

H2H: Helmets to Hardhats. WIT: Women in the Trades

Building Foundations & Formwork: Training covers 3-days of the basics of building the concrete forms required for a strong foundation for any structure. This course includes training on the safe use of the hand and power tools needed for this type of work, common types of hardware used when building concrete forms, building concrete footing and concrete wall forms, and setting forms to elevation.

Building Maintenance: Training covers basics of carpentry and trades math including accurate use of a tape measure with hands on exercise cutting various shapes out of drywall to fit around wood shape on a board. Safe use of hand and power tools that are needed for metal stud framing. Layout of wall studs, door and windows opening using metal stud framing techniques. Proper installation of drywall, mudding, taping, and hole patching. Basic plumbing and electrical. Type of doors, parts of doors, door swings, types of door jambs, installing of pre hung doors, hands on of installing a dead bolt and doorknob. Hands on exercise on wood trim finishes. Introduction of cabinets, countertops, flooring, and exterior finishes.

Carpentry: Training covers basics of carpentry and trades math including accurate use of a tape measure with hands on exercise cutting various shapes out of drywall to fit around wood shape on a board. Proper use of hand and power tools. Proper layout with a hammer, saw and nailing exercise. Hands on projects with a worm drive circular saw cutting various wood blocks at different angles and degrees. Building a foot stool using the skills obtained from using the circular saw. Math with a hands-on project of building wood stairs to a platform. Construction site, education, safety, and carpenter expectations are also covered.

Construction Craft Laborers Pre-Apprenticeship: Training covers hands-on forming, placing, and finishing concrete with various forming systems and flatwork, hands-on scaffold building with fall protection, and Work Zone Safety training with a Flagger Certification.

Electrical Wiring: Training covers basic electrical theory, electrical code, and tool safety. Hands-on training includes wiring of switches, GFCI receptacles, duplex receptacles, panels, 3-way and 4-way switches, and bending EMT conduit. Students apply the skills they learn by assembling and wiring a lamp with a light switch, outlets, and USB receptacles.

First Aid/CPR/AED: Combines adult CPR, AED, and first aid training in a program designed for the occupational first aid provider. This comprehensive program meets OSHA and other federal and state regulatory requirements for training people how to respond and care for medical emergencies at work.

Framing & Sheetrock: Training covers the basics of carpentry and trades math. Accurate reading and use of a tape measure, 3-4-5 layout method and safe use of power tools. Hands-on covers layout and framing of walls which will be attached at partitions and squared. Material handling, storage, layout, cutting, application and installation of sheetrock, patch/repair of sheetrock. Participants also learn the difference between using metal and wood studs.

Heavy & Light Duty Mechanics: Training covers heavy/light duty mechanics. Modules included: Tools of the trade and use, lube oil and service, D/C electrical, hydraulic systems, and welding. Job site safety is also covered in the instruction.

Heavy Duty Service Oiler: Training covers: an introduction to apprenticeship, road construction, shop work, pit work, fuel points, lube points, oil points, inspection, and problem identification. Also covered will be specific duties of an oiler, responsibilities, punctuality and skill set, work ethic expectations, time management and attitude.

Heavy Equipment Operating: Training covers hands-on practice on heavy equipment including; Hydraulic Excavator, Dozer & Front-end Loader. Training Included: 1) How to conduct pre-operational 360* walk-arounds 2) Control familiarization 3) Basic equipment functions 4) Basic operating practices techniques 5) Safety rules and practices.

How to Read Building Plans: Training covers residential print reading skills, abbreviations, plot plans, foundation plans, floor plans, exterior elevations, section views, details, framing plans, door & window schedules, finish schedules and specifications.

Intro to Plumbing: Key training topics: Introduction to copper tubes: properties and applications, safety precautions for working with copper tubes and associated equipment, soldering techniques, brazing fundamentals, tube bending techniques, joint inspection and quality control and common applications and industry best practices.

Intro to Welding: Training highlights: Introduction to Shielded Metal Arc Welding (commonly known as stick welding), welding techniques, hands on practice, safety precautions, common applications and industry best practices.

Intro to Welding Fabrication: Training covers the techniques used in the maintenance and repair of heavy equipment. Participants will learn / practice the safe process of oxy-acetylene cutting and arc welding as well as the proper use of tools and jobsite safety.

Introduction to Concrete: Training provides foundational hands-on skills in the placement, curing, finishing and safe work practices in the concrete industry. Please wear work clothes and boots that you don't mind getting dirty in. Other required supplies will be provided. This is an introduction to working with concrete, which is a critical component of the construction industry.

Ironwork & Welding: Training covers vertical and horizontal stick welding, MIG welding, oxygen and acetylene cutting, hands-on tools and materials, hazard awareness, work site safety. Identify and use safe welding practices, identify joint design and fit-up, set up a welding machine, and identify electrode selection. Participants learn basic steel rebar wire tying and steel reinforcing practices, basic structural ironworking and rigging practices.

Ironwork Welding (Evenings): Training covers vertical and horizontal stick welding, MIG welding, oxygen and acetylene cutting, hands-on tools and materials, hazard awareness, and work site safety. Identify and use safe welding practices, identify joint design and fit-up, set up a welding machine, and identify electrode selection.

Laborers Scaffold User: Training covers correct procedures for erecting, disassembling, moving, operating, maintaining scaffold, proper use and handling of material on the scaffold, fall protection, falling object protection, and the associated safety wear.

OSHA 10: (Former Students Only) Provides entry level construction workers information about their rights and employer responsibilities and how to file a complaint. Emphasizes how to identify, abate, control, avoid and prevent job related hazards on a construction site. Covers a variety of construction safety and health hazards which a worker may come across on a job site.

Pipe Trades: Key Training Topics Include: Hands-on soldering and brazing techniques for copper pipe, Safe and accurate tube bending methods, Cutting, fitting, and solvent welding ABS/PVC piping & Introductory welding and torch cutting for pipe work.

Plumbing, Pipefitting & Welding: Training covers soldering and brazing, oxy acetylene torch set-up and cutting, pipe threading, pro-press fittings and methods of joining. Introduction to SMAW, welding-metallurgy, waste, drainage, vent fittings, soil pipe methods of joining and cutting, plumbing fixtures and roof drains. Plumbing and pipefitting tools, pipe beveling, Oakie Beveller and Tri-Tool. Hangers, supports, valves and use of ladders, hangers, supports, valves and use of ladders, and plumbing codes.

Plumbing & HVAC: (Anchorage Only) Training covers basic plumbing systems and codes. Hands-on will include: soldering of pipes, installation of pex fittings, threading pipe, and setting plumbing fixtures. This training will also cover basic HVAC to include how a basic refrigeration cycle works, boilers and boiler maintenance, and simple low voltage control systems for heating systems.

Plumbers Welding (Evenings): During this class, the students will be taught the basics of Oxy / Acetylene cutting Shielded Metal Arc Welding (SMAW), and Gas Metal Arc Welding (GMAW). This will include some theory and practical hands-on training.

Power Tools: Training covers basics of carpentry and trades math including accurate use of a tape measure with hands on exercise cutting varies shapes out of drywall to fit around wood shape on a board. Proper use of hand and power tools. Students will construct a small table and ladder shelf using compound miter saw, pocket hole jig, drill, impact driver, and sanders. Other power tools will be covered throughout the class.

Residential Wood Framing: Training covers basics of carpentry and trades math including accurate use of a tape measure with hands on exercise cutting varies shapes out of drywall to fit around wood shape on a board. Proper use of hand and power tools. Training covers layout for wood framing using 16-24 in O.C. Constructing a floor, walls with window and door openings. Convention gable roof framing techniques are also covered for ridge, commons rafters, soffit, ceiling joists and fascia rafters. Project includes a small building that can be taken home.

Rigging, Piledriving & Welding: Training covers the basics of the Piledriving trade including; safe hoisting & rigging techniques, universal hand signals, rigging mathematics, types of pile, welding & splicing, cast in place concrete, etc.

Sheet Metal & HVAC: Training covers the basics of Sheet Metal Work. Learn to build 3-D objects from flat sheets of metal. Learn about HVAC systems and how to fabricate and install ductwork. Use your brain to calculate cut sizes, your hands to fabricate intricate sheet metal pieces and your brawn to install the piece where it belongs.

Sheetrock & Taping: Training covers materials, handling, storage, layout, cutting, application, and installation of sheetrock (drywall) along with proper application of joint compound, tape, and corner bead to provide finished appearance to sheetrock.

Structural Welding: This introduction to welding workshop starts with safety first. Using an oxy-acetylene torch, students learn how to cut, prep, and fit metal test coupons. Students will then practice and test their skills with structural welding in multiple positions using the Shielded Metal Arc (SMAW) and Flux-Cored Arc (FCAW) welding processes.

Telecommunications Workshop: Training covers exposure to basic principles in the telecommunications industry including outside plant line and splicing work, installation and repair, simple termination and testing of category cabling, network interface device installation techniques, and other hands-on techniques as it relates to modern telecommunications and light and fiber optics.

WIT Truck Driver (Apprenticeship): (Anchorage Only) Participants must already have their Instructional A, Commercial Learners Permit (CLP-IA). This one-week training will begin with basic operation and safe operating practices along with the hands-on introductory skills and fundamentals of driving a tractor-trailer in the professional trucking industry. Upon completion of this introductory program to be considered for entry into the Teamster Freight Transport or Construction Truck Driver Apprenticeship, participants are expected to complete a final exam successfully demonstrating an understanding of safe vehicle operation, basic skill progression, and fundamental backing skills.

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Equal Opportunity Employer/Program Auxiliary aids and services are available upon request to individuals with disabilities.

Alaska's Employment Services program is 100% funded by U.S. Department of Labor through an award of \$7,314,668. We are an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

