



California Energy Standards

Tues/Thurs, Jan 10 & 12, 5:30 - 8:30 pm
Get important information on Energy Standards.
ABC \$130, SE - 2 free, Non-Member \$180

Machine Guarding

Wed, Jan 18, 5:00 - 9:00 pm
ABC \$110, SE - 2 free, Non-Member \$160

10 Hr OSHA

Mon, Jan 23 & 30, 4:00 - 9:00 pm
Hours will count toward the 30 Hr OSHA class
scheduled in June.
ABC \$180, SE - 2 free, Non-Member \$220

NEC Review for Electrical Certification

Tues/Thurs, Jan 24 - Feb 2, 5:30 - 8:30 pm
12 hours in the NEC for certification test prep.
ABC \$200, Non-Member \$260

Crew Leader Training

Wed, Feb 1 - 22, 5:00 - 9:00 pm
The class is designed for the new construction
supervisor and will provide the person with an
overview of the various skills required for the job.
ABC \$240, addl \$210, SE - 2 free

Arc Flash Safety

Mon, Feb 6 & 13, 5:00 - 8:00 pm
Excellent class for training in Arc Flash safety.
ABC \$130, SE - 2 free, Non-Member \$180

Switchboards and Panelboards

Tues/Thurs, Feb 7 & 9, 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

Tips & Trends for Merit Shop Employers

Friday, Feb 10, 9:00 - 11:00 am
Get the latest information for 2012, explore the
impact of social media, new guidelines on
workplace communication, using arbitration
agreements, and new NLRB rules on union
organizing and notice posting.
ABC \$50, addl \$35

Forklift Certification

Thurs, Feb 16, 2:00 - 5:00 pm
ABC \$105, SE - 2 free, Non-Member \$150

Transformers

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

CPR/First Aid

Wed, Feb 22, 5:00 - 9:00 pm
Certificate good for 2 years.
ABC \$80, SE - 2 free, Non-Member \$110

Introduction to Project Management

Mon, Feb 27, 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

Firestopping

Tues/Thurs, Feb 28 & Mar 1, 5:30 - 8:30 pm
Building Code requirements for Firestopping. A step
by step guide on how to Firestop correctly.
ABC \$130, SE - 2 free, Non-Member \$180

10 Hr OSHA

Mon, Mar 5 & 12, 4:00 - 9:00 pm
Hours will count toward the 30 Hr class held in June.
ABC \$180, SE - 2 free, Non-Member \$220

Blueprint Reading for Electricians

Mon, Mar 5 & 12, 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

Wiring Methods

Tues/Thurs, Mar 6 & 8, 5:30 - 8:30 pm
Chapter 3 of the NEC. Bring NEC to class.
ABC \$130, SE - 2 free, Non-Member \$180

Quality Control

Thurs, Mar 13, 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

Competent Person/Confined Spaces

Thurs, Mar 15, 8:00 am - 4:00 pm
Two courses in one day, one great price.
ABC \$115, SE - 2 free, Non-Member \$180

NEC Review for Electrical Certification

Tues/Thurs, Mar 20 - 29, 5:30 - 8:30 pm
12 hours in the NEC for certification test prep. Test is
based on the 2008 NEC.
ABC \$200, Non-Member \$260

Introduction to Motor Control

Wed, Mar 21 & 28, 5:00 - 9:00 pm
Class will cover introductory material & includes
hands on time in the lab.
ABC \$180, SE - 2 free, Non-Member \$230

Beginning Fiber Optics

Thurs, Mar 22 & 29, 5:00 - 8:00 pm
Learn about different types of fiber, connectors and
installation procedures. Hands on terminations.
ABC \$180, SE - 2 free, Non-Member \$230

Cal OSHA Construction Safety

Mon, Apr 2 & 9, 5:00 - 8:00 pm
Stay up to date on Cal OSHA regulations.
ABC \$180, SE - 2 free, Non-Member \$230

10 Hr OSHA

Thurs, Apr 5 & 12, 4:00 - 9:00 pm
Get your 10 Hr OSHA card. Hours will count toward
the 30 Hr OSHA class to be held in June.
ABC \$180, SE - 2 free, Non-Member \$220

Prevailing Wage Seminar

Thurs, Apr 12, 8:30 am - 2:00 pm
Apprenticeship compliance annualization and
working with labor compliance programs.
ABC \$170, addl \$135, Non-Member \$210, addl \$185

Estimating 101

Mon, Apr 16 & 23, 5:00 - 8:00 pm
Basic estimating course developed for estimators
with limited experience from all trades.
ABC \$180, SE - 2 free, Non-Member \$220

Plumbing Code for Journeymen

Tues, Apr 17 - May 22, 5:00 - 9:00 pm
Review for the JM exam. 24 hrs of instruction. Ex-
cellent course for all JM Plumbers.
ABC \$295, SE - 2 free, Non-Member \$340

General Code Calculations

Tues/Thurs, Apr 17 & 19, 5:30 - 8:30 pm
6 hours of instruction in code calculations.
ABC \$130, SE - 2 free, Non-Member \$180

Forklift Certification

Wed, Apr 18, 4:00 - 8:00 pm
ABC \$105, SE - 2 free, Non-Member \$150

California Energy Standards

Tues/Thurs, Apr 24 & 26, 5:30 - 8:30 pm
Get important information on Energy Standards.
ABC \$130, SE - 2 free, Non-Member \$180

Effective Supervision

Wed, Apr 25 - May 9, 5:00 - 8:00 pm
Improve your management skills.
ABC \$225, SE - 2 free, Non-Member \$295

High Voltage Splicing

Fri, Apr 27, 7:00 am - 4:00 pm
High Voltage Splicing methods and techniques.
ABC \$160, SE - 2 free, Non-Member \$230

Grounding Requirements

Tues/Thurs, May 1 - 10, 5:30 - 8:30 pm
4 night course. Textbook included.
ABC \$220, SE - 2 free, Non-Member \$280

Mechanics' Lien Seminar

Fri, May 11, 9:00 - 12:00 pm
1st Attendee \$65, addl \$50

10 Hr OSHA

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

Construction Scheduling

Mon, May 14 & 21, 5:00 - 8:00 pm
Learn to develop a realistic schedule, identify critical
activities and efficiently schedule other trades.
ABC \$130, SE - 2 free, Non-Member \$180

CPR/First Aid

Wed, May 16, 5:00 - 9:00 pm
ABC \$80, SE - 2 free, Non-Member \$110

Advanced Fiber Optics

Thurs, May 17 - 31, 5:00 - 9:00 pm
12 hrs of instruction. Hands on terminations.
ABC \$260, SE - 2 free, Non-Member \$310

ABC Safety Day

Sat, May 19, 7:00 am - 3:00 pm
A full day of safety certifications in various subjects.
Special pricing for multiple attendees.
ABC \$170, SE - 2 free, Non-Member \$230



Traffic Control and Flagging

Wed, May 23 & 30, 5:00 - 9:00 pm
ABC \$130, SE - 2 free, Non-Member \$160

Hazardous Locations

Tues/Thurs, May 29 & 31, 5:30 - 8:30 pm
Chapter 5 of the NEC.
ABC \$130, SE - 2 free, Non-Member \$180

30 Hr OSHA

Mon/Wed, Jun 4 - 13, 4:00 - 9:00 pm
Continuing 10 Hr OSHA students can complete their 30 hours with this last 20 hours of OSHA 30.
ABC \$365, SE - 1 free, Addl SE - \$185

Wiring Methods

Tues/Thurs, Jun 5 & 7, 5:30 - 8:30 pm
Chapter 3 of the NEC. Bring NEC to class.
ABC \$130, SE - 2 free, Non-Member \$180

Human Relations & Problem Solving

Mon, June 18 & 25, 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 and implementing plans.
ABC \$180, SE - 2 free, Non-Member \$230

Arc Flash Safety

Tues, Jun 19 & 26, 5:00 - 8:00 pm
ABC \$130, SE - 2 free, Non-Member \$180

NEC Review for Electrical Certification

Tues/Thurs, Jun 19 - 28, 5:30 - 8:30 pm
12 hours in the NEC for certification test prep.
ABC \$200, Non-Member \$260

Forklift Certification

Thur, Jun 21, 4:00 - 8:00 pm
Card awarded upon passing of class.
ABC \$105, SE - 2 free, Non-Member \$150

Quality Control

Wed, Jun 27, 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

Transformers

Tues/Thurs, Jul 10 & 12, 5:30 - 8:30 pm
Topics include Grounding, Mounting & Securing, K Rated, Conductor Sizing, etc.
ABC \$130, SE - 2 free, Non-Member \$180

10 Hr OSHA

Wed, Jul 11 & 18, 4:00 - 9:00 pm
Hours can count toward the 30 Hr OSHA class which will be held in November.
ABC \$180, SE - 2 free, Non-Member \$220

Blueprint Reading for Electricians

Mon, Jul 16 & 23, 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

Introduction to Motor Control

Tues, Jul 17 & 24, 5:00 - 9:00 pm
Class will cover introductory material & lab time.
ABC \$180, SE - 2 free, Non-Member \$230

Beginning Fiber Optics

Thurs, Jul 19 & 26, 5:00 - 8:00 pm
Learn about different types of fiber, connectors and installation procedures. Hands on terminations.
ABC \$180, SE - 2 free, Non-Member \$230

CPR/First Aid

Wed, Jul 25, 5:00 - 9:00 pm
ABC \$80, SE - 2 free, Non-Member \$110

Foremanship Series

Wed, Jul 25 - Aug 22, 5:00 - 9:00 pm
This important training series has been developed for Field Supervisors and those aspiring to become Foremen.
ABC \$240, SE - 2 free, Non-Member \$310

Grounding Requirements

Tues/Thurs, Aug 7 - 16, 5:30 - 8:30 pm
4 night class on Grounding and Bonding.
ABC \$220, SE - 2 free, Non-Member \$280

Forklift Certification

Thurs, Aug 23, 4:00 - 8:00 pm
ABC \$105, SE - 2 free, Non-Member \$150

General Code Calculations

Tues/Thurs, Aug 28 & 30, 5:30 - 8:30 pm
ABC \$130, SE - 2 free, Non-Member \$180

Introduction to Project Management

Thurs, Sept 6, 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

Cal OSHA Construction Safety

Mon, Sept 10 & 17, 5:00 - 8:00 pm
Stay up to date on Cal OSHA regulations.
ABC \$180, SE - 2 free, Non-Member \$230

NEC Review for Electrical Certification

Tues/Thurs, Sept 11 - 20, 5:30 - 8:30 pm
ABC \$200, Non-Member \$260

Advanced Fiber Optics

Tues, Sept 11 - 25, 5:00 - 9:00 pm
Attendees should attend Beginning class.
ABC \$260, SE - 2 free, Non-Member \$310

CPR/First Aid

Wed, Sept 12, 5:00 - 9:00 pm
ABC \$80, SE - 2 free, Non-Member \$110

10 Hr OSHA

Wed, Sept 19 & 26, 4:00 - 9:00 pm
Hours count toward the 30 Hr class in November.
ABC \$180, SE - 2 free, Non-Member \$220

Competent Person/Confined Spaces

Thurs, Sept 20, 8:00 am - 4:00 pm
ABC \$115, SE - 2 free, Non-Member \$180

Firestopping

Tues/Thurs, Oct 2 & 4, 5:30 - 8:30 pm
Building Code requirements for Firestopping.
ABC \$130, SE - 2 free, Non-Member \$180

Effective Supervision

Wed, Oct 10 - 24, 5:00 - 8:00 pm
Improve your management skills.
ABC \$225, SE - 2 free, Non-Member \$295

Prevailing Wage Seminar

Thur, Oct 11, 8:30 am - 2:00 pm
Covers apprenticeship compliance annualization and working with labor compliance programs.
ABC \$170, addl \$135, Non-Member \$210, addl \$185

Forklift Certification

Thurs, Oct 11, 4:00 - 8:00 pm
ABC \$105, SE - 2 free, Non-Member \$150

Switchboards and Panelboards

Tues/Thurs, Oct 16 & 18, 5:30 - 8:30 pm
ABC \$130, SE - 2 free, Non-Member \$180

Transformers

Tues/Thurs, Oct 23 & 25, 5:30 - 8:30 pm
Topics include Grounding, Mounting & Securing, K Rated, Conductor Sizing, etc.
ABC \$130, SE - 2 free, Non-Member \$180

10 Hr OSHA

Wed, Nov 7 & 14, 4:00 - 9:00 pm
Hours count toward the 30 Hr class in November.
ABC \$180, SE - 2 free, Non-Member \$220

Wiring Methods

Tues/Thurs, Nov 13 & 15, 5:30 - 8:30 pm
Chapter 3 of the NEC. You must bring NEC to class.
ABC \$130, SE - 2 free, Non-Member \$180

30 Hr OSHA

Mon/Wed, Nov 26 - Dec 5, 4:00 - 9:00 pm
Continuing 10 Hr OSHA students can complete their 30 hours with this last 20 hours of OSHA 30.
ABC \$365, SE - 1 free, Addl SE - \$185

CPR/First Aid

Tues, Nov 27, 5:00 - 9:00 pm
ABC \$80, SE - 2 free, Non-Member \$110

NEC Review for Electrical Certification

Tues/Thurs, Dec 4 - 13, 5:30 - 8:30 pm
ABC \$200, Non-Member \$260

Competent Person/Confined Spaces

Wed, Dec 12, 8:00 am - 4:00 pm
ABC \$115, SE - 2 free, Non-Member \$180

SE (ABC So-Cal Subscribing Employers):

Contractors who employ apprentices and pay training fees to the Trust may be eligible for limited no-cost seating in many of our classes.

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

ABC... CHAMPIONS OF FREE ENTERPRISE



Questions? Contact Theresa Lovejoy at (714) 779-3199, ext. 317 or email at tlovejoy@abcsocal.net.

PROVIDING EDUCATION AND TRAINING FOR THE CONSTRUCTION INDUSTRY.

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

Payment is required one week prior to the start of class. You may also register for classes online at www.abcsocal.org.

Course Title(s) and Dates: _____

Attendee: _____ Company: _____

Email: _____ Ph: _____ Fax: _____

SE Seat ____ Self Pay ____ Bill Company ____ Check ____ MC/Visa ____ Amt: \$ _____

Card # _____ CVC Code: ____ Exp. Date: _____

Authorized Signature: _____

Participants must cancel their registration 48 hours in advance of the class start date. There will be no refunds given for cancellations after the deadline date.



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