

# Shasta Builders' Exchange CONSTRUCTION BOOT CAMP

## **Course Objectives:**

This course is designed to provide students with basic entry-level skills and knowledge of the construction industry. They will receive hands-on instruction with tools, materials, basic construction math, blueprint reading, and job-seeking skills. CBC will benefit employers by providing pre-screened, entry-level employees with Basic Safety and Forklift certifications in-hand.

**Course Duration:** 80 hours

## **Prerequisites:**

18 years of age or older  
California Driver's License  
High School Diploma/GED equivalent  
Ability to pass drug screening

## **Recommended Traits:**

Work ethic  
Interest in working outdoors  
Hand-eye coordination  
Good attitude

## **Location/Hours of Operation:**

**Facility:** SBE Training Center  
7:00AM to 3:30PM (Monday - Friday) or Night Class 5:30- 9:30 (Monday- Friday)

**Cost:** (TBA) per student

**Disclaimer:** Job placement will be a high priority, but CBC makes no guarantees as to the availability of jobs. NO REFUNDS of tuition will be issued unless notice is given 72 hours prior to the commencement of Boot Camp.

---

## Course Content

### **Drug Screening (Pre-Screened):**

Conducted by: Basic Forensic Laboratories

Objective: The student will understand the importance of a drug-free workplace. He/she will be tested for illegal substances prior to completion of course. This will ensure the employability of the student for Shasta Builders' Exchange contractors during the Job Fair on the last day of class.

Day 1: **Job Seeking/Interviewing Skills**  
Class Instructor: SMART Center

Objective: The student will understand the essential elements in preparing resumes, cover letters, applications, and the importance of letters of recommendation. After completing this section of the Boot Camp, the student should have the ability to apply for a job and the interview skills needed to land it. Each student will need to attain a minimum of 70% on a written test to pass this phase of Boot Camp.

- Day 2: **Basic First-Aid and CPR Certification**  
Class Instructor: Rhyanne Truax  
Objective: Upon completion of this section of Boot Camp, the student will be able to practice safety on the job and perform basic first-aid and CPR treatments. The student will gain this knowledge through a Basic First-Aid and CPR course instructed by a certified agency.
- Day 3: **Introduction to Safety Regulations (4 hours):**  
Class Instruction by: State Fund Insurance  
Objective: Student will leave this phase of Boot Camp with the common safety knowledge needed on any job site.
- Vehicle Maintenance (4 hours)**  
Class Instruction by: CBC Instructor  
Objective: Upon completion of this phase of Boot Camp, the student will have a basic understanding of the proper methods used in preventive vehicle maintenance. A wide range of subjects from changing a flat tire to checking the oil will be covered. Each student will need to attain a minimum of 70% on a written test to advance in the course.
- Day 4: **Construction Math/Basic Blueprint Reading**  
Class Instruction by: CBC Instructor  
Objective: The student will leave this phase of Boot Camp with the basic math skills to complete any needed conversions in regards to blue print scale, etc... The student will walk away with basic knowledge of common blueprint symbols, legends, and characteristics. Each student will need to attain a minimum of 70% on a written test to pass this phase of Boot Camp.
- Day 5: **Introduction to Materials/Handling**  
Class Instruction by: Rhyanne Truax  
Objective: The student will complete this phase of Boot Camp with basic knowledge of the common materials used within the building trades. Hands-on instruction will be given on the proper methods of lifting and securing heavy loads. An 8-hour forklift safety and certification will also be provided. Each student will need to pass obstacle course to complete this phase of Boot Camp.

Day 6:

**Introduction to Workspaces (4 hours)**

Class Instruction by: CBC Instructor

Objective: The student will complete this phase of Boot Camp with an understanding of the different working environments encountered within the industry. Students will be tested on their ability to work in elevated environments, as well as cramped crawlspaces. Fear of these workspaces could result in dismissal from Boot Camp.

**Flagging Certification (4 hours)**

Class Instruction by: Rhyanne Truax

Objective: The student will leave this phase of Boot Camp with a OSHA Certification in flagging and road safety. Each student will need to attain a minimum of 70% on a written exam to pass this phase of Boot Camp.

Day 7:

**Introduction to Tools**

Class Instruction by: CBC Instructor

Objective: The student will leave this phase of Boot Camp with basic knowledge of the common tools used within the building trades. OSHA certifications for the proper care, use, and safety methods for each tool will also be issued. Each student will need to attain a minimum of 70% on a written test to pass this phase of Boot Camp.

Day 8-9:

**Industry Overview**

Class Instruction by: CBC Instructor

Objective: Upon completion of this phase of Boot Camp, the student will have a basic understanding of the continued educational opportunities and occupational choices within the construction industry.

Carpentry

Drywall/Lather

Plumbing

Electrical

Heating, Ventilating, Air Conditioning (HVAC)

Roofing

Landscaping/Irrigation

Cement/Masonry

"A" Work - Infrastructure (roads, bridges, etc..)

Tile/Flooring

Painter

Day 10:

**Final Day**

Jobsite tour, Graduation, and Job Fair!