

# WINTER/SPRING 2010 COURSE SCHEDULE



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Virginia Chapter

Networking

Education

Political  
Advocacy

Service

# FIELD TRACT CURRICULUM

Curriculum designed for the journeyman, crew leader and superintendent.

## JOURNEYMAN & CONTINUING EDUCATION COURSES

### MASTER ELECTRICIAN EXAM PREP COURSE

This is a state approved continuing education course.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	M/W	6:00 PM- 9:00 PM	3/22 (3 sessions)	Humphrey	Member: \$225 Nonmember: \$290

### NATIONAL ELECTRICAL CODE UPDATE

The 2008 version of the National Electrical Code is scheduled to go into effect in mid-2010. In order to accommodate Continuing Education requirements, ABC-VA is now offering the 2008 NEC Update.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	5:00 PM- 9:30 PM	1/20	Humphrey	Member: \$95 Nonmember: \$125
ABC-VA	M	5:00 PM- 9:30 PM	2/15	Humphrey	Member: \$95 Nonmember: \$125
ABC-VA	T	5:00 PM- 9:30 PM	3/16	Humphrey	Member: \$95 Nonmember: \$125
ABC-VA	M	5:00 PM- 9:30 PM	4/12	Humphrey	Member: \$95 Nonmember: \$125
ABC-VA	T	5:00 PM- 9:30 PM	5/18	Humphrey	Member: \$95 Nonmember: \$125
ABC-VA	M	5:00 PM- 9:30 PM	6/14	Humphrey	Member: \$95 Nonmember: \$125
ABC-VA	T	5:00 PM- 9:30 PM	7/15	Humphrey	Member: \$95 Nonmember: \$125
ABC-VA	W	5:00 PM- 9:30 PM	8/18	Humphrey	Member: \$95 Nonmember: \$125

### GREEN TRAINING FOR THE CRAFT WORKER

This seminar will educate the craft worker in Sustainability/Green Building concepts including global climate change, carbon footprints and best practices for construction of green buildings.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	8:00 AM- 12:00 PM	4/1	McCarthy	Member: \$95 Nonmember: \$142

## CREW LEADER COURSES

### FIELD SCHEDULING FOR FOREMEN

This seminar, designed for foremen, will provide attendees with CPM scheduling basics. Topics include developing schedules using short interim planning and resource planning, updating schedules and change management.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	11:00 AM- 1:00 PM	1/19	Carson	Member: \$62 Nonmember: \$93

## BLUEPRINT READING 101

The reading of construction blueprints is a foundational skill in construction. All construction professionals, regardless of whether they are working in the field or office, must know how to read blueprints.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	M/TH	5:30 PM- 8:30 PM	2/1 (8 sessions)	White	Member: \$345 Nonmember: \$445
ABC-VA	M/TH	5:30 PM- 8:30 PM	7/12 (8 sessions)	White	Member: \$345 Nonmember: \$445

## SUPERINTENDENT COURSES

### BLUEPRINT READING 102

This curriculum is designed to advance those with fundamental blueprint reading skills. Prerequisite is Blueprint Reading 101 or equivalent experience.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	M/TH	5:30 PM- 8:30 PM	3/22 (8 sessions)	White	Member: \$345 Nonmember: \$445

### SCHEDULING FOR SUPERINTENDENTS

This seminar, designed for superintendents, will provide attendees with CPM scheduling basics. Topics will include schedule development, schedule updating and use and change management.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	1:00 PM- 5:00 PM	2/4	Carson	Member: \$90 Nonmember: \$135

## OFFICE TRACT CURRICULUM

Curriculum designed for the project assistant, project manager, senior project manager and construction executive.

## PROJECT ASSISTANT COURSES

### BLUEPRINT READING 101

The reading of construction blueprints is a foundational skill in construction. All construction professionals, regardless of whether they are working in the field or office, must know how to read blueprints.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	M/TH	5:30 PM- 8:30 PM	2/1 (8 sessions)	White	Member: \$345 Nonmember: \$445
ABC-VA	M/TH	5:30 PM- 8:30 PM	7/12 (8 sessions)	White	Member: \$345 Nonmember: \$445

### CONSTRUCTION 101

Attendees with job duties such as accounting, administrative, marketing, or human resources, will walk away with a clear understanding of what the commercial construction industry is all about.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	10:00 AM- 2:00 PM	2/18	P. Dean, N. Lowenstein	Member: \$90 Nonmember: \$135
ABC-VA	TH	10:00 AM- 2:00 PM	5/20	P. Dean, N. Lowenstein	Member: \$90 Nonmember: \$135

## PROJECT MANAGER COURSES

### ESTIMATING ACADEMY

Improve and expand your knowledge on estimating in the specific trades, including types of materials, equipment and labor required.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost - Course</i>	<i>Cost - Per Session</i>
ABC-VA	M/TH	5:30 PM- 8:30 PM	5/3 (10 sessions)	White	Member: \$680 Nonmember: \$1130	Member: \$75 Nonmember: \$120

### LEADERSHIP SERIES I

By being exposed to some of the industry's top executives and proven leaders, students develop a keen awareness of leadership principles and begin developing their own unique leadership style.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	12:00 PM- 2:00 PM	3/3 (6 sessions)	Multiple	Member: \$325

### PROJECT CLOSE OUT

Successfully closing out a project is an essential aspect of this business. This seminar is designed to prepare attendees with the skills and confidence to create and implement a logical process and efficient environment to promote a complete close-out.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	12:00 PM- 2:00 PM	1/27	Hart	Member: \$62 Nonmember: \$93
ABC-VA	W	12:00 PM- 2:00 PM	4/28	Hart	Member: \$62 Nonmember: \$93

### PROJECT MANAGER'S ACADEMY

Project Managers play a major role in every company and project. In this seminar students will sharpen their management, scheduling and estimating abilities.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	M/W	5:30 PM - 8:30 PM	1/25 (11 sessions)	Multiple	Member: \$467 Nonmember: \$700

### SCHEDULING FOR PROJECT MANAGERS

This seminar for project managers will cover CPM scheduling basics and industry best practices. Topics include schedule design, schedule development, update analysis, change management, recovery scheduling and dispute resolution.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	8:00 AM- 12:00 PM	2/16	Carson	Member: \$90 Nonmember: \$135

### SUSTAINABILITY AWARENESS IN THE CONSTRUCTION INDUSTRY

Sustainability Awareness is how we Live, Work, and Build through intentional actions to preserve natural resources for future generations by applying the principles of rejecting, reducing, reusing, and recycling.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	8:00 AM- 12:00 PM	2/18	McCarthy	Member: \$95 Nonmember: \$142

## ELECTIVES

Electives designed for the business, communication & leadership, construction management, green, human resources, legal, and Spanish language interests.

### COMMUNICATION & LEADERSHIP ELECTIVES

### LEADERSHIP SERIES I

By being exposed to some of the industry's top executives and proven leaders, students develop a keen awareness of leadership principles and begin developing their own unique leadership style.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	12:00 PM- 2:00 PM	3/3 (6 sessions)	Multiple	Member: \$325

## CONSTRUCTION MANAGEMENT ELECTIVES

### CONSTRUCTION 101

Attendees with job duties such as accounting, administrative, marketing, or human resources, will walk away with a clear understanding of what the commercial construction industry is all about.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	10:00 AM- 2:00 PM	2/18	P. Dean, N. Lowenstein	Member: \$90 Nonmember: \$135
ABC-VA	TH	10:00 AM- 2:00 PM	5/20	P. Dean, N. Lowenstein	Member: \$90 Nonmember: \$135

### CONSTRUCTION QUALITY MANAGEMENT

This course satisfies government requirements specified in most Corps of Engineers and NAVFAC construction contracts as well as satisfies the CQM training requirements. (Certification is valid for 5 years).

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	7:30 AM- 5:00 PM	2/9	Baldwin	Member: \$205 Nonmember: \$310
ABC-VA	T	7:30 AM- 5:00 PM	4/13	Baldwin	Member: \$205 Nonmember: \$310
ABC-VA	T	7:30 AM- 5:00 PM	6/8	Baldwin	Member: \$205 Nonmember: \$310
ABC-VA	T	7:30 AM- 5:00 PM	8/10	Baldwin	Member: \$205 Nonmember: \$310

### FIELD SCHEDULING FOR FOREMEN

This seminar, designed for foremen, will provide attendees with CPM scheduling basics. Topics include developing schedules using short interim planning and resource planning, updating schedules and change management.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	11:00 AM- 1:00 PM	1/19	Carson	Member: \$62 Nonmember: \$93

### SCHEDULING FOR PROJECT MANAGERS

This seminar, for project managers, will cover CPM scheduling basics and industry best practices. Topics include schedule design, schedule development, update analysis, change management, recovery scheduling and dispute resolution.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	8:00 AM- 12:00 PM	2/16	Carson	Member: \$90 Nonmember: \$135

### SCHEDULING FOR SCHEDULERS

This seminar will cover CPM technical scheduling basics and industry best practices, including continuing education and certifications, schedule design, development, update analysis, change management, recovery scheduling and dispute resolution.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	8:00 AM- 12:00 PM	3/4	Carson	Member: \$90 Nonmember: \$135

### SCHEDULING FOR SENIOR MANAGEMENT

This seminar, for senior management, will cover CPM scheduling basics and industry best practices. Topics include schedule design, schedule development, update analysis, change management and dispute resolution.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	8:00 AM- 12:00 PM	3/16	Carson	Member: \$90 Nonmember: \$135

## SCHEDULING FOR SUBCONTRACTORS

This seminar, designed for subcontractors, will provide attendees with CPM scheduling basics. Topics will include schedule development, schedule updating, change management and dispute resolution.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	11:00 AM- 1:00 PM	3/30	Carson	Member: \$62 Nonmember: \$93

## SCHEDULING FOR SUPERINTENDENTS

This seminar, designed for superintendents, will provide attendees with CPM scheduling basics. Topics will include schedule development, schedule updating and use and change management.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	1:00 PM- 5:00 PM	2/4	Carson	Member: \$90 Nonmember: \$135

## GREEN ELECTIVES

### GREEN TRAINING FOR THE CRAFT WORKER

This seminar will educate the craft worker in Sustainability/Green Building concepts including global climate change, carbon footprints and best practices for construction of green buildings.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	8:00 AM- 12:00 PM	4/1	McCarthy	Member: \$95 Nonmember: \$142

### SUSTAINABILITY AWARENESS IN THE CONSTRUCTION INDUSTRY

Sustainability Awareness is how we Live, Work, and Build through intentional actions to preserve natural resources for future generations by applying the principles of rejecting, reducing, reusing, and recycling.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	8:00 AM- 12:00 PM	2/18	McCarthy	Member: \$95 Nonmember: \$142

## Safety

Safety courses for safety certification and safety electives.

## SAFETY CERTIFICATIONS

### 40 HOUR HAZWOPER COURSE

Attendees will learn the requirements for the Hazardous Waste and Emergency Response (HAZWOPER) section of OSHA regulations, which is the standard for working with hazardous material on abandoned sites or emergency situations.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T/W/TH	7:00 AM- 4:00 PM	3/23 (3 sessions)	Thompson	Member: \$695 Nonmember: \$895

### BLOODBORNE PATHOGENS

Learn the regulatory measures required to protect their employees from the hazards of occupational exposure to blood and other potentially infectious materials containing bloodborne pathogens.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	3:00 PM- 5:00 PM	2/9	Lombardi	Member: \$25 Nonmember: \$40

### CONSTRUCTION SITE SAFETY TECHNICIAN (CSST)

The CSST Academy is a 100-hour training program that thoroughly examines over 50 safety-related topics. It is designed to prepare an individual for the responsibility of coordinating a construction site/project safety program.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	F	8:00 AM- 5:00 PM	2/19 (9 sessions)	Multiple	Member: \$1160 Nonmember: \$1740

## FIRST AID & CPR CERTIFICATION

ABC-VA's First Aid and CPR Certification program has a construction industry focus and an emphasis on life-supporting strategies. Certification is valid for 2 years.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	1:00 PM-6:00 PM	1/13	Ryan	Member: \$55 Nonmember: \$70
ABC-VA	TH	1:00 PM-6:00 PM	2/10	Ryan	Member: \$55 Nonmember: \$70
ABC-VA	W	1:00 PM-6:00 PM	3/10	Ryan	Member: \$55 Nonmember: \$70
ABC-VA	W	1:00 PM-6:00 PM	3/31	Ryan	Member: \$55 Nonmember: \$70
ABC-VA	TH	1:00 PM-6:00 PM	4/15	Ryan	Member: \$55 Nonmember: \$70
ABC-VA	TH	1:00 PM-6:00 PM	5/20	Ryan	Member: \$55 Nonmember: \$70
ABC-VA	TH	1:00 PM-6:00 PM	6/17	Ryan	Member: \$55 Nonmember: \$70
ABC-VA	W	1:00 PM-6:00 PM	7/14	Ryan	Member: \$55 Nonmember: \$70
ABC-VA	W	1:00 PM-6:00 PM	8/11	Ryan	Member: \$55 Nonmember: \$70

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## FORKLIFT TRAINING

Training is one of the key elements in preventing injuries. Attendees will train to operate a powered industrial truck safely and learn to recognize and avoid hazards associated with forklifts.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	F	8:00 AM-5:00 PM	2/12	Groesbeck	Member: TBD Nonmember: TBD

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## OSHA 10-HOUR COURSE

The OSHA 10-Hour course emphasizes the most important aspects of Occupational Safety and Health Standards for the industry.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	7:00 AM-5:30 PM	2/16	Groesbeck	Member: \$205 Nonmember: \$310
ABC-VA	T	7:00 AM-5:30 PM	4/20	Groesbeck	Member: \$205 Nonmember: \$310
ABC-VA	T	7:00 AM-5:30 PM	6/8	Groesbeck	Member: \$205 Nonmember: \$310

## OSHA 30-HOUR COURSE

The OSHA 30-Hour course emphasizes the most important aspects of the Occupational Safety and Health Standards for the industry.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T/W/TH	7:00 AM- 5:30 PM	1/19 (3 sessions)	Thompson	Member: \$460 Nonmember: \$675
ABC-VA	T/W/TH	7:00 AM- 5:30 PM	3/9 (3 sessions)	Groesbeck	Member: \$460 Nonmember: \$675
ABC-VA	T/W/TH	7:00 AM- 5:30 PM	5/4 (3 sessions)	Groesbeck	Member: \$460 Nonmember: \$675
ABC-VA	T/W/TH	7:00 AM- 5:30 PM	7/6 (3 sessions)	Thompson	Member: \$460 Nonmember: \$675

## SAFETY ELECTIVES

### CONFINED SPACE COMPETENCY TRAINING

More than two-thirds of all confined space fatalities are would-be rescuers. Take this class and find out how to avoid adding to that statistic.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	8:00 AM- 2:00 PM	2/11	Thompson	Member: \$95 Nonmember: \$135
ABC-VA	TH	8:00 AM- 2:00 PM	6/10	Thompson	Member: \$95 Nonmember: \$135

### EXCAVATION COMPETENCY TRAINING

Knowing how to properly use excavation equipment prevents accidents and/or fatalities from occurring on the jobsite. Upon completion of this course, attendees will receive a certificate that provides documentation of training for competent status.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	8:00 AM- 2:00 PM	1/26	Thompson	Member: \$95 Nonmember: \$135
ABC-VA	T	8:00 AM- 2:00 PM	3/23	Thompson	Member: \$95 Nonmember: \$135

### OSHA RECORDKEEPING FORM 300

This seminar will help prevent record-keeping mistakes that cause expensive penalties and is beneficial for anyone responsible for risk management, insurance and/or safety in general contracting and subcontracting firms.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	3:00 PM - 5:00 PM	1/12	Lombardi	Member: \$62 Nonmember: \$93

### SCAFFOLD SAFETY COMPETENCY TRAINING

Training is one of the key elements in preventing injuries. Attendees will find out how to recognize hazards associated with the type of scaffolding being used and understand the procedures to control or minimize those standards.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	2:00 PM - 5:00 PM	2/3	Groesbeck	Member: \$95 Nonmember: \$135
ABC-VA	T	2:00 PM - 5:00 PM	5/11	Groesbeck	Member: \$95 Nonmember: \$135

