



## CONTINUING EDUCATION 2010

### Merit Shop Labor Law Update

Friday, Jan 15, 9:00 - 11:00 am  
Get the latest on new laws, proposed legislation and tips and trends for employers in today's economy.  
ABC \$80, addl \$65

### NEC Review for Electrical Certification

Tues/Thurs, Jan 19 - Feb 4, 5:30 - 8:30 pm  
18 hours in the NEC for certification test prep.  
ABC \$220, Non-Member \$300

### Fundamentals of Light

Wed, Jan 20 & 27, 5:00 - 8:00 pm  
Learn about lighting controls, sources & applications and definitions & terminology.  
ABC \$130, SE - 2 free, Non-Member \$180

### IIPP & OSHA Update

Tues, Jan 26, 9:00 am - 11:00 am  
Make sure your IIPP is up to date.  
ABC \$55, Non-Member \$80

### Arc Flash Safety

Mon, Feb 8 & 15, 5:00 - 8:00 pm  
Excellent class for training in Arc Flash safety.  
ABC \$130, SE - 2 free, Non-Member \$180

### Introduction to Project Management

Wed, Feb 10, 5:00 - 8:00 pm  
Introduction to organization theory, the operation of a construction company, the phases of construction and the role and duties of the supervisor.  
ABC \$110, SE - 2 free, Non-Member \$160

### Introduction to FiberOptics

Thurs, Feb 11, 5:00 - 8:00 pm  
Learn about different types of fiber, connectors and installation procedures. Hands on terminations.  
ABC \$130, SE - 2 free, Non-Member \$180

### Introduction to Motor Control

Mon, Feb 15 & 22, 5:00 - 9:00 pm  
Class will cover introductory material and troubleshooting. This class will serve as a preparatory course for the future advanced class.  
ABC \$180, SE - 2 free, Non-Member \$275

### Cal OSHA Construction Safety

Tues, Feb 16, 5:00 - 9:00 pm  
Stay up to date on Cal OSHA regulations.  
ABC \$110, SE - 2 free, Non-Member \$160

### High Voltage Splicing

Thurs, Feb 18, 4:00 - 8:00 pm  
High Voltage Splicing and terminations.  
ABC \$135, SE - 2 free, Non-Member \$180

### Forklift Certification

Wed, Feb 24, 4:00 - 8:00 pm  
Certificate issued with completion of training.  
ABC \$105, SE - 2 free, Non-Member \$150

### Switchboards and Panelboards

Tues/Thurs, Mar 2 & 4, 5:30 - 8:30 pm  
Topics include Short Circuit Rating, Location Restrictions, Circuit Breakers and Fuses, etc.  
ABC \$130, SE - 2 free, Non-Member \$180

### Plumbing Code for Journeymen

Wed, Mar 3 & 10, 5:00 - 9:00 pm  
8 hours of review on the newest code & changes.  
ABC \$130, SE - 2 free, Non-Member \$180

### General Code Calculations

Mon, Mar 8 & 15, 5:00 - 8:00 pm  
6 hours of instruction in code calculations.  
ABC \$130, SE - 2 free, Non-Member \$180

### Mechanics' Lien Seminar

Fri, Mar 12, 9:00 - 12:00 pm  
All you need to know about LIENS.  
ABC \$70, addl \$55, Non-Member \$105

### Transformers

Tues/Thurs, Mar 16 & 18, 5:30 - 8:30 pm  
Topics include Grounding, Mounting & Securing, K Rated, Conductor Sizing, etc.  
ABC \$130, SE - 2 free, Non-Member \$180

### CPR/First Aid

Wed, Mar 17, 5:00 - 9:00 pm  
ABC \$80, SE - 2 free, Non-Member \$110

### Traffic Control and Flagging

Mon, Mar 22 & 29, 5:00 - 9:00 pm  
8 hour course with certification.  
ABC \$110, SE - 2 free, Non-Member \$160

### Construction Planning

Wed, Mar 24 & 31, 5:00 - 8:00 pm  
Class will cover the stages of planning, job analysis, implementing plans and evaluation.  
ABC \$180, SE - 2 free, Non-Member \$230

### California Energy Standards

Tues/Thurs, Mar 30 & Apr 1, 5:30 - 8:30 pm  
Get important information on Energy Standards.  
ABC \$130, SE - 2 free, Non-Member \$180

### Introduction to Blueprint Reading

Wed, Apr 7 & 14, 5:00 - 8:00 pm  
This is an introductory Blueprint Reading class.  
ABC \$210, SE - 2 free, Non-Member \$265

### 10 Hr OSHA

Thurs, Apr 8 & 15, 4:00 - 9:00 pm  
ABC \$180, SE - 2 free, Non-Member \$220

### Crew Leader Training

Mon, Apr 12 - May 3, 5:00 - 9:00 pm  
Designed for the new construction supervisor, or for those considering the position.  
ABC \$240, SE - 2 free, Non-Member \$310

### NEC Review for Electrical Certification

Tues/Thurs, Apr 13 - 29, 5:30 - 8:30 pm  
ABC \$220, Non-Member \$300

### Survey Stake Grading

More information on this class is forthcoming.

### Prevailing Wage Seminar

Thurs, Apr 22, 8:30 am - 2:00 pm  
Apprenticeship compliance, annualization and working with labor compliance programs.  
ABC \$170, addl \$135, Non-Member \$210, addl \$185

### Heat Illness Safety

Tues, May 4, 9:00 am - 11:00 am  
Find out the latest OSHA Updates and how to implement them to keep your employees safe.  
ABC \$55, SE - 2 free, Non-Member \$80

### Introduction to Estimating

Wed, May 5, 6:00 - 9:00 pm  
Basic estimating course developed for estimators with limited experience from all trades.  
ABC \$130, SE - 2 free, Non-Member \$170

### Human Relations & Problem Solving

Mon, May 10 - 24, 5:00 - 8:00 pm  
Outstanding 'people skills' are a must on a project. Find out how to assert leadership and motivate, communicate effectively and manage time. Learn the functions of management, the steps required in problem solving, implementing plans and evaluating decisions and solutions.  
ABC \$180, SE - 2 free, Non-Member \$230

### Grounding Requirements

Tues/Thurs, May 11 - 20, 5:30 - 8:30 pm  
4 session course. Learn about soil and ground testing and what it all means as well as what bonding does and when to use it. Textbook included.  
ABC \$220, SE - 2 free, Non-Member \$280

### Competent Person/Confined Spaces

Wed, May 12, 8:00 am - 4:00 pm  
Two courses in one day, one great price. Certificates issued upon completion.  
ABC \$115, SE - 2 free, Non-Member \$180

### Fire Alarm Update

Fri, May 14, 8:00 am - 4:00 pm  
Get an understanding of fire alarm systems & components, as well as code applications.  
ABC \$180, SE - 2 free, Non-Member \$220

### Arc Flash Safety

Wed, May 19 & 26, 5:00 - 8:00 pm  
Excellent class for training in Arc Flash safety.  
ABC \$130, SE - 2 free, Non-Member \$180

### Backflow Preventers

Wed, May 26, 5:00 - 9:00 pm  
Introduces the principles & hazards of backflow.  
ABC \$80, SE - 2 free, Non-Member \$110

### ABC Safety Day

Sat, June 5, 7:00 am - 3:00 pm  
A full day of safety certifications in various subjects. Special pricing for multiple attendees from same co.  
ABC \$170, SE - 2 free, Non-Member \$230

### Foremanship Series

Mon, Jun 7 - Jul 12, 5:00 - 9:00 pm  
This important training series has been developed for Superintendents, Field Supervisors, Foremen, Leadmen and those aspiring to become Foremen.  
ABC \$240, SE - 2 free, Non-Member \$310

### Beyond the NEC

Tues/Thurs, Jun 8 & 10, 5:30 - 8:30 pm  
The California Building Code and more.  
ABC \$130, SE - 2 free, Non-Member \$180



## CONTINUING EDUCATION 2010

### CPR/First Aid

Wed, Jun 9, 5:00 - 9:00 pm  
Certificate good for 2 years.  
ABC \$80, SE - 2 free, Non-Member \$110

### Switchboards and Panelboards

Tues/Thurs, Jun 15 & 17, 5:30 - 8:30 pm  
ABC \$130, SE - 2 free, Non-Member \$180

### Construction Safety

Wed, Jun 16 & 23, 5:00 - 8:00 pm  
Topics include safety responsibilities, developing a safety program, record keeping, site safety inspections, loss prevention and safety regulations.  
ABC \$180, SE - 2 free, Non-Member \$230

### Transformers

Tues/Thurs, Jun 22 & 24, 5:30 - 8:30 pm  
Topics include Grounding, Mounting & Securing, K Rated, Conductor Sizing, etc.  
ABC \$130, SE - 2 free, Non-Member \$180

### Construction Scheduling

Wed, Jul 7, 6:00 - 9:00 pm  
Learn to develop a realistic schedule, identify critical activities and efficiently schedule other trades. CPM method will be explored.  
ABC \$110, SE - 2 free, Non-Member \$170

### Machine Guarding

Tues, Jul 13, 5:00 - 8:00 pm  
ABC \$110, SE - 2 free, Non-Member \$170

### NEC Review for Electrical Certification

Tues/Thurs, Jul 13 - Jul 29, 5:30 - 8:30 pm  
ABC \$220, Non-Member \$300

### 10 Hr OSHA

Wed, Jul 14 & 21, 4:00 - 9:00 pm  
ABC \$180, SE - 2 free, Non-Member \$220

### Estimating for PM's

Thurs, Jul 15, 6:00 - 9:00 pm  
This course will have special emphasis for the Project Manager, providing beneficial information, including Change Orders.  
ABC \$110, SE - 2 free, Non-Member \$170

### Introduction to Motor Control

Mon, Jul 19 & 26, 5:00 - 9:00 pm  
Class will cover introductory material and troubleshooting. This class will serve as a preparatory course for the advanced class later in the year.  
ABC \$180, SE - 2 free, Non-Member \$275

### Blueprint Reading for Electricians

Wed, Aug 4 & 11, 5:00 - 8:00 pm  
A class for those individuals desiring to increase their individual plan reading skills.  
ABC \$210, SE - 2 free, Non-Member \$265

### ABC So-Cal Subscribing Employers

ABC contractors employing apprentices and paying training fees to the Trust may be eligible for limited no-cost seating at selected classes.

### Intermediate Motor Control

Mon, Aug 9 - 30, 5:00 - 9:00 pm  
A follow-up to the Intro class, all attendees should have a basic knowledge of electrical motor control. A portion of the class will be spent in the lab.  
ABC \$340, SE - 1 free, Non-Member \$420

### Grounding Requirements

Tues/Thurs, Aug 10 - 19, 5:30 - 8:30 pm  
4 session class on Grounding and Bonding.  
ABC \$220, SE - 2 free, Non-Member \$280

### CPR/First Aid

Wed, Aug 18, 5:00 - 9:00 pm  
ABC \$80, SE - 2 free, Non-Member \$110

### Beyond the NEC

Tues/Thurs, Aug 31 & Sept 2, 5:30 - 8:30 pm  
The California Building Code and more.  
ABC \$130, SE - 2 free, Non-Member \$180

### Construction Productivity

Wed, Sept 8 & 15, 5:00 - 9:00 pm  
Learn about the many facets to a project that affect it's profitability, including labor to equipment to managing subs to new technology.  
ABC \$180, SE - 2 free, Non-Member \$230

### Power Quality

Mon, Sept 13 & 20, 5:00 - 8:00 pm  
An overview and explanation of power quality.  
ABC \$140, SE - 2 free, Non-member \$200

### Switchboards and Panelboards

Tues/Thurs, Sept 14 & 16, 5:30 - 8:30 pm  
ABC \$130, SE - 2 free, Non-Member \$180

### Transformers

Tues/Thurs, Sept 21 & 23, 5:30 - 8:30 pm  
Topics include Grounding, Mounting & Securing, K Rated, Conductor Sizing, etc.  
ABC \$130, SE - 2 free, Non-Member \$180

### Forklift Certification

Wed, Sept 22, 4:00 - 8:00 pm  
Certificate issued with completion of training.  
ABC \$105, SE - 2 free, Non-Member \$150

### Fundamentals of Light

Wed, Sept 22 & 29, 5:00 - 8:00 pm  
Learn about lighting controls, sources & applications and definitions & terminology.  
ABC \$130, SE - 2 free, Non-Member \$180

### California Energy Standards

Tues/Thurs, Oct 5 & 7, 5:30 - 8:30 pm  
Get important information on Energy Standards.  
ABC \$130, SE - 2 free, Non-Member \$180

### Quality Control

Wed, Oct 6, 5:00 - 8:00 pm  
The PM is responsible for ensuring the quality of work, according to standards developed by the company & implemented by the project team.  
ABC \$110, SE - 2 free, Non-Member \$170

### General Code Calculations

Mon, Oct 11 & 18, 5:00 - 8:00 pm  
6 hours of instruction in code calculations.  
ABC \$130, SE - 2 free, Non-Member \$180

### Arc Flash Safety for Supervisors

Wed, Oct 13, 5:00 - 8:00 pm  
A special session in Arc Flash safety for supervisors.  
ABC \$65, SE - 2 free, Non-Member \$90

### Prevailing Wage Seminar

Thurs, Oct 14, 8:30 am - 2:00 pm  
Seminar covers apprenticeship compliance, annualization and working with labor compliance programs. Lunch included.  
ABC \$170, addl \$135, Non-Member \$210, addl \$185

### 2008 Code Changes

Tues/Thurs, Oct 19 & 21, 5:30 - 8:30 pm  
Important changes to the NEC.  
ABC \$130, SE - 2 free, Non-Member \$180

### Change Order Seminar

Fri, Oct 22, 8:00 am - 12:00 pm  
Get your specific questions on Change Orders answered by the professional.  
ABC \$90, addl \$75, Non-Member \$165

### Effective Supervision

Mon, Nov 1 - 15, 5:00 - 8:00 pm  
Is there room for improvement in your managerial skills? This class covers a wide range of subjects. Come learn from one of the best!  
ABC \$225, SE - 2 free, Non-Member \$295

### NEC Review for Electrical Certification

Tues/Thurs, Nov 2 - 18, 5:30 - 8:30 pm  
ABC \$220, Non-Member \$300

### Plumbing Code for Journeymen

Wed, Nov 3 & 10, 5:00 - 9:00 pm  
8 hours of review on the newest code & changes.  
ABC \$130, SE - 2 free, Non-Member \$180

### Competent Person/Confined Spaces

Tues, Nov 9, 8:00 am - 4:00 pm  
Two courses on the same day - one great price!  
ABC \$115, SE - 2 free, Non-Member \$180

### CPR/First Aid

Wed, Nov 17, 5:00 - 9:00 pm  
ABC \$80, SE - 2 free, Non-Member \$110

### 10 Hr OSHA

Wed, Dec 1 & 8, 4:00 - 9:00 pm  
ABC \$180, SE - 2 free, Non-Member \$220

### 2008 Code Changes

Tues/Thurs, Dec 7 & 9, 5:30 - 8:30 pm  
Important changes to the NEC.  
ABC \$130, SE - 2 free, Non-Member \$180

*New classes may be added to the schedule at any time. Prices are subject to change. Be sure and check our website for updates. ABC reserves the right to cancel or reschedule classes with insufficient enrollment.*



# ABC... CHAMPIONS OF FREE ENTERPRISE

## PROVIDING EDUCATION AND TRAINING FOR THE CONSTRUCTION INDUSTRY.

Return completed registration form to fax# (714) 779-3193, attn: Theresa Lovejoy.

*Payment is required prior to the start of class.* You may also register for classes online at [www.abcsocal.org](http://www.abcsocal.org).

Course Title(s) and Dates: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Attendee: \_\_\_\_\_ Company: \_\_\_\_\_

Email: \_\_\_\_\_ Ph: \_\_\_\_\_ Fax: \_\_\_\_\_

Self Pay \_\_\_ Bill Company \_\_\_ Check \_\_\_ MC/Visa \_\_\_ Amt: \$ \_\_\_\_\_

Card # \_\_\_\_\_ CVC Code: \_\_\_ Exp. Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

Participants must cancel their registration one week in advance of the class start date. There will be no refunds given for cancellations after the deadline date.