Laborers performing concrete work on Interstate 80 near Donner Lake in Truckee, CA.

Los Obreros realizan trabajo de concreto en la Carretera Interestatal 80 cerca de Donner Lake en Truckee, CA.

Our Mission

The Laborers’ Training Center provides Union Laborers comprehensive quality training emphasizing safety, skills and knowledge to increase their marketability and value to themselves, the Signatory Contractors and the Construction Industry.
Osby Davis, Mayor of Vallejo speaks to the Construction Career Awareness Day participants at Kiewit Pacific’s Yard in Vallejo, CA.

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Concrete Techniques
Mine & Tunnel Training
Scaffold Builder
Asphalt Paving Techniques

A quarterly newsletter from the Northern California Laborers’ Training Center

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COMMITMENT  INTEGRITY  QUALITY  TEAMWORK  BALANCE
A quarterly newsletter from the Northern California Laborers’ Training Center
This is part 2 of a 2-part series that focuses on the contributions apprentices are making in the northern part of California.

In the last edition of the Training News, we spent a little time catching up with some apprentices who were working in the northern part of the Sacramento Valley. In this issue, we’ll turn our attention east toward the mountains and west toward the coast.

After decades of supporting over a million cars and trucks through summer heat and winter snow, it was time to improve the stretch of Interstate 80 that winds through the Sierra Nevada Mountains. From the city of Colfax to the Nevada border, crews have been busy renovating this vital interstate that links Northern California with its neighbors to the east. One of the Laborers gaining valuable experience on this project is Apprentice Francisco Gomez.

Francisco came to us after spending some time in both the sheet metal and tile businesses. “I kept hearing good stories about how the Laborers took care of their members, so I decided to become a Laborer,” Francisco told me. To learn more about the type of tools and equipment Laborers use, he enrolled in a pre-apprenticeship program and after successfully completing it in April of this year, he was selected to join our program and was indentured in May.

Shortly after completing the three-week initial apprenticeship class, Francisco found himself working for Teichert Construction near Donner Lake installing silk fences to prevent erosion, pouring concrete and performing traffic control. “The training I received at the West Sacramento Training Center gave me the boost I needed and everything I learned there I put into use on the job,” Francisco said.

Another apprentice Laborer who found himself in the mountains making improvements to I 80 is Matt Mantegani. Matt has been working for R&L Brosamer since late April often for more than 50 hours a week. Matt has been gaining experience driving gradalls and do-

En la última edición de “Training News”, pasamos un poco de tiempo poniéndonos al día con algunos de los aprendices quienes estaban trabajando en la parte norte del valle de Sacramento. En esta edición, vamos a dirigir nuestra atención al este hacia las montañas y al oeste hacia la costa.

Después de décadas de soportar a más de un millón de coches y camiones a través del calor del verano y nieve en el invierno, era el momento para mejorar el tramo de la carretera interestatal 80 que zigzaguea por las montañas de La Sierra Nevada. Desde la ciudad de Colfax hasta la frontera con Nevada, varios equipos han estado ocupados remodelando esta vital carretera interestatal que une el norte de California con sus vecinos del este. Uno de los aprendices de Obrero quien está obteniendo una experiencia valiosa en este proyecto es el Aprendiz Francisco Gómez.

Francisco llegó a nosotros después de pasar algún tiempo trabajando en el negocio de moldeadura de hoja de metal y azulejo. “Yo escuchaba buenas historias acerca de cómo la Unión de Obreros se hace cargo de sus miembros, así que decidí convertirme en un Obrero,” me dijo Francisco. Para obtener más información sobre el tipo de herramientas y equipos que utilizan los Obreros, se inscribió en un programa de pre-aprendizaje y tras completar el programa con éxito en abril de este año, fue seleccionado para unirse a nuestro programa y fue contratado en mayo.

Poco después de terminar las tres semanas de clases de aprendizaje inicial, Francisco encontró trabajando para Teichert Construction cerca del lago Donner instalando cercas de seda para evitar la erosión, vertiendo concreto y llevando a cabo el control de tráfico. “El entrenamiento que recibí en el Centro de Capacitación de West Sacramento, me dio el impulso que necesitaba y todo lo que ahí aprendí he puesto en práctica en el trabajo”, dijo Francisco.

Otro aprendiz de Obrero que se encuentra en las montañas formando parte del mejoramiento a la carretera interestatal 80 es Matt Mantegani. Matt ha estado trabajando para R&L Brosamer desde finales de abril y a menudo trabaja más de 50 horas a la semana. Matt ha estado obteniendo experiencia en la conduc-
ing epoxy and concrete reinforcement work as the concrete portions of the freeway receive the improvements they need. “I like the work and the experience. I also like learning from the journeymen because they know what they’re talking about,” Matt said.

On the other side of the state in the city of Eureka, the Humboldt Bay Power Plant is getting a new state of the art generation facility which will transform the plant into a 163 megawatt facility. Working on this project for Haskell Corporation is Apprentice Seth Williams. As Seth’s first job as an apprentice Laborer he committed himself to doing the best he could. He is currently part of a concrete crew and is receiving high marks from his co-workers. “I’ve wanted to get into the construction industry for some time now, and it’s nice being out here,” said Seth. When asked about the training he received before being dispatched, Seth praised his former instructor Ollie Hurd. “Ollie told us how important safety is and prepared me to be a safe worker which is good because this job is all about safety.”

A commitment to safety paired with a good attitude and a willingness to learn are a few of the hallmarks of today’s apprentice Laborer. Thanks to our talented instructors, the importance of each is instilled into each one of them from day one. The apprenticeship department would like to extend its thanks to each one of these apprentices featured here and to all who are keeping the bar high and their employers happy.

UNCOMPROMISE WITH QUALITY

A quarterly newsletter from the Northern California Laborers’ Training Center
On October 1, 2009, we lost a member of our family here at the Laborers Training Center. Since 2003, Valerie Shiderler-Eterovich served as the North Bay/North Coast Field Coordinator for the Laborers Apprenticeship Program. During Valerie’s time at the Laborers Training Center, she worked tirelessly to ensure that her Apprentices got the attention they needed and deserved. You could tell how much they appreciated her by listening to all of her former apprentices publicly thank her at the graduation ceremonies. She was a truly special person who enjoyed life and absolutely loved her job. She was a friend to all and she will be sorely missed.
Local 67: Asbestos, Lead & Mold, and HAZMAT Laborers'
Business Manager: Victor Parra
7:00am – 5:00pm : (510) 569-4761
8400 Enterprise Way #119: Oakland, CA 94621
Branch Office: 7:00am – 5:00pm
2717 Cottage Way #12: Sacramento, CA 95825 : (916) 482-2607

Local 73: General Laborers' & Hod Carriers
Business Manager/ Secretary Treasurer: Ray Recinos
6:30am – 5:00pm : (209) 466-3356
3984 Cherokee Road : Stockton, CA 95215

Local 139: Hod Carriers & Construction Laborers'
Business Manager/ Secretary – Treasurer: David E. George
6:30am – 5:00pm : (707) 542-1107
81 Barham Avenue : Santa Rosa, CA 95407
Mailing Address: P.O. Box 5438 : Santa Rosa, CA 95402

Local 166: Hod Carriers
Business Manager/ Secretary – Treasurer: Samuel Robinson
7:00am – 9:00am : (510) 568-0141
8400 Enterprise Way Room 109 : Oakland, CA 94621

Local 185: Construction & General Laborers'
Business Manager/ Secretary – Treasurer: Doyle S. Radford
Office Hours: 6:30am – 4:30pm : (916) 928-8300
1320 National Drive : Sacramento, CA 95834
Branch Offices: 6:30am – 3:30pm
2865 Churn Creek Rd., D : Redding, CA 96049 : (530) 221-0961
1650 Sierra Ave., #206 : Yuba City, CA 95993 : (530) 674-4707

Local 261: Construction & General Laborers'
Business Manager/ Secretary – Treasurer: Ramon Hernandez
6:30am – 4:30pm : (415) 826-4550
3271 – 18th Street : San Francisco, CA 94110

Local 270: Hod Carriers, General Laborers'
Business Manager: James Homer
6:30am – 5:00pm : (408) 297-2620
509 Emory Street : San Jose, CA 95110
Branch Office: 6:30am – 5:00pm
640 Eaton Street : Santa Cruz, CA 95062 : (831) 475-7058

Local 291: Construction & General Laborers'
Business Manager/ Secretary – Treasurer: Harry C. Harris
6:30am - 5:00pm : (415) 492-0936
4174 Redwood Highway : San Rafael, CA 94903

Local 294: Construction & General Laborers'
Business Manager/ Secretary – Treasurer: Bruce Rust
7:00am – 5:00pm : (559) 255-3019
5431 East Hedges : Fresno, CA 93727
Branch Office: 7:00am – 9:00am
319 N. Church Street : Visalia, CA 93277 : (559) 734-9426

Local 297: Laborers’ & Hod Carriers
Business Manager / Secretary – Treasurer : Gary A. Alameda
7:00am – 5:00pm  :  (831) 422-7077
117 Pajaro Street : Salinas, CA 93901
Branch Of fi ce  :  7:00am – 9:00am / 3:30pm – 5:00pm
254 Casa Verde Way : Monterey, CA 93940 : (831) 648-1081

Local 304: Construction & General Laborers'
Business Manager/ Secretary – Treasurer: Jose M. Zapien, JR.
6:00am – 4:30pm  :  (510) 581-9600
29475 Mission Blvd  :  Hayward, CA 94544
Branch Of fi ce  :  6:00am – 4:30pm
2063 Research Dr. : Livermore, CA 9455 : (925)455-8292
425 Roland Way : Oakland, CA 94621 : (510) 562-2661

Local 324: Construction & Hod Carrier Laborers’
Business Manager / Secretary – Treasurer : Randy LeMoine
6:30am – 4:00pm  :  (925) 228-0930
611 Berrellesa Street  :  Martinez, CA 94553
Branch Of fi ce  :  6:30am – 9:00am
1005 Fitzuren Road  :  Antioch, CA 94509  :  (925) 522-0006
101 South 12th St.  :  Richmond, CA 94804  :  (510) 234-1069
2920 Sonoma Blvd, Ste B  :  Vallejo, CA 94590  :  (707) 643-7214

Local 389: Construction & General Laborers’
Business Manager / Secretary – Treasurer : Ignacio Castillo
6:30am – 5:00pm  :  (650) 344-7168
300-7th Avenue  :  San Mateo, CA 94401

Local 1130: Construction, Production & Maintenance Laborers’
Business Manager / Secretary – Treasurer : David J. Gorgas
7:00am – 4:30pm : (209) 521-9883
2549 Yosemite Bl, Suite K : Modesto, CA 95354

Local 166: Hod Carriers
Business Manager/ Secretary – Treasurer: Samuel Robinson
7:00am – 9:00am : (510) 568-0141
8400 Enterprise Way Room 109 : Oakland, CA 94621

Local 185: Construction & General Laborers’
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640 Eaton Street : Santa Cruz, CA 95062 : (831) 475-7058
Once upon a time, workers didn’t like to wear fall protection harnesses. They’re hot, uncomfortable, cumbersome, and difficult to use, and create their own problems. In short, “Why do I have to wear this thing?” was a common question. But it was once the same story with hard hats, safety glasses, and other safety equipment that workers now wear (well almost) without complaint.

“Fall protection is getting to that point, where harnesses are expected anytime you’re working at height,”

It may seem that a job can be performed more efficiently without spending the time to protect against falls. However, falls remain one of the top causes of fatalities in construction. Workers have fallen off edges of every description, especially floors and roofs, and through openings in floors, roofs, and walls.

Falls are the second leading cause of death each year in the United States (after traffic accidents)! Over 10,000 people are killed every year as a result of falls...and 200,000 to 300,000 people are disabled. Eighty-five percent of all falls that occur on the job result in “lost work time”.

Sometimes the way we have to protect ourselves on the job is more than guardrails and personal fall arrest devices. Sometimes there are other hazards that may not be as obvious at first. The hazards that we get used to are the ones that can hurt us the most. It’s important to remember that we need to always look around the job for fall hazards and then make sure we use the right ways to protect ourselves.

Remember SAFETY begins with you!
### Apprenticeship Courses

**Apprenticeship Initial**
- **3 Weeks**
  - Dates: 03/01 - 03/19
  - 03/22 - 04/09
  - Prerequisite: None

**Apprenticeship Follow Up**
- **2 Weeks**
  - Dates: 01/11 - 01/22
  - 02/01 - 02/12
  - 02/22 - 03/05
  - 03/15 - 03/26
  - Prerequisite: Apprenticeship Initial Completion

### Construction Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Prerequisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air Track Drilling Orientation</td>
<td>1 Week</td>
<td>01/18 - 01/22</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Asphalt Paving Techniques</td>
<td>2 Weeks</td>
<td>03/22 - 04/02</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Advanced Concrete Finishing</td>
<td>2 Weeks</td>
<td>03/29 - 04/02</td>
<td>£ Private: Concrete Techniques/Experience</td>
</tr>
<tr>
<td>Basic Construction Math Skills</td>
<td>1 Week</td>
<td>01/18 - 01/22</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Bilingual Construction Asphalt</td>
<td>2 Days</td>
<td>03/30 - 03/31</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Blueprint Reading Orientation</td>
<td>3 Days</td>
<td>01/04 - 01/06</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Confined Space Entry</td>
<td>1 Day</td>
<td>01/25 - 02/05</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Fundamentals of Construction</td>
<td>2 Weeks</td>
<td>02/22 - 03/05</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Grade Checking Orientation</td>
<td>4 Days</td>
<td>01/11 - 01/14</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Master Brick Tender (Hod Carrier) Apprentice</td>
<td>3 Weeks</td>
<td>01/08 - 03/26</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Mast Skid-Steer Loader Orientation</td>
<td>1 Week</td>
<td>02/01 - 02/05</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Sand Blasting (Abrasive Blasting)</td>
<td>1 Day</td>
<td>02/17</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Shotcrete Techniques</td>
<td>2 Weeks</td>
<td>02/01 - 02/12</td>
<td>£ Private: Fundamentals of Construction/Experience</td>
</tr>
<tr>
<td>Grade Checking Orientation</td>
<td>4 Days</td>
<td>01/11 - 01/14</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Master Brick Tender (Hod Carrier) Apprentice</td>
<td>3 Weeks</td>
<td>01/08 - 03/26</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Mast Skid-Steer Loader Orientation</td>
<td>1 Week</td>
<td>02/01 - 02/05</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Sand Blasting (Abrasive Blasting)</td>
<td>1 Day</td>
<td>02/17</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Shotcrete Techniques</td>
<td>2 Weeks</td>
<td>02/01 - 02/12</td>
<td>£ Private: Fundamentals of Construction/Experience</td>
</tr>
</tbody>
</table>

### Equipment Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Prerequisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerial Work Platform Initial</td>
<td>2 Days</td>
<td>01/12 - 01/13</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Aerial Work Platform Recertification</td>
<td>1 Day</td>
<td>02/19</td>
<td>£ Private: Experience/Certification</td>
</tr>
<tr>
<td>Concrete Coring &amp; Saw Cutting</td>
<td>2 Days</td>
<td>02/08 - 02/09</td>
<td>£ Private: Construction Experience</td>
</tr>
<tr>
<td>Forklift Orientation-All Terrain</td>
<td>1 Week</td>
<td>01/04 - 01/08</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Forklift Recertification</td>
<td>1 Day</td>
<td>01/14</td>
<td>£ Private: Experience/Certification</td>
</tr>
<tr>
<td>Skid-Steer Loader Orientation</td>
<td>1 Week</td>
<td>01/04 - 01/08</td>
<td>£ Private: Experience/Certification</td>
</tr>
<tr>
<td>Skid-Steer Loader Recertification</td>
<td>1 Day</td>
<td>02/01 - 02/05</td>
<td>£ Private: Experience/Certification</td>
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</table>

### Welding Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Prerequisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxy Acetylene Torch Cutting &amp; Burning</td>
<td>1 Day</td>
<td>01/15</td>
<td>£ Private: None</td>
</tr>
<tr>
<td>Welding Certification</td>
<td>5 Consecutive Saturdays</td>
<td>01/09, 01/16, 01/23, 01/30 &amp; 02/06, 02/20, 02/27, 03/06, 03/13 &amp; 03/20</td>
<td>£ Private: None</td>
</tr>
</tbody>
</table>

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**COMMITMENT**  
**INTEGRITY**  
**QUALITY**  
**TEAMWORK**  
**BALANCE**
### Environmental Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Pre-requisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asbestos Worker Initial</td>
<td>1 Week</td>
<td>03/01 - 03/05</td>
<td>None</td>
</tr>
<tr>
<td>Asbestos Worker Recertification</td>
<td>1 Day</td>
<td>02/03</td>
<td>Asbestos Worker Certificate</td>
</tr>
<tr>
<td>Hazardous Waste Removal</td>
<td>1 Week</td>
<td>01/04 - 01/08</td>
<td>200 Hours Worked</td>
</tr>
<tr>
<td>Hazardous Waste Recertification</td>
<td>1 Day</td>
<td>01/12</td>
<td>Hazardous Waste Certificate</td>
</tr>
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</table>

### Safety Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Pre-requisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>BATIC Refinery Safety</td>
<td>1 Day</td>
<td>01/13, 02/11, 03/10, 03/17</td>
<td>None</td>
</tr>
<tr>
<td>First Aid / CPR</td>
<td>1 Day</td>
<td>02/18, 03/12</td>
<td>None</td>
</tr>
<tr>
<td>Flagging</td>
<td>1 Day</td>
<td>01/29, 02/18</td>
<td>None</td>
</tr>
<tr>
<td>Firewatch Safety</td>
<td>1 Day</td>
<td>03/19</td>
<td>None</td>
</tr>
<tr>
<td>Mine &amp; Tunnel Safety</td>
<td>1 Week</td>
<td>01/04 - 01/08, 02/08 - 02/12, 03/22 - 03/26</td>
<td>None</td>
</tr>
<tr>
<td>OSHA 10 + Flagging</td>
<td>2 Days</td>
<td>02/08 - 02/09, 02/16 - 02/17 (Spanish)</td>
<td>None</td>
</tr>
<tr>
<td>Scaffold User</td>
<td>1 Day</td>
<td>01/28</td>
<td>None</td>
</tr>
<tr>
<td>Traffic Control</td>
<td>1 Day</td>
<td>02/10, 02/18</td>
<td>None</td>
</tr>
<tr>
<td>Safety Certification</td>
<td>1 Week</td>
<td>01/11 - 01/15, 02/22 - 02/26 (Spanish), 03/22 - 03/26 (Spanish)</td>
<td>None</td>
</tr>
</tbody>
</table>

### IMPORTANT REMINDER!

All trainees/apprentices are expected to be on time for all courses and be suitably attired with work clothing and work boots. **NO** shorts, tank tops, or tennis shoes will be allowed in class or in the dining area. **NO** head gear will be allowed in the dining room. Registration for all courses is from 6:00am to 7:00am the first day of class. After the first day, classes will begin at 6:30am. Classes end at 3:00pm. Those arriving late or without proper attire will **NOT** be accepted.

### RECORDATORIO IMPORTANTE!

Se les requiere a todos los estudiantes y aprendices que lleguen a tiempo a todos los cursos y vengan vestidos apropiadamente con ropa y botas de trabajo. **NO** pantalones cortos, camisetas sin manga, o zapatos de tenis **NO** serán permitidos, en ninguna de las clases o en el comedor. **NO** se permitirá entrar al comedor con sombrero. La registración para todos los cursos es de las 6:00am a 7:00am de la mañana. Después del primer día de las clases, las clases empiezan puntualmente a las 6:30 de la mañana y terminan a las 3:00 de la tarde. Las personas que lleguen tarde, o sin ropa adecuada **NO** serán aceptadas.
### Apprenticeship Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Pre-requisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apprenticeship Initial</td>
<td>3 Weeks</td>
<td>03/15 - 04/02</td>
<td>None</td>
</tr>
<tr>
<td>Apprenticeship Follow Up</td>
<td>2 Weeks</td>
<td>02/08 - 02/19</td>
<td>Apprenticeship Initial Completion</td>
</tr>
</tbody>
</table>

### Construction Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Pre-requisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asphalt Paving Techniques</td>
<td>1 Week</td>
<td>03/15 - 03/19</td>
<td>None</td>
</tr>
<tr>
<td>Basic Construction Math Skills</td>
<td>1 Week</td>
<td>01/04 - 01/08</td>
<td>None</td>
</tr>
<tr>
<td>02/22 - 02/26</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueprint Reading Orientation</td>
<td>3 Days</td>
<td>01/11 - 01/13</td>
<td>None</td>
</tr>
<tr>
<td>Fundamentals of Construction</td>
<td>2 Weeks</td>
<td>01/18 - 01/29</td>
<td>None</td>
</tr>
<tr>
<td>Grade Checking Orientation</td>
<td>4 Days</td>
<td>01/18 - 01/21</td>
<td>None</td>
</tr>
<tr>
<td>Pipe Fusion</td>
<td>1 Day</td>
<td>01/15</td>
<td>Pipe Laying Techniques</td>
</tr>
<tr>
<td>Sand Blasting (Abrasive Blasting)</td>
<td>1 Day</td>
<td>01/29</td>
<td>None</td>
</tr>
</tbody>
</table>

### Equipment Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Pre-requisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concrete Coring &amp; Saw Cutting</td>
<td>2 Days</td>
<td>01/11 - 01/12</td>
<td>Construction Experience</td>
</tr>
<tr>
<td>02/17 - 02/18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forklift Orientation-All Terrain</td>
<td>1 Week</td>
<td>02/01 - 02/05</td>
<td>None</td>
</tr>
<tr>
<td>Forklift Recertification</td>
<td>1 Day</td>
<td>01/27</td>
<td>Experience/Certification</td>
</tr>
<tr>
<td>Skid-Steer Loader Orientation</td>
<td>1 Week</td>
<td>02/22 - 02/26</td>
<td>None</td>
</tr>
<tr>
<td>Skid-Steer Loader Recertification</td>
<td>1 Day</td>
<td>01/28</td>
<td>Experience/Certification</td>
</tr>
</tbody>
</table>

### Safety Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Pre-requisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firewatch Safety</td>
<td>1 Day</td>
<td>04/02</td>
<td>None</td>
</tr>
<tr>
<td>FistAid/CPR</td>
<td>1 Day</td>
<td>01/15</td>
<td>None</td>
</tr>
<tr>
<td>02/16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ragging</td>
<td>1 Day</td>
<td>01/13</td>
<td>None</td>
</tr>
<tr>
<td>OSHA10 + Ragging</td>
<td>2 Days</td>
<td>01/25 - 01/26</td>
<td>None</td>
</tr>
<tr>
<td>Safety Certification (OSHA10, Ragging, Traffic,</td>
<td>1 Week</td>
<td>01/04 - 01/08</td>
<td>None</td>
</tr>
<tr>
<td>FistAid/CPR, Confined Space)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scaffold User</td>
<td>1 Day</td>
<td>01/14</td>
<td>None</td>
</tr>
<tr>
<td>Traffic Control</td>
<td>1 Day</td>
<td>01/14</td>
<td>None</td>
</tr>
</tbody>
</table>

### Welding Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Dates</th>
<th>Pre-requisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxy Acetylene Torch Cutting &amp; Burning</td>
<td>1 Day</td>
<td>02/19</td>
<td>None</td>
</tr>
</tbody>
</table>
Laborers’ Training & Retraining Trust Fund For Northern California
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Commitment  Integrity  Quality  Teamwork  Balance

A quarterly newsletter from the Northern California Laborers’ Training Center
The following classes are a sampling of the courses that can be provided via our Mobile Unit.

Las siguientes clases son una muestra de los cursos que son ofrecidos a través de nuestra Unidad Móvil.

- Bilingual Communication
- Asphalt, Concrete, Pipe-Laying
- Blueprint Reading
- Competent Person
- Concrete Cutting
- First Aid/CPR
- Flagging
- Forklift Recertification
- Grade Checking
- OSHA10-Hour
- Pipe Fusion Techniques
- Skidsteer Loader
- Traffic Control
- Aerial Work Platform
From Northbound 680, take the ALCOSTA BOULEVARD exit off Highway 680, head West on Alcosta Boulevard. From Southbound 680, make a left (south) at top of ramp onto San Ramon Valley Boulevard. Turn right (west) onto Westside Drive. Stay in the straight-ahead lane and look on your left for the large sign and gate leading to the Training Center. Proceed up to the Administration building (on the left).

De la autopista 680 de la Ruta Norte, tome la salida ALCOSTA BOULEVARD, siga al Oeste sobre Alcosta Boulevard. Del sur 680, gire a la izquierda (sur) en la parte superior de la rampa en San Ramon Valley Boulevard. Gire a la derecha (oeste) sobre Westside Drive. Permanezca en el carril que continua sobre Westside Drive y ver a su izquierda para encontrar el letrero y la puerta principal al Centro de Capacitación. Proceda hasta la colina a la Oficina de Administración (a la izquierda).

Take the HARBOR BOULEVARD exit off U.S. 50/Business 80 towards Harbor Boulevard/Port of Sacramento. Continue on Harbor Boulevard for approximately ½ mile. At the Industrial Boulevard intersection at the entrance to the Port, make a right and continue about 100 yards on Industrial. The entrance to the Laborers' Training Center is on your left at a yellow pole gate. Follow the signs to the Administration Building.

Tome la salida HARBOR BOULEVARD de la autopista U.S. 50/Business 80 hacia el Boulevard Harbor/Puerto de Sacramento. Continúe sobre Harbor Boulevard por aproximadamente media milla. En la intersección de Industrial Boulevard a la entrada del puerto, gire a la derecha y continúe unos 100 metros sobre Industrial Blvd. La entrada al Centro de Capacitación para los Obreros está a la izquierda. En la entrada hay postes de color amarillo. Siga las señales hacia la oficina de Administración.
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