

JOHN S. ROMASKO TRAINING CENTER

FALL 2008

We would like to hear from you!

The Training Center has a new email address. It's trainingcenter@montanalaborers.com. We would like to hear from you to find out what classes you are interested in taking. Please email us your name, email, what city you live in, and what classes interest you. We will add you to our contact list to keep you better informed on what classes are available in your area. We will also let you know when we schedule classes in your area that are not on the posted schedule. We have provided a list of classes that the Training Program can offer to find out what the members of the Laborers Union local 1686 are most interested in. You can also use this email to sign up for classes or change your phone number or address.

Watch for new website in the near future!!!!!!

Courses available through the Laborers AGC Training Program

Asbestos Worker & Refresher
 Asbestos Abatement Supervisor
 Asphalt Training
 Basic Construction
 Bridge Construction/Demolition
 Building Labor
 Chain Saw Safety
 Concrete Practices and Procedures
 Confined Space Worker
 C-Stop
 Cutting & Burning
 Equipment Operation
 First Aid/CPR
 Flagger Certification
 Forklift Training
 Foreman Leadership
 General Construction
 Grade Setting
 Hazard Communication
 Hazardous Waste Operations
 Hazardous Waste Worker & Refresher
 Line & Grade

Man Lift Training
 Mason Tending
 MSHA
 Math & Measurement
 OSHA 10
 Pipelaying
 Pipeline Safety
 Rigging & Signaling
 Scaffold Safety
 Skid Steer Loader
 Traffic Control Technician
 Traffic Control Supervisor
 Wall-Bracing

*Although the Training Center focuses on the core construction classes there are a variety of classes we have the ability to put on. If you or the contractors you are working for, demonstrate the need for additional classes we will make every effort to facilitate the training.

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Electrical Safety

Electrical safety is one of the most important and dangerous issues on a construction job. In the last year, 271 people were injured or killed due to the misuse of electrical equipment. Also, there were 774 people injured or killed due to the improper use or not using protection devices involving electricity. If that does not get you, then maybe knowing that there was 2,646 citations issued by OSHA for electrical issues. Sometimes we forget just how dangerous electricity is and how to protect us from it. Before you can protect yourself and your fellow workers from its bite, you have to have a basic understanding of electricity.

Electricity Basics

Electricity starts with electrons. Every atom contains one or more electrons, electrons have a negative charge. In many materials, the electrons are tightly bound to the atoms. Wood, glass, plastic, ceramic, air, cotton ... These are all examples of materials in which electrons stick with their atoms. Because the electrons don't move, these materials cannot conduct electricity very well, if at all. These materials are electrical insulators. But most metals have electrons that can detach from their atoms and move around. These are called free electrons. Gold, silver, copper, aluminum, iron, etc., all have free electrons. The loose electrons make it easy for electricity to flow through these materials, so they are known as electrical conductors. They conduct electricity. The moving electrons transmit electrical energy from one point to another. Electricity needs a conductor in order to move. There also has to be something to make the electricity flow from one point to another through the conductor. You also need to ground the electricity to give it a path to go in case of an over load.

1. The flow of charge carriers within a conductor, properly called "electric current".
2. The charge carriers within a conductor, properly called "electric charge".

Shock current and its effect:

Various researches throughout the world have established the following figures as being factual:

1-3 milliamps	-	can be felt.
10-15 milliamps	-	hard to let go.
25-30 milliamps	-	chest muscles contract; unable to breathe.
Above 50 milliamps	-	heart affected; flutters and does not pump (fibrillation)
Above 5 amps	-	current paralyses nerve centers in heart, is clamped, and resumes pumping when is removed.

Note: A current as low as 20 milliamps can cause death.

Much of the electricity we use on the construction sites come from using extension cords. Whenever you are going to use on extension cord always keep the cord in the best condition possible. Keep it as clean as possible; also do not drag it through the mud and other things that will get it dirty. Inspect it each and every time you use it. Look for exposed wires, frayed spots, or plugs that are coming off. Make sure it is marked for heavy use in construction. When you are finished with it put it up by coiling it, keeping it neat and ready for use the next time. Do not cut off the ground plug, use an adapter if need be. Do not pull on the cord to unplug the tool, or run cords through walls, ceilings, floors, doorways, windows or any other place the cord could get damaged. Do not hang the cords on nails, staples, suspend it by wire, or lie on the floor where it could get run over or be a trip hazard. Always use a strain relief on plugs, this will protect them and keep them from pulling apart. Do not tie them as this can damage the wires inside. Always use a GFCI (Ground Fault Circuit Interrupter) either at the plug in or on the extension cord itself.

Training Schedule Fall 2008

All classes begin promptly at 8 a.m. unless noted

C-Stop-8 Hrs

10/01 Billings-BW Kelly Inn
12/04 Helena
12/18 Billings– Wingate Inn

C-Stop Refresher-4 Hrs

9/30 Billings– Wingate Inn
11/07 Billings– BW Kelly Inn
12/06 Billings-BW Kelly Inn
12/20 Billings-Wingate Inn

Miscellaneous 8 Hour Classes

11/12 Wall-Bracing-Missoula
12/03 MSHA Refresher-Helena
12/13 Scaffold User Safety-Missoula

Asbestos Worker Refresher 8 Hrs

9/13 Billings-Wingate Inn
11/08 Billings– BW Kelly Inn

Hazardous Waste Worker Refresher-8Hrs

10/09 Missoula
10/11 Billings– Wingate Inn

Excavation Safety-8 Hrs

12/15 Great Falls
12/17 Butte
12/19 Billings– Wingate Inn

Other 40 Hour Classes - Please call for site location

9/29-10/2	Mason Tending-Butte
10/07-10	Concrete-Helena (Tuesday-Friday)
10/20-23	Pipeline Worker-Helena
10/27-30	Pipelaying-Helena
11/03-6	Grade Setting- Helena
11/17-20	Mason Tending- Helena
12/08-11	Scaffold Building-Helena

January through March classes will include Flagger Certification, First Aid /CPR, C-Stop, and an Initial Asbestos Abatement Class, just to name a few

Watch for the schedule to be posted on our new webpage or we can email it to you!

Contact the Training Program to sign up for classes. You must sign up to be assured a place in any class. (800) 408-9766 or (406) 442-9964

Kindly give 24 hour notice. If you do not attend or you don't cancel in a timely manner you will not be able to participate in any classes for 1 year.

Please see below for class locations

Butte-All classes will be held at the Carpenters Hall, 156 W. Granite,
unless otherwise noted. (call for location for 40 hour classes)

Great Falls-All classes will be held at the Labor Temple, 1112 7th St. South,
unless otherwise noted. (call for location for 40 hour classes)

Missoula-All classes will be held at the Union Hall, 208 E. Main,
unless otherwise noted. (call for location for 40 hour classes)

Helena-All classes will be held at the Training Center, 3100 Horseshoe Bend Road,
unless otherwise noted.

Billings– All classes will be held at the Wingate Inn, 1801 Majestic Lane, unless otherwise noted.
(call for location for 40 hour classes)

Although the Training Center focuses on the core construction classes there are a variety of classes we have the ability to put on. If you or the contractors you are working for, demonstrate the need for additional classes we will make every effort to facilitate the training.

H V K G P S I E O C H A R G E E Q X Y A
Y G U T M C K Q Q C O N D U C T O R E H
E M P X Y U G H F B A F L U T T E R S T
C S E L E C T R I C I T Y R E J C J N C
M I L L I A M P S V Q T N N B N J W E E
Q D R O C N O I S N E T X E K V X E T P
D E A T H Y O O Q Z N Z Y V E X C L D S
X Z M H G F C I F B Q O F G Q X L B O N
V S V Z H Z K P A R A L Y S E S Y C O I

- _____ helps us do our work if used safely.
- What happens if you get too much electricity in your body? _____
- _____ happens above 5 amps to your body.
- Ground Fault Circuit Interrupter. _____
- What happens above 50 milliamps? _____
- What helps you get electricity where you need it? _____
- Electricity needs a _____ in order to move.
- The electricity carried within a conductor is properly called an electric _____.
- _____ are a measurement of electricity.
- Every time you use extension cords you should _____ them .

News on Defined Benefit (DB) Pensions

A new report in Washington says Pensions can provide Retirement Income at about half the cost of Individual Accounts and built-in economic efficiencies enable Pension to do more with fewer dollars.

A new report issued in August finds that defined benefit (DB) pension plans can deliver the same level of retirement income to a group of employees at 46% lower cost than an individual defined contribution (DC) account. The analysis calculates that DB pension plans can avoid the problem of "over-saving" by pooling the longevity risks of large numbers of individuals. This results in a 15% cost savings that is ageless and therefore can perpetually maintain an optimally balanced investment portfolio rather than the typical individual strategy of down-shifting over time to a lower risk/return asset allocation, and resulting in a 5% cost savings. They achieve higher investment returns as compared to individual investors because of professional asset management and lower fees that results in a 26% cost savings.

The study, "A Better Bang for the Buck: The Economic Efficiencies of Defined Benefit Pension Plans," was published by the National Institute on Retirement Security.

"The analysis is somewhat of a myth buster when it comes to conventional wisdom on the cost of retirement plans," said Beth Almeida, report author and Executive Director of the National Institute on Retirement Security. She added, "The analysis clearly indicates that the qualities inherent in DB plans - particularly, the pooling of risks and assets - fuel their fiscal efficiency. Importantly, the report provides a new lens for policymakers, employers and employees, who all are struggling to ensure adequate retirement income with the fewest dollars possible."

"Our model makes an 'apples to apples' calculation of the actual dollar contributions required for a DB and DC plan to achieve the same target retirement benefit," said William (Flick) Forna, report author and Senior Vice President with Aon Consulting. He added, "The efficiencies of DB plans already are well documented. This report, however, is important in terms of quantifying the magnitude of those efficiencies."

The model was based on a group of 1,000 newly hired 30 year old female teachers who work for three years, take a two year leave to have children, work for a total of 30 years, and then retire at age 62 with a final salary of \$50,000. The target annual pension benefit for the model is \$26,684, or \$2,224 monthly with cost of living adjustments. Together with Social Security benefits, each teacher can expect to receive roughly 83% of her pre-retirement income, which meets the generally accepted standard of retirement income adequacy.

The model calculates that the cost to fund the target retirement benefit under the DB plan is 12.5% of payroll each year, while the cost to provide the same target retirement benefit under the DC plan is 22.9% of payroll each year. In other words, the DB plan can provide the same benefit at a cost that is 46% lower than the DC plan.

In dollar terms, the DB plan needs to have accumulated approximately \$355,000 for each participant in the plan by the time they turn 62, while the DC plans must accumulate almost \$550,000 per participant. This difference - almost \$200,000 per participant - illustrates the large dollar savings that DB plans yield for employers, employees, and taxpayers.

The report also indicates that DC plans are essential to the retirement security equation. DC plans enable workers to save for retirement in a manner that reflects their individual situations. Most retirement experts indicate that retirement security can be achieved with a "three-legged stool" consisting of Social Security, a DB plan, and a supplemental DC savings plan. Workers who have access to all three sources of retirement income are in the best position to achieve a secure retirement.

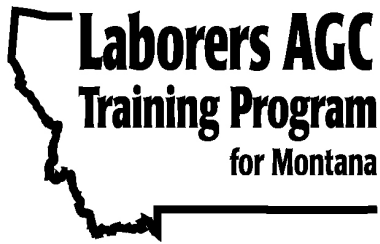
The full report can be accessed at http://www.nirsonline.org/index.php?option=com_content&task=view&id=121&Itemid=48.

(NIRS will host a conference call with the authors on Thursday, August, 14, 2008. An audio replay will be available for 30 days following the call by dialing 800.475-6701 and providing 956940 as the access code.

About NIRS

The National Institute on Retirement Security for-profit organization established to contribute to informed policymaking by fostering a deep understanding of the value of retirement security to employees, employers, and the economy through national research and education programs. Located in Washington, D.C., NIRS seeks to encourage the development of public policies that enhance retirement security in America.

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Please welcome our new Full-time Instructor !

Welcome Ron Nelson. He joins our Director Warren Smeltzer and Part-time Instructor Shawna Page so the Training Center can offer more classes to our members, and Laborers Local 1686 can continue to have a highly skilled workforce. Below is a letter from Ron.

Greetings Brothers and Sisters,

Wow! I didn't know if hod-carrying would ever end for me. It finally has and I'm excited about Instructing.

I have worked construction for the last 35 years. They have really gone by fast. Most all of my employment has been with people I have enjoyed working for and with. I joined Laborers Local 254 in the fall of 1979.

Although I spent most of my years hod-carrying, I also worked on crack filling Interstate 15, Bridge work on the Missouri River near Townsend, drilling through Toston Dam, and redoing Helena City Sewer, and Helena Water and Sewer Treatment. I have also worked in most of the bigger towns in Montana, including Yellowstone Park during the Fires. (WOW). I have also worked various places in between.

I am hoping that I can pass on some of my knowledge and work ethic to our Apprentices. I would like to wish everyone in Laborers Local 1686 a busy and safe year.

See you in Class

Ron Nelson