

# SBE Training Center's CONSTRUCTION BOOT CAMP

Two-week instructional program to prepare you for your first job in the building trades

**CLASSES AVAILABLE  
MAY THROUGH SEPTEMBER 2009**

If you have what it takes, you will graduate with:



Industry certifications:

CPR/First-Aid Certification  
OSHA Safety Overview  
Forklift Safety Training  
Flagger Training



Entry-level job skills for the construction industry

Must be:

Drug Free  
18 years or older  
Valid CA Drivers License  
HS Diploma/ GED



Job placement assistance

***CONSTRUCTION BOOT CAMP Orientations will be held at the Shasta Builders' Exchange Training Center every Tuesday at 4:00 PM Beginning in April, 2009—  
2985 Innsbruck Drive, Redding CA.  
For more information contact:  
Phil Quintana at (530) 222-1917.***

# SBE Training Center's CONSTRUCTION BOOT CAMP

## 10-DAY FLOW CHART

Exact days and schedules may vary from class to class.

### DAY 1

Introductions and Expectations  
Construction Math-Working Inch, Fractions, Tape Measure, Tape measure as Calculator, Work Clothing, Hardhats, Organizing Pouches for Speed, Dominant Hand  
Introduction To Hand and Power Tools  
Intro to Construction Skills  
Top 40 Skills- **CBC Instructor**

### DAY 2

Introduction to Safety Regulations and Ergonomics-  
**State Compensation Insurance Fund Instructors**  
Construction Skills- Dive Knot, Skillsaw Blade Challenge, Handsaw Cut Challenge, Nail Driving Challenge, Nail Pulling Challenge- **CBC Instructor**

### DAY 3

Basic First Aid and CPR- **Safety Instructor**  
Industry Overview  
½ Day of Construction Skills  
Top 40 Skills- **CBC Instructor**

### DAY 4

Job Seeking/ Construction Careers  
Portfolio/ Resume, Skills Sheet, Cover Letter, Job Application- **Soft Skills Instructor**  
Vehicle Maintenance and Trailer Operation  
Intro to work spaces  
Construction Math  
Blueprint Scales, Symbols, Architectural Lines, Plan Set Walk Through  
Top 40 Construction Skills- **CBC Instructor**

### DAY 5

Materials Handling: Forklift (Sit Down Counterbalance, Rough Terrain Variable Reach)- **Safety Instructor**  
Top 40 Skills- **CBC Instructor**

### DAY 6

Begin Team Project  
Top 40 Construction Skills  
Ladders, Scaffold and Plank Set-Up- **CBC Instructor**

### DAY 7

Flagging Certification- **Safety Instructor**  
Application of Skills in Real World  
Top 40 Construction Skills-  
**CBC Instructor**

### DAY 8

Introduction to Workspaces-(up, around, and in) Walk the Plank, Culvert Carry, Culvert Crawl  
Top 40 construction skills-  
**CBC Instructor**

### DAY 9

Top 40 construction skills  
Cut and Build Forms, Mix, Pour and Finish Concrete- **CBC Instructor**

### DAY 10

Finish Projects  
Final Clean Up  
Portfolio review and mock interviews  
Graduation/ Job Fair



# SBE Training Center's CONSTRUCTION BOOT CAMP

2985 Innsbruck Dr.  
Redding, CA 96003  
Phone: 530-222-1917  
Fax: 530-222-1918  
Email:  
phil@shastabe.com

## ENROLLMENT APPLICATION 2009

PLEASE PRINT OR TYPE APPLICATION		
Name (First, Middle, Last):	Birth Date (Month/Day/Year):	
Address:	Phone:	
City:	State:	Zip Code:
Social Security Number:	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female	Driver's License #
Name Of Person To Contact In Case Of Emergency:	Phone:	Relationship:

Construction Boot Camp (CBC) is a two-week (M-F) program designed to help students obtain entry-level jobs in the construction industry. Classes begin at 7 a.m. and conclude each day at 3:30 p.m. Failure to attend all 10 days of instruction will result in dismissal from the program. Disruptive behavior or inability to pass periodic written tests will also result in dismissal.

**Fully completing this application is the first step toward being accepted for Construction Boot Camp.**  
ATTENDANCE OF ORIENTATION IS REQUIRED BEFORE FINAL ACCEPTANCE.

*Students who attend Construction Boot Camp (CBC) must be drug free, possess a valid California Drivers License, a graduated high school diploma, GED or equivalent and must be 18 years of age or older.*

Students should be aware that the building trades often require hard physical labor that necessitates working outdoors in extreme heat or cold. Tardies will result in immediate dismissal. **NO EXCEPTIONS.**

Please Indicate The Session You Are Interested In Attending		
Day Session Date Offered:	Night Session Date Offered:	Mobile Session Dates Offered:
#1 To Be Determined <input type="checkbox"/>	#1 To Be Determined <input type="checkbox"/>	#1 To Be Determined <input type="checkbox"/>
#2 To Be Determined <input type="checkbox"/>	#2 To Be Determined <input type="checkbox"/>	#2 To Be Determined <input type="checkbox"/>
#3 To Be Determined <input type="checkbox"/>	#3 To Be Determined <input type="checkbox"/>	#3 To Be Determined <input type="checkbox"/>
#4 To Be Determined <input type="checkbox"/>	#4 To Be Determined <input type="checkbox"/>	#4 To Be Determined <input type="checkbox"/>
#5 To Be Determined <input type="checkbox"/>	#5 To Be Determined <input type="checkbox"/>	#5 To Be Determined <input type="checkbox"/>

Date of Enrollment Application: \_\_\_\_\_

Student Signature: \_\_\_\_\_

This Construction Boot Camp application should be mailed or delivered to the SBE Training Center 2985 Innsbruck Drive, Redding, CA, 96003.

We reserve the right to refuse service to anyone. Job placement is not guaranteed in this program.  
No refunds after drug test has been performed. Cancellation is 72 hours prior to class start.

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