What projects are covered?

The rule generally applies to renovation of any housing constructed prior to 1978 and any public or commercial facility constructed prior to 1978 where children are present on a regular basis, such as a day care center or school, Exemptions include minor repair or maintenance work involving an area no larger than 6 sq. ft, of interior painted surface (20 sq. ft, for exterior), renovations by an owner to their own residence or a certification that the work area is free of lead-based paint.

Who does the rule apply to?

Not only does the rule affect general contractors, but it also applies to any specialty contractor that in the course of their work may disturb a surface that could have lead-based paint. This would include plumbing, painting, HVAC, electrical, finish carpentry, drywall, insulation, siding, tile, glass and glazing, as well as others. (It would be advisable for general contractors to verify compliance by their subcontractors by obtaining a copy of their certification.)

What is the contractor required to do?

The rule requires that anyone doing renovation on targeted facilities obtain certification that evidences they are trained in the use of lead safe work practices and that they will follow specific work practices when performing the renovation. What this means to you is: (a) your company must receive certification, (b) a certified renovator must be assigned to each renovation of a covered facility; (c) all persons performing work on the project must receive on-the-job

training by a certified renovator; (d) all renovations must be performed in accordance with the EPA work practice standards related to lead-based paint; (e) you must provide the owner and occupants of the property with an EPA pamphlet advising them of the lead hazards associated with renovation and obtain a signed certificate of receipt; and (f) you must keep records of compliance on all projects.

View Class Details and Dates (/classes/type?record=epa-renovation-repair-painting-rrp-lead-renovator-certification)

Fall Protection Competent Person (/classes/type?record=fall-protection-competent-person)

Topics: Safety

This course is intended to provide both workers and management with a working knowledge of the OSHA and WISHA Fall Protection regulations as they pertain to the construction industry. Students who successfully complete the course shall receive a certificate with no expiration date.

View Class Details and Dates (/classes/type?record=fall-protection-competent-person)

First Aid/CPR with AED Training (/classes/type?record=first-aid-cpr-with-aed-training)

Topics: Safety

State regulation WAC-24-060 requires all foremen, supervisors, and/or persons in direct charge of crews to have a valid First Aid/CPR certificate, AGC of Washington's Industrial First Aid/CPR cards meet WISHA requirements and are valid for two years.

View Class Details and Dates (/classes/type?record=first-aid-cpr-with-aed-training)

Flagging Certification (/classes/type?record=flagging-certification)

Topics: Safety

Flagging Certification

This course will certify you to perform traffic control Flagger duties on all roads, streets, and highways in Washington State. Certification is valid for three years.

View Class Details and Dates (/classes/type?record=flagging-certification)

Forklift Training (/classes/type?record=forklift-training)

Topics: Safety

Forklift Training

View Class Details and Dates (/classes/type?record=forklift-training)

GC/CM: General Contractor/Construction Manager Workshop (/classes/type?record=gc-cm-general-contractor-construction-manager-workshop)

Topics: General Construction Classes

The GC/CM form of public works construction contract is being made available to a greater variety of projects and owners. Find out more about how you, as an owner or contractor, can be successful with this type of contract administration. This 2-day workshop will cover the following:

Day one will begin with instruction and continue with team activities. Learn how the planning, estimating, and execution of a GC/CM contract is different

from a standard design-bid-build. Leave with specific examples and templates after participating in discussions and hands-on exercises. We will cover the entire process from responding to the RFQ through construction.

Day two will feature a panel of industry-experienced and GC/CM Project Delivery professionals. A variety of subjects drawn from actual past project experiences will be shared with emphasis on aspects falling short, lessons learned, and recommended best practice(s) to avoid similar problems on your projects. Plenty of time will be allocated for questions and answers to address specific concerns expressed by the seminar attendees. Examples of topics to be addressed include:

- · GC/CM procurement process
- · Use of Project Contingencies
- · Continuity of CM services by the GC/CM during construction phase of the project
- · Subcontracting issues
- · Prequalification of subcontractors
- · Cost and budget management issues

View Class Details and Dates (/classes/type?record=gc-cm-general-contractor-construction-manager-workshop)

Harassment: Respect Refresher (/classes/type? record=harassment-respect-refresher)

Topics: Leadership & Development

This one-day session includes a candid discussion and facilitation addressing policy, legal, and relational updates. This DOJ compliant curriculum provides a frank discussion proving that respect de-emphasizes our reliance on policy and supports respect in the workplace. The two-pronged approach reduces litigation while supporting company values and human error.

Highlights and objectives include:

Why respect in the workplace decreases injuries and increases profitability How to eliminate biases and manage expectations

Why certain conversations break down Simple techniques and exercises that enhance communication

Harassment and respect policies and legal updates

Complaints, investigations, and informal resolutions to keep in compliance with industry standards

View Class Details and Dates (/classes/type?record=harassment-respect-refresher)

HAZWOPER Refresher - 8 Hour (/classes/type?record=hazwoper-refresher-8-hour)

Topics: Safety

HAZWOPER Refresher - 8 Hour

View Class Details and Dates (/classes/type?record=hazwoper-refresher-8-hour)

Healthy Building 101 (/classes/type?record=healthy-building-101)

Topics: Sustainability

Healthy buildings 101: for the construction community.

Over the past several years, "green building" concepts have expanded to include a focus on human health and wellness. This trend has largely been driven by tenant and owner demand and is only expected to increase as consumers become more educated and the industry develops new tools, products, and strategies that support health and wellness. After completing this introductory course, attendees will be conversant in healthy building frameworks and strategies and empowered with key insights into the future of this evolving concept.

Learning Objectives:

- 1. Describe key aspects of leading third-party certification systems that support health and wellness.
- 2. Describe historical and expected future trends with respect to healthy buildings.
- 3. Explain the fundamentals of healthy building strategies.
- 4. Leverage tools and resources to identify business opportunities and potential risks.

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View Class Details and Dates (/classes/type?record=healthy-building-101)

Lean Construction Certification Program (LCCP) (/classes/type? record=lean-construction-certification-program-lccp)

Topics: Lean Construction Certification Program (LCCP)

Lean Construction Certification Program (LCCP) will train you in a new way of thinking about how a construction project is managed and executed. You will learn new lean techniques and approaches that reduce costs, reduce schedules, improve quality, and remove variability and risk in your projects. Whether you learn by listening or by hands-on training, this certification program combines both teaching approaches and is tailored to meet your needs. The curriculum and instruction are designed and provided by Professional Engineers (PE) who are licensed and practicing in the state of Washington.

Module 1: Foundation Course - Initiating the Change to a Lean Culture

This event is based on a simulation exercise designed to demonstrate the principles of world-class process design. All employees who attend other modules are required to attend this module first.

Module 2: Process Optimization

This event allows delegates to re-engineer a process at their own place of work using the principles demonstrated in the foundation course and explained in more detail during this module.

Module 3: Pull Planning

This participative four-hour workshop helps delegates understand and practice the differences between traditional planning methods and lean Pull Planning.

Module 4: The Continuous Improvement Process

This event covers the principles of a structured approach to continuous improvement. It allows delegates the opportunity to design a process for their area and define the key performance measures they need to implement in order to drive sustainable process improvement.

Module 5: Jobsite Organization - 5S & Standard Work

This participative workshop has delegates learning 5S and set-up reduction principles and applying the lessons of the workshop in the workplace.

Module 6: Maintaining Lean Momentum into the Future

This participative four-hour workshop provides a proven systematic approach to coaching, managing, tracking and sustaining lean continuous improvement to get measurable results in your department or organization without backsliding into old habits.

Module 7: Problem Solving and Final Exam

A series of problem solving tools are discussed within the context of a structured problem-solving process. The participants have the opportunity to use these tools on real problems within their work areas.

Advanced Pull Planning

This four-hour continuation module will walk participants through in-depth training on common roadblocks, preparations prior to the first pull-planning session, and weekly and daily work plans to ensure participants are equipped to maintain the projects well after development of the first schedule. *Prerequisite - Module 3: Pull Planning*.

View Class Details and Dates (/classes/type?record=lean-construction-certification-program-lccp)

Lift Director (/classes/type?record=lift-director)

Topics: Safety

This 4 hour class is designed for those workers who possess a current rigger and signalperson card or certificate from a third party and are needing to fulfil the role as a Lift Director. This class meets the requirements as identified by 29CFR1926.1400, ASME P30.1 Lift Planning and ASME B30.5 Mobile and Locomotive Cranes. Participants are provided an outline of the duties to become a competent Lift Director. Class will include lecture practical hand on and a test.

Some of the topics covered:

Site Conditions Roles, Responsibilities of Lift Director, Rigger and Signal Person Understanding Load Charts Critical Lift Planning

Rigging Capacities and Methods Scheduling Events around the lifting operation

View Class Details and Dates (/classes/type?record=lift-director)

MS Excel 1 (/classes/type?record=ms-excel-1)

Topics: Technology

Excel 1: Excel Basics

Start working with Excel spreadsheets. Learn all the tools you need to get from setting up the spreadsheet, using basic formulas, and formatting to printing your spreadsheet. While learning how to enter and manipulate data, see how Excel can be applied to the construction industry.

Topics:

- · Entering & Selecting Data
- · Navigating in Excel
- · Move, Cut, Copy and Paste Data
- Auto fill
- · Insert and Delete Rows and Columns
- · Find and Replace
- · Intro to Basic Formulas
- · Formatting the worksheet
- · Using Multiple Sheets in a Workbook
- Printing Workbooks
- · Freezing and Splitting Worksheets
- · Hide and Unhide Worksheets

View Class Details and Dates (/classes/type?record=ms-excel-1)

MS Excel 2 (/classes/type?record=ms-excel-2)

Topics: Technology

Excel 2: Functions & Filtering

A strong foundation in working with functions will greatly increase you ability to work with Excel! Have you ever tried to set up formulas in a worksheet and just can't get past using AutoSum? Come learn the process of setting up formulas in MS Excel. We will also learn how to locate the information you need by using various sorting and filtering techniques. With all of the change orders, RFI's and other information that we track on our jobs, we end up creating numerous logs. Excel provides an excellent tool for managing and tracking these logs of information.

This course is a prerequisite to Excel 3-4.

**Prerequisite - Excel 1

Topics:

- · Math Review
- AutoSum
- · Relative & Absolute Reference
- Name Box
- · Payment, If and Lookup Functions
- · Multi-sheet Functions
- Creating a Numerical Summary Worksheet
- · Sorting, Filtering and Adv. Filters
- · Excel Problem Solving Skills

View Class Details and Dates (/classes/type?record=ms-excel-2)

MS Project 1 (/classes/type?record=ms-project-1)

Topics: Technology

MS Project 1: Building a Schedule

Learn how to build a basic construction project schedule. In planning for a job to start, we need to create a project schedule, Ideally, this initial schedule becomes a benchmark for us to measure progress and costs on our jobs. This course walks through the process of building that basic schedule and preparing it to be used during the job. We will also cover some introductory issues on tracking a job in progress. This course assumes the user will be proficient with standard computer skills - we will not review how to open or save files.

Topics:

- · Basic MS Project environment
- · Setting Project Start Date
- · Create different Tasks: Project Summary, Recurring, Summary and Sub-tasks
- · Outlining and the Work Breakdown Structure
- Linking Tasks
- Introductory Logic issues
- · Creating and Using Resources
- · Understand Duration vs. Work
- · Critical Path & Saving the baseline
- · Views: Focus on Tracking Gantt
- Three Week Look-Aheads (filtering the schedule)

View Class Details and Dates (/classes/type?record=ms-project-1)

MS Project 2 (/classes/type?record=ms-project-2)

Topics: Technology

MS Project 2: Managing a Schedule

While tracking a construction job with MS Project, have you ever had the schedule adjust in unexpected ways? This course focuses on using logic in MS Project. If we want our schedules to be useful beyond the first day of a job, we need to understand how the schedule will adjust once we start making changes. We will also address how to include submittal items on the schedule. This course assumes the user will be familiar with the MS Project environment and standard computer skills - we will not review how to open or save files.

Topics:

- Reusing Custom Calendars and Views Learn not to redo your current work
- · Logic Issues with Linking TasksVariations on Link Types & effects on the schedule
- · Lag and Lead
- · Constraints vs. Deadlines
- · Managing Submittal Items and Change Orders
- Managing & Updating a schedule w/Tracking Gantt
- Using Resources to manipulate the schedule
- · Resource Leveling
- · Setting an Interim Plan

View Class Details and Dates (/classes/type?record=ms-project-2)

Online - Estimating and Related Courses (/classes/type? record=online-estimating-and-related-courses)

Topics: Online

The AGC Education Foundation is pleased to provide online training in coordination with Construction Experts, Inc.: constructionclasses.com/(http://www.constructionclasses.com/schedule.htm).

All estimating courses are endorsed by the American Society of Professional Estimators.

Each course, made up of 10 lessons, requires approximately five hours of seat time per week or 50 hours total, depending on experience.

Self-paced classes may be started anytime but must be completed within 10 weeks of start date. The class may be completed anytime within the 10 week period and there will be no weekly goals or student interaction. Paced classes will have a specific start and completion date. Specific assignments and discussions by bulletin board must be completed weekly and the class will move to the next lesson as a group every Monday. Within these parameters students can still choose their own class hours and log in at their convenience.

Program Admissions Standards

No entrance exam is required but students must possess a high-school diploma or GED. Participants must be able to demonstrate proficiency with some type of spreadsheet software.

Course Orientation

One week prior to the start date of each course students will be given access to the online course for orientation purposes. Students will be able to look over the course materials that they will be covering in the following 10 weeks.

Instructor Credentials

All instructors for this program have a Construction Degree and/or are Certified Professional Estimators or Project Managers. Individual instructor profiles may be viewed on the construction classes.com website.

Withdrawal and Refund Policy for Online Classes

All course withdrawals must be done through the AGC Education Foundation. Notifying the instructor does not constitute an official withdrawal.

Visit our Online course FAQs page (http://constructionfoundation.org/classes/online-course-faqs) for additional questions.

Estimating and Related Courses

101: Introduction to Construction Estimating

Students who successfully complete Introduction to Construction Estimating will learn the basic principles of construction estimating. Topics to be studied include:

- Organization of the estimate
- · Types of estimates
- · Elements of an estimate
- · Quantity take off techniques
- · Pricing techniques
- · Adjusting the estimate for a variety of variable factors
- · Estimating labor, materials and equipment
- · Profit and overhead markups

Upon completion of this course students will understand the different types of estimates and how to organize an estimating document. This course will build a foundation of knowledge that the student will use while estimating virtually any individual trade or project type.

This is a self-paced course.

102: Essential Construction Math

This class is designed to develop mathematical skills that can be applied through the construction trade through practice and application. Students who successfully complete Essential Construction Math will be able to:

- Use and understand all operations on fractions and decimals that are common to the construction industry
- Convert fractions to decimalsCalculate area, and volume of various shapes
- · Convert measurements from cubic feet to cubic yards
- · Measure the volume of concrete footings, slabs, walls, and columns
- · Calculate board feet
- · Calculate and measure for basic constructions in woods and concrete

This is a self-paced course,

103: Construction Blueprint Reading

The reading of construction blueprints is a foundational skill in construction. All construction professionals, regardless of whether they are working in the field or in the office, must know how to read blueprints. Blueprint reading requires practice and some basic knowledge of blueprints to be proficient at it. Upon completion of this course you will:

- · Have an elementary knowledge of blueprint reading as it relates to building construction projects
- · Understand in general terms the design process and the role of design professionals
- · Be able to find trade information using blueprints
- · Be able to answer basic construction questions related to the layout and installation of materials
- · Be able to identify elementary problems or short comings of blueprints

This is a paced course.

105: Estimating and Bidding 1

This 10-week course features hands-on estimating and quantity take off activities associated with general conditions, site work, concrete, framework and masonry estimating, At the completion of the Estimating & Bidding I course students will be able to:

- · Estimate the cost of general conditions
- · Prepare quantity take off of excavation and backfill
- · Prepare a quantity take off of concrete and framework
- · Use unit prices to price an estimate
- · Prepare a quantity take off and conceptual estimate of masonry work

This is a paced course,

106: Estimating and Bidding 2

Estimating & Bidding 2 features hands-on estimating and quantity take off of activities associated with metals, wood, doors and windows, finishes, electrical, and mechanical estimating. At course completion of this 10-week course students will be able to:

Estimate the conceptual cost of structural metals

- · Prepare quantity take off and an estimate of rough carpentry and various finishes
- · Prepare a quantity take off of roofing and waterproofing
- · Use unit prices to price doors and windows
- · Prepare a quantity take off and conceptual estimate of mechanical and electrical systems

This is a paced course.

107: Construction Materials and Processes

This 10-week course provides an overall and elementary understanding of construction materials and processes. One specific material category, one specific construction process, and an overall construction system will be studied each week. Students will have the opportunity to expand the studies to include materials and processes which are normally encountered by the student in his/her workplace. By the completion of this course students will be able to:

- · Recognize quality control procedures for various materials
- Be familiar with material manufacturing processes and know where to find information about them when needed, including the relevant history of each material
- Understand the physical limitations of the materials Understand the regulatory environment under which materials are manufactured and incorporated into
- · Know the important aspects of how each material is used in construction processes

This is a paced course.

View Class Details and Dates (/classes/type?record=online-estimating-and-related-courses)

Online - Supervisory Training Program (STP) (/classes/type? record=online-supervisory-training-program-stp)

Topics: Online

The AGC Education Foundation is pleased to provide online training in coordination with Construction Experts, Inc.: constructionclasses.com (http://www.constructionclasses.com/schedule.htm).

The STP curriculum is developed by the Associated General Contractors (AGC) of America.

Each course, made up of 10 lessons, requires approximately five hours of seat time per week or 50 hours total, depending on experience.

Paced classes will have a specific start and completion date. Specific assignments and discussions by bulletin board must be completed weekly and the class will move to the next lesson as a group every Monday. Within these parameters students can still choose their own class hours and log in at their convenience.

Program Admissions Standards

No entrance exam is required but students must possess a high-school diploma or GED. Participants must be able to demonstrate proficiency with some type of spreadsheet software.

Course Orientation

One week prior to the start date of each course students will be given access to the online course for orientation purposes. Students will be able to look over the course materials that they will be covering in the following 10 weeks.

Instructor Credentials

All instructors for this program have a Construction Degree and/or are Certified Professional Estimators or Project Managers. Individual instructor profiles may be viewed on the construction classes.com website,

Withdrawal and Refund Policy for Online Classes

All course withdrawals must be done through the AGC Education Foundation. Notifying the instructor does not constitute an official withdrawal.

View the Online course FAQs page (http://constructionfoundation.org/classes/online-course-faqs) for additional questions.

Online Supervisory Training Program (STP) Courses

201: STP 1 - Leadership and Motivation

This 10-week course will teach the student how to recognize their style of leadership and how to utilize other styles when appropriate. Students will learn how the analysis of worker needs will affect worker motivation. The affect that attitudes and abilities have on job performance and how to positively influence attitudes and abilities will be studied. The leader as goal setter, communicator and role model will all be discussed. Job site applications of all subjects will be stressed.

This is a paced course.

202: STP 2 - Oral and Written Communication

Positive direct communication is the goal all supervisors should set for themselves. In this 10-week course students will learn about positive direct communication with an emphasis on construction supervision. The course will cover how to help people communicate with you, how to listen better, and how to deal with the difficult person. Negotiating will be studied. Communicating with all organizational levels and with groups will also be studied.

This is a paced course.

203: STP 6 - Problem Solving and Risk Management

The purpose of this 10-week course is to provide the student with the knowledge of how to solve and prevent problems and how to make decisions. They will study technical problems, human performance problems and scheduling problems. Students will learn how to avoid barriers to creative problem solving and how to create a problem solving atmosphere at the jobsite. Safety in the construction industry is crucial. This class will focus on managing and proactively reducing risk within the construction work environment, Learn how to avoid barriers to creative problem solving and how to create a problem solving atmosphere at the jobsite.

This is a paced course.

204: STP 4 - Contract Documents and Construction Law

In this 10-week course students will learn about common construction contract clauses and how to read a contract. Construction disputes, including differing site conditions, claims, delays and construction defects will be studied.

This is a paced course.

205: STP 3 - Planning and Scheduling

The purpose of this 10-week course is to provide the student with basic construction planning and scheduling skills. The student will learn how to prepare bar chart schedules and critical path schedules. They will be able to read complex project schedules, and will learn the basics of project management by scheduling, as well as how to employ acceleration techniques.

This is a paced course.

206: STP 5 - Construction Productivity and Cost Management

This 10-week course will focus on construction cost control procedures utilized by both small and large construction companies. Cost control will be discussed at both the project level and the corporate level. Students will learn about the cost control cycle and how to ensure effective production control through improvement analysis. They will learn how to challenge the work process, how to calculate and measure worker productivity, and how to practice personnel management.

This is a paced course.

View Class Details and Dates (/classes/type?record=online-supervisory-training-program-stp)

OSHA 10 Hour (/classes/type?record=osha-10-hour)

Topics: Safety

The OSHA 10-Hour Training Course is designed to provide construction contractors, their supervisors, and workers, with authoritative knowledge on safety and health issues in the construction industry. It offers an educational overview of the ten most common areas of concern. OSHA 10-Hour Training is not considered an exhaustive treatment of all safety and health issues related to the construction industry. The instructors for this course will include Safety

Professionals working for AGC Member companies.

The topics will include the following:

- · Fall Protection
- Trenching & Excavation
- Electrical Safety
- · Scaffolding
- · Confined Space
- · Personal Protective Equipment
- · Tools Hand & Power
- · Fire Protection & Prevention
- · Hazard Communication

View Class Details and Dates (/classes/type?record=osha-10-hour)

OSHA 30 (/classes/type?record=osha-30)

Topics: Safety

This course covers in depth material on the main requirements of jobsite safety for construction sites. Both federal OSHA and Washington State rules will be examined. Subjects covered include Introduction to OSHA, General Duty Clause, General Safety and Health Provisions, Competent Person, Recordkeeping, Health Hazards in Construction. IN addition students will learn about material handling, fall protection, hazard communication, personal protective equipment, lockout/tag-out control of hazardous energies and more. Students completing this course will receive sample programs of materials covered that can be used in their businesses as well as an OSHA card after completion. This course is perfect for people wanting to expand their knowledge of safety.

View Class Details and Dates (/classes/type?record=osha-30)

Presentation Skills (/classes/type?record=presentation-skills)

Topics: Leadership & Development Public Speaking

Presentation skills are essential for professionals both for business and individual success. As important as they are, they can also be intimidating and nerve-wracking.

This class will teach you how to:

present information clearly to get your message across and motivate your audience.

break down the components to creating effective presentations,

provide techniques for reducing the anxiety of presenting, and share speaking tips.

focus on successful virtual presentations to meet the demands of today's work environment and "work from home" situations.

View Class Details and Dates (/classes/type?record=presentation-skills)

Project Manager Development Program (PMDP) (/classes/type? record=project-manager-development-program-pmdp)

Topics: Project Management

The Project Manager Development Program (PMDP) is for early-career project managers or those looking to move into such a role. The five-course program covers the essentials of project management and provides a solid foundation for long-term career development. The PMDP is a set of five highly interactive modules that include discussions, class activities and presentations, and provide participants the skills essential to their careers as project managers. Each module will run two nights per week for two weeks.

Module 1: Estimating & Job Costing

- · Learn the importance of an estimate
- · Understand the different types of estimates
- Develop professional estimating skills
- · Appreciate the importance of good documentation and consistent formatting
- · Gain awareness of how accurate cost information is critical to the success of the company
- Understand the link between design, estimating, and project costs

- Learn how equipment costs are developed and integrated into the estimate
- · Learn how work by others is included in the estimate
- Learn how general cost and overhead not assignable to a specific task are included in the estimate

Module 2: Contract Administration

- · Understand how basic contracts are structured, how different types of contracts are used, and how project documentation relates to effective contracting
- · Increase awareness of important contract law and language, and how they are related to project risk
- Understand the difference between agent and independent contracts, torts and contractual liability cases, and criminal and civil proceedings
- · Learn how different project delivery methods use different contracting strategies
- Improve knowledge of the process for contract amendments, changes, extensions, and final terms
- Distinguish between partial and material breaches and understanding the significance of termination, bankruptcy, and breach of contract claims

Module 3: Project Administration

- Gain an awareness of how pre-project planning affects the potential success of a project
- · Understand the different areas of planning for the construction phase of a project
- · Develop knowledge of LEED®, environmental issues, and lean construction
- Broaden awareness of how building codes, permits, reviews, and inspections have impact
- · Learn the importance of scheduling, including the importance of purchasing long-lead items
- Understand the basics of the Uniform Commercial Code and material handling risks
- · Learn the importance of document control, including submittals, RFIs, and shop drawings
- · Learn how Building Information Modeling (BIM) is impacting the construction industry
- · Understand the importance of project closeout and warranty management

Module 4: Risk Management

- · Gain awareness of how risk changes over the different phases of a project
- · Understand the types and sources of risk
- · Learn techniques for managing risk, specifically risks that are the contractor's primary responsibility
- · Learn how the scope and nature of risk management varies based on project contracting method
- · Learn about warranty periods and liability tails
- · Understand the basics of insurance and bonding
- · Appreciate the importance of documentation in controlling risk
- · Learn how quality control/quality assurance plans help mitigate performance risk
- · Learn how risk and profit are related

Module 5: Leadership

- · Learn the difference between leading and managing
- · Understand the importance of communication in effective leadership
- · Develop techniques for motivating and negotiating solutions
- · Broaden your awareness of ethical standards and professional responsibilities
- · Learn the importance of teamwork
- · Understand the basics of leadership tasks
- Appreciate the role of the human resource function
- · Learn of coaching and mentoring opportunities
- · Learn how to effectively manage change
- · Learn how to achieve a healthy balance between work and family

Course Attendees

PMDP participants are likely to have various titles depending on the kind of work they perform, the geographical location of their projects, and the size of their company. They may have titles such as assistant project manager, project manager, field engineer, project engineer, project administrator, etc. They may have experience as estimators, field personnel, project assistants, or office managers, and they may work in the heavy and highway sector, the commercial building sector, or in residential construction. They will most likely be early in their careers, have some post-high-school education, and less than two years of project-related experience.

View Class Details and Dates (/classes/type?record=project-manager-development-program-pmdp)

Public Speaking (/classes/type?record=public-speaking)

Topics: Public Speaking

Public Speaking covers aspects of public speaking that helps you regularly and reliably become a competent speaker in a variety of situations. The modules are outlined in the order presented. Each module builds on the previous one to allow speakers to progressively develop their skills in a variety of situations. This course is highly participatory.

5/30/23, 4:24 PM

Each module includes:

	Goals and Objectives at start of session Review of previous information Attendee preparation for each module (Module 1 preparation will be the questionnaire) Break out exercises				
	Ooaching – learning to coach one anothe	r for future presentations	Planning for next	module	Individual and group coaching
Speak	Easy Modules:				

Pre seminar questionnaire and preparation

Module 1:The Mental Side: Preparing for your speech

Module 1 addresses the physiology, who you are, who they are, why your audience cares, how to optimize your message. Each person will speak, exercises are done throughout to emphasizemessages and strengthen learning.

- a. Public Speaking: Importance of effective communication Course Overview
- b. Your experience
- c. Brain Mapping: How people listen, respond, and form opinions
- d. Basics of speaking in any situation: Physiology, Stature, Preparation, Participation
- e. Knowing your audience and why it matters: Body language yours and theirs, Learning types, brain chemistry
- f. What me? I speak better "off the cuff!"...Not!: Why we practice, How to practice, Howoften to practice alone and together
- g. Knowing your situation: Key preparation tactics
- h. Being a leader, being a team member

Module 2: Public Presentations

Module 2 allows each speaker to present prepared material for initial introductions and for a 2 minute presentation. The team will practice coaching their colleagues, learn to overcomeineffective public speaking traps, learn preparation skills, test key listening skills, and understand what the audience experiences.

- a. Networking: Etiquette, meeting people, reading people
- b. Active listening, appropriate response
- c. Public Presentations: Associations, Awards, White Paper Discussions
- d. Learning to coach
- e. Developing your message: Presentation preparation
- f. The Importance of the Question and Answer session Introduction
- q. Use of Visuals...to use or not to use
- h. TED Talks, Carnegie, Simply Speaking, Toastmasters (and other) training programs -common advice, relevant tips
- i. Introduction to Project Interviews

Module 3: Project Interviews: Formal and Informal

Module 3: Speakers will come prepared with a short presentation for a project interview. The team will co-coach. Past skills will be incorporated. Interview Questions and Answers will be covered and practiced along with information on team interview preparation, execution and follow up.

- a. Research, Preparation, Asking questions
- b. Developing Strategy as a leader, as a teammate
- c. Structuring your message, getting to Why
- d. Working in a team: transitions, assisting each other, constructive coaching
- e. Question and Answer period
- f. Addressing dissention
- g. Use and preparation of visuals

- h. Use and preparation of handouts
- i. The all important follow up

Module 4: Internal and Project Meetings

Module 4: Speakers will hone their interview presentations from Module 3 with team speaking, Intense question and answer sessions will follow using co-coaching. Breakout sessions for Meeting situations will be covered to practice a variety of skills. All sessions will be reviewed.

- a. Company meetings
- b. Client meetings
- c. Project meetings: as a team member, as the leader
- d. Active listening
- e. Active participation
- f. Rules of Etiquette
- g. Wrap up

View Class Details and Dates (/classes/type?record=public-speaking)

Remote Foreman Training Program (FTP) (/classes/type? record=remote-foreman-training-program-ftp)

Topics: Leadership & Development Foreman Training Program (FTP)

Foreman Training Program (FTP) is a comprehensive four-evening program geared specifically to the topics early-career foreman need. This program is ideal for the seasoned lead person or new foreman looking to become a strong leader and effective manager of people, safety, time, equipment and materials. When applied, the field tested and proven means and methods taught will help ensure the success of the motivated tradesman.

Day 1: Introduction to Leadership

Journeyman to foreman transition Communicating with your crew and superintendent Mobilization onto new jobsite

Day 2: Productivity in the Field

How to figure and track production rates How to improve crew makeup and raise production rates for continuous improvement

Introduction to cost coding and terminology Documentation and your responsibilities

Day 3: Quality Control in the Field

Problem solving and decision making Writing a clear RFI Inspecting others work vs. checking your own

Working with your SWPPP, EPA, special inspectors, Army Corps of Engineers QC officers

Day 4: Safety on the Jobsite

How to prepare a Job Hazard Analysis (JHA) and Activity Hazard Analysis (AHA) How to effectively administer the company safety plan in the field

Site safety management Site disaster plan, training, working with jurisdictions having authority, OSHA and L&I

How to control the site after an incident

View Class Details and Dates (/classes/type?record=remote-foreman-training-program-ftp)

Scaffold User Competent Person (/classes/type?record=scaffolduser-competent-person)

Topics: Safety

Employee safety depends on the proper erection and safe use of scaffolding. There are many questions that an inspector may ask. Is the footing sound and rigid? Did competent persons erect, dismantle, or move the scaffold? Are sills properly placed and of adequate size? Is the scaffold draped with visqueen, tarps, nets, or plywood guard rails, and if so, is it engineered to withstand potential wind loads? You will know how to inspect a scaffold for proper erection once you've taken this class.

View Class Details and Dates (/classes/type?record=scaffold-user-competent-person)

Spanish First Aid/CPR with AED (/classes/type?record=spanishfirst-aid-cpr-with-aed)

Topics: Safety

First Aid/CPR with AED

This class combines CPR, First Aid and Automated External Defibrillator (AED) training. At the conclusion of class, all students will be proficient in the use of an AED. This course adheres to the current AHA standard and fulfills federal and state regulatory requirements for workplace first aid training. The completion card is valid for 2 years.

Primeros auxilios/CPR con AED

Esta clase combina entrenamiento en CPR, Primeros Auxilios y Desfibrilador Externo Automático (AED), Al finalizar la clase, todos los estudiantes serán competente en el uso de un AED. Este curso se adhiere al estándar actual de la AHA y cumple con los requisitos reglamentarios federales y estatales para la capacitación en primeros auxilios en el lugar de trabajo. La tarjeta de finalización es válida por 2 años.

View Class Details and Dates (/classes/type?record=spanish-first-aid-cpr-with-aed)

Supervisory Training Program (STP) (/classes/type? record=supervisory-training-program-stp)

Topics: Leadership & Development Supervisory Training Program (STP)

The skills and concepts covered in the STP courses are designed for field supervisors, journeymen who aspire to become field supervisors and others who work with field supervisors...anyone who goes to the job site with information that can affect the bottom line.

Every STP course is activity based: discussions, case histories, problems, and exercises. Lectures are used to introduce and review ideas and skills covered in the activities. Students in an STP course draw upon their field experience and learn by interaction with others from all areas of the construction industry.

Unit 1 | Leadership and Motivation This course will describe the value of effective supervision of workers and improve the construction supervisor's ability to lead and motivate others.

- · The dollars and sense of people in construction
- · The role of the construction supervisor
- Helping people perform better
- · Motivating and leading others
- · Positive feedback
- Training and orienting crew members
- Teams and team building
- · Leadership skills in action

Unit 2 | Communication This course presents a body of knowledge and skills that today's construction supervisors need in order to be effective communicators on their job site.

- · Effective communication
- · Learning to listen
- · Carrying on conversations
- Persuasion, negotiation, and confrontation
- · Communicating with your crew
- · Putting it in writing

- · Meetings that work
- · Electronic communication
- · Improving communication

Unit 3 | Planning and Scheduling This course will help construction supervisors understand ways in which planning and scheduling saves time and money, while increasing quality in the construction process.

- · Preparing the project plan
- · Communicating the plan
- · The critical path
- · Computer use in scheduling
- · Using the schedule on the jobsite
- · Updating the construction schedule
- The schedule as documentation
- · Using planning and scheduling

Unit 4 | Contract Documents This course will provide information about contract documents and construction law to help supervisors recognize the roles and responsibilities of all contracted parties, to develop an understanding of how contract documents can be helpful to solve problems and resolve conflicts, and to develop positive relationships between all parties in the construction process.

- · Introduction to contract documents and construction law
- · Creating a positive environment through partnering
- · Contractual relationships
- · Contract forms and documents
- Managing general conditions
- · Good documentation practices
- Changes
- · Differing site conditions
- · Time impacts
- · Negotiation of resolutions

Unit 5 | Improving Productivity and Managing Project Costs This course covers understanding how project estimates are compiled, how to compare actual project costs with those estimated and how to control costs to meet the estimate. This course also details how productivity is measured, how the supervisor plays a major role in increasing jobsite productivity and how a small increase in productivity can have a significant impact on the time and cost of a project.

- · Construction estimates
- · Who controls project costs
- · Reporting and analyzing actual costs
- · Planning for cost control
- · Cost control strategies
- · Labor cost variances
- Working with project partners
- · Managing risk and loss potentials
- · Cost control strategies
- · Post-project evaluations
- · Benchmarking construction productivity
- · Improving productivity through pre-planning
- · New skills for effective supervision
- · Personnel management
- Equipment management for productivity improvement
- · Jobsite productivity, planning and scheduling
- · Quantifying lost labor productivity
- · Record keeping, control, changes, and defect analysis

Unit 6 | Risk Management and Problem Solving This course will cover the roles and responsibilities of a construction supervisor in accident prevention and loss control.

- · Safety leadership, communication and expectations
- · Planning for site safety
- Site safety management
- · Site security and protection
- · Multi-employer jobsite safety

- · Construction risk management
- · Safety and human resources
- Regulatory procedures, record keeping and documents

View Class Details and Dates (/classes/type?record=supervisory-training-program-stp)

Technology (/classes/type?record=technology)

Topics: Technology

MICROSOFT EXCEL 2013/2010 COURSES

Excel 1: Excel Basics

Start working with Excel spreadsheets. Learn all the tools you need to get from setting up the spreadsheet, using basic formulas, and formatting to printing your spreadsheet. While learning how to enter and manipulate data, see how Excel can be applied to the construction industry.

Topics:

- · Entering & Selecting Data
- Navigating in Excel
- · Move, Cut, Copy and Paste Data
- Auto fill
- · Insert and Delete Rows and Columns
- · Find and Replace
- · Intro to Basic Formulas
- · Formatting the worksheet
- Using Multiple Sheets in a Workbook
- Printing Workbooks
- · Freezing and Splitting Worksheets
- · Hide and Unhide Worksheets

Excel 2: Functions & Filtering

A strong foundation in working with functions will greatly increase you ability to work with Excel! Have you ever tried to set up formulas in a worksheet and just can't get past using AutoSum? Come learn the process of setting up formulas in MS Excel. We will also learn how to locate the information you need by using various sorting and filtering techniques. With all of the change orders, RFI's and other information that we track on our jobs, we end up creating numerous logs. Excel provides an excellent tool for managing and tracking these logs of information.

This course is a prerequisite to Excel 3-4.

**Prerequisite - Excel 1

Topics:

- Math Review
- AutoSum
- Relative & Absolute Reference
- · Name Box
- · Payment, If and Lookup Functions
- · Multi-sheet Functions
- · Creating a Numerical Summary Worksheet
- · Sorting, Filtering and Adv. Filters
- · Excel Problem Solving Skills

Excel 3: Managing Information in Excel - Available by request

Let Excel do more of the work for you! Excel is able to do calculations and formatting based on the criteria that you set. In this course, we will learn how to minimize data entry, look up appropriate information from a price list, create totals for similar types of items, and automatically highlight totals that exceed a certain limit. This course brings together the Excel tools for math, logic, formatting and automation in a practical application. We will also look at a variety of other tools to identify and summarize your information. We will use CO Logs, RFI Logs, and a Take Off Spreadsheet as our examples for the class.

**Prerequisite - Excel 1 & 2

Topics:

- Time Triggers: Today, Now, If Days360
- Subtotals
- · Create Sums based on a certain criteria
- · Summarizing Information
- · Entering Info from a Drop Down List
- · Lookup Info from a Price List (or any other list of Info)
- · Conditional Formatting
- · Reviewing Toolbar (Comments)
- · Excel Problem Solving Skills

Excel 4: Advanced Topics - Available by request

Learn to use some time-saving and analysis features in Excel. This course brings together several tools that aid in automating and reviewing our work. We will also cover various methods of importing and exporting information.

**Prerequisite - Excel 1 & 2

Topics:

- Macros
- · Creating Charts
- · Modifying Chart Data
- · Formatting Charts
- · Creating Pivot Tables
- · Tracking Changes Revisions
- · Scenarios and Goal Seek
- · Export to CSV and Text files
- Hyperlinks
- · Text Functions: Right, Left, Mid, etc.

MICROSOFT PROJECT 2013/2010 COURSES

MS Project 1: Building a Schedule

Learn how to build a basic construction project schedule. In planning for a job to start, we need to create a project schedule. Ideally, this initial schedule becomes a benchmark for us to measure progress and costs on our jobs. This course walks through the process of building that basic schedule and preparing it to be used during the job. We will also cover some introductory issues on tracking a job in progress. This course assumes the user will be proficient with standard computer skills - we will not review how to open or save files.

**Prerequisite - Excel 1

Topics:

- · Basic MS Project environment
- Setting Project Start Date
- Create different Tasks: Project Summary, Recurring, Summary and Sub-tasks
- · Outlining and the Work Breakdown Structure
- · Linking Tasks
- · Introductory Logic issues
- Creating and Using Resources
- · Understand Duration vs. Work
- Critical Path & Saving the baseline
- · Views: Focus on Tracking Gantt
- Three Week Look-Aheads (filtering the schedule)

MS Project 2: Managing a Schedule

While tracking a construction job with MS Project, have you ever had the schedule adjust in unexpected ways? This course focuses on using logic in MS Project. If we want our schedules to be useful beyond the first day of a job, we need to understand how the schedule will adjust once we start making changes. We will also address how to include submittal items on the schedule. This course assumes the user will be familiar with the MS Project environment and standard computer skills - we will not review how to open or save files.

**Absolute Prerequisite - Excel 1, MS Project 1

Topics:

• Reusing Custom Calendars and Views - Learn not to redo your current work

- · Logic Issues with Linking TasksVariations on Link Types & effects on the schedule
- · Lag and Lead
- · Constraints vs. Deadlines
- · Managing Submittal Items and Change Orders
- Managing & Updating a schedule w/Tracking Gantt
- · Using Resources to manipulate the schedule
- · Resource Leveling
- Setting an Interim Plan

AUTOCAD® CLASSES - Available by request

AutoCAD®: An Introduction

If you don't currently use AutoCAD, this course will get you started. This hands-on two-day class introduces the fundamentals of AutoCAD. Upon completion, you will be able to use AutoCAD to draft in 2D and will be confident in the use of AutoCAD to create, layer, edit, modify, annotate, and dimension drawings.

Class topics include:

- AutoCAD Tour
- · Basic Drawing
- · Object Editing
- · Layer Management
- Annotation
- Dimensioning

AutoCAD®: Advanced Workshop

This one-day course is intended for those who have taken the Introduction to AutoCAD course or who have received instructor approval. Advanced AutoCAD builds on the basic principles that are taught in the introduction course.

Class topics include:

- · Reusable AutoCAD content
- · Plotting a drawing
- · External references

AUTODESK® CLASSES - Available by request

Autodesk® Navisworks: An Introduction

This hands on, one-day course will teach you how to reliably share, unite, review and polish your 3D design models from multiple formats. Navisworks will save you RFIs and Collision issues. You will learn how to open and append 3D files of different formats for project review, perform visual project model approval using the built-in review and reporting tools and perform interference detections tests between 3D files of different disciplines to check integrity of the design.

Class topics include:

- Navisworks Overview
- · 3D Model Review
- TimeLiner (Construction)
- · Animator (Architects & Civil)
- · Scripter (Architects & Civil)
- Presenter Basics (Architects & Civil)
- · Presenter Advanced Features (Architects & Civil)
- Clash Detective (Construction)

Prerequisite: It is recommended that you have a working knowledge of a CAD application such as AutoCAD and Microsoft Windows.

Autodesk® Revit® Architecture: An Introduction

This three-day class will give you the fundamental tools you need to get started with Revit Architecture. Through project based hands on training, students will create floor plans using walls, doors and windows; add furniture fixtures, create specialty family types such as: curtain walls, floors, ceiling grids, generate elevations, sections, details and schedules directly from the model. Upon completion of this course the student will be able to create design and construction documents with Revit Architecture.

Class topics include:

- · Creating a New Project
- · User Interface
- · Creating & Modifying Design Components
- · Setting Up Levels and Grids
- · Creating & Modifying Stairs & Railings
- · Creating Views of the Model
- · Working with Roofs
- · Creating Schedules & Annotation
- · Drawing Sheets
- · Working with Different Types of Detailing

Prerequisite: It is recommended that you have a working knowledge of a CAD application such as AutoCAD and Microsoft Windows.

Autodesk® Revit® Structure: An Introduction

Learn the essential features and functionality of Revit Structure in this three-day class. Through lecture and hands on exercises, the student will learn about building information modeling (BIM), navigate through the program interface, manage views and identify different types of structural elements. The student will also learn how to create levels, work with walls, section, elevations, create floor framing, roofs, steel frames, floor decks foundation slabs, footings, grade beams, stairs, ramps elevator pits and prepare and analytical model.

Class topics include:

- · Building Information Modeling (BIM)
- · Using Revit Structure
- Design
- · Documentation and Detailing
- · Creating Plan Annotations & Schedules
- Creating Sections & DetailsCreating Construction Documents

Prerequisite: It is recommended that you have structural engineering, drafting or architectural experience and a working knowledge of Windows 2000/XP.

MICROSOFT OFFICE 2013/2010 GENERAL COURSES - Available by request

Introduction to Computers

Do you find yourself fearing the moment when you have to flip the power switch on that \$1,000 paper weight in your office they call a computer? Learn the basics of navigating the PC environment, the components of the computer, and a general introduction to the most commonly used programs. We will also learn the basics of creating and saving folders and documents (...and learn how to find them again!)

Topics:

- PC Environment
- Computer Components: Mouse, Hard Drive, CD Drives, USB Ports
- Creating Folders
- Filing System
- Difference between saving to a Hard Drive vs. saving to a Company Server
- · Introduction to common Microsoft Programs

Outlook 1: Communication for Contractors

Managing any productive job requires successful communicating and documentation. These tasks can be accomplished with MS Outlook and MS Word. The core of this class will be spent on learning the basics of email with MS Outlook, including attaching documents and pictures. We will also introduce using the Contacts, the Calendar, the Task List and Notes. Creating letters, flyers, and work journals can all be done in MS Word. This class will offer a brief introduction to using MS Word for basic communication tasks and will review formatting basics, which are similar in MS Outlook and MS Word.

Topics:

- · Intro to MS Outlook Components
- Reading & Sending Emails
- · Intro to Word Environment
- · Formatting in Word
- · Formatting in Outlook
- · Attaching files to Emails
- · Creating a Contact
- · Creating and Moving Calendar Appointments
- Using the Task List and Notes

Outlook 2: Email & Beyond

Beyond the email and calendar basics, MS Outlook has tools to keep all your information organized by automating email filing, by creating contact histories and by using categories. Once you have mastered the basics of sending an email, creating a contact and entering an appointment on the calendar, come learn how to organize, manage, and find all that information. Advanced options for email, calendars, and contacts are also included.

**Prerequisite - Working Knowledge of MS Outlook

Topics:

- · Organizing Emails w/Rules and Alerts
- Creating Email Signatures
- · Adv. Email, Calendar and Contact Options
- Organizing Outlook w/Categories
- · Recurring Calendar Items
- Copying Calendar Items
- · Managing Contacts with Categories
- · Viewing Contact History

Introduction to PowerPoint

Anytime we present ideas and information, we communicate more effectively if we have a visual component to our presentation. Learn how to use MS PowerPoint to create interesting presentations that incorporates text information, charts, graphics, pictures and even movie clips. We will cover the basics of creating a slide show and learn how to use various tools to enhance our presentation. We will also learn to use transitions and basic animations to enhance your slide shows.

Topics:

- · PowerPoint Environment
- · Viewing a Slide Show
- · Creating a basic slide show
- · Inserting new slides with text or graphics
- · Formatting Background and Text
- · Adding Cool Transitions between slides
- · Creating Documents from a Slide Show
- · Creating Speaker Notes
- · Presenting a Slide Show

Introduction to Word

At some point, we will all have to write a letter, keep a daily work log, create a safety meeting flyer, or type up a list. Learn how to use MS Word to accomplish all these tasks. Intro to MS Word will cover creating, editing and formatting documents. We will also learn to proof, save and print our documents once they are created. Shortcuts to navigating through a document and creating a bulleted list will also be included.

Topics:

- MS Word Environment
- · Entering Text
- · Saving a File
- Printing a File
- Inserting and Deleting more text
- Undo, Cut, Copy, Paste
- Formatting
- · Spell Check

View Class Details and Dates (/classes/type?record=technology)

Trenching and Shoring Competent Person (/classes/type? record=trenching-and-shoring-competent-person)

Topics: Safety

This seminar is intended to provide classroom instruction using real life examples on the hazard recognition and control for conditions that are unsafe, unsanitary or dangerous to employees exposed to work in trenches and excavations. Attendees will be trained to be proficient in three areas; General requirements of the WAC standard Part N (Trenching, Excavation and Shoring), Soil Classification, and Protective Systems.

Do you perform work with the US Army Corps of Engineers (USACE) or Naval Facilities (NAVFAC)? Our competent person courses accommodate contractors, military and government employees who must comply with the EM385-1-1 USACE safety and health requirements. View Class Details and Dates (/classes/type?record=trenching-and-shoring-competent-person)

Washington State Traffic Control Supervisor Certification (/classes/type?record=washington-state-traffic-control-supervisor-certification)

Topics: Safety

Washington State Traffic Control Supervisor Certification:

(Note: If your TCS card expires, you have six months to take the one-day recertification. However, you cannot work as a certified TCS if your card is expired.)

This 3-day (21 hour) certification course is designed to meet the Washington State requirements for a Traffic Control Supervisor (TCS). The TCS course is designed to train those who will be actively involved in designing or setting up and maintaining temporary traffic control zones. Participants will be taught how to read, interpret and understand traffic control plans and how to implement them in the field.

Class includes presentations, exercises, and in class activities. Attendees will receive reference materials to assist with traffic control set up and management. Once successfully completed, certification is valid for 4 years.

Requirements for initial TCS

The following list is a summary of the requirements to be certified as a Traffic Control Supervisor:

Possess a valid Washington State flagging card or reciprocating state flagger card.

Provide proof of 2,000 hours of traffic control or related workzone safety experience.

Pass the WSDOT TCS examination with a score of 80% or greater and complete the test within 2 hours.

Submit two letters of recommendation from previous employers or persons familiar with the applicant's traffic control and related workzone safety experience.

View Class Details and Dates (/classes/type?record=washington-state-traffic-control-supervisor-certification)

Washington State Traffic Control Supervisor Recertification (/classes/type?record=washington-state-traffic-control-supervisor-recertification)

Topics: Safety

Washington State Traffic Control Supervisor Recertification

This 1-day Washington Traffic Control Supervisor class is designed for individuals needing recertification. Individuals with a <u>Washington State TCS card</u> issued by a certified Washington State training facility are eligible to attend this 1-day class.

To see if you qualify to attend the Traffic Control Supervisor Recertification Course, please submit the following information to Integrity Safety. info@integritysafety.com (mailto:info@integritysafety.com)

A current state approved flagging card. Approved states are: Idaho Montana, Oregon and Washington,

A copy of your current Washington State Traffic Control Supervisors certificate

Note: If your TCS card expires, you have six months to take the one-day recertification. However, you cannot work as a certified TCS if your card is expired

View Class Details and Dates (/classes/type?record=washington-state-traffic-control-supervisor-recertification)

WWHM 2012 Advanced Workshop (/classes/type?record=wwhm-2012-advanced-workshop)

Topics: WWHM

Western Washington Hydrology Model 2012 Advanced Workshop. The course content will including training in the advanced features of the WWHM2012. Workshop participants will each have access to a computer with WWHM2012 loaded and ready to use. They will receive hands-on instruction using the model. The instruction will include: how to model an offsite basin, a bypass basin, infiltration facilities, a sand filter, lateral flow basins, green roofs, permeable pavement, bioretention/rain gardens, and CAVFS (Compost-Amended Vegetated Filter Strips). In addition, wetland protection requirements (inflow volume comparison) will be modeled and the LID Report explained.

View Class Details and Dates (/classes/type?record=wwhm-2012-advanced-workshop)

WWHM 2012 Basic Workshop (/classes/type?record=wwhm-2012-basic-workshop)

Topics: WWHM

Western Washington Hydrology Model 2012 Basic Workshop. The course content will including training for all of the WWHM2012 basic features. Workshop participants will each have access to a computer with WWHM2012 loaded and ready to use. They will receive hands-on instruction using the model. The instruction will include: Model set-up; Step-by-step walk through of all of the basic model features; Specific training on stormwater pond design capabilities to meet Ecology's requirements; Numerous project examples; and Tips and tricks for easy model use.

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