

# LABORERS AGC TRAINING

SUMMER 2008



Kim Rickard and Warren Smeltzer talk about the newly designed truck for the Training Center.

## WELCOME WARREN SMELTZER

As most of you know there is a new director at the training center. Warren Smeltzer took over the position this January. He has been in the Laborers Union since 1974 with many different job positions throughout the years. While he was in the field he worked on bridges, pipelines and highway jobs, also power and sewer treatment plants just to name a few. He was also the Field Agent for the District Council for 3 years and a Business Manager in both Billings and for the whole State. He also has 2 years experience instructing.

Since becoming the Director of the Training Center he has worked very hard to get things done around here. The septic has been a very big under taking for him, and getting that completed in a timely manner. He has been working very hard on the new Mobile Training Truck, and getting that stocked with tools and ready for work. Along with getting the water hooked up to the city. He also has ordered new updated training material for the classes that are coming up. A small remodeling to the men's dorms was also completed this winter. All of this and instructing classes too!! Some of Warren's plans for the future include offering more classes in the summer; many of them will be traveling classes. He's working on completing what he has started with the septic and water systems and hopefully in the future get a new building built. So way to go Warren and welcome!!



Warren Smeltzer

The Laborers AGC Training Program has acquired a 2000 International Truck from the Laborers Local 1686 to use as a Mobile Training Facility. The truck will allow the Laborers AGC Training Center instructors to bring more tools and training supplies where they are most needed. There is a need for a trained workforce and there is a man-power shortage in the Construction crafts. The truck will give the Laborers AGC Training Center the ability to reach out to more members by delivering the training to them starting this summer.

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## Heat Exhaustion and Heat Stroke

**Heat exhaustion** is a milder form of heat-stroke that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

### **Heat Exhaustion Symptoms**

- heavy sweating
- pale skin
- muscle cramps
- tiredness
- weakness
- dizziness
- headache
- nausea or vomiting
- fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke, which is a medical emergency. Seek medical attention and call 911 immediately if:

- Symptoms are severe, or
- the victim has heart problems or high blood pressure. Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.



### **Heat Exhaustion Treatment**

Cooling measures that may be effective include:

- cool, non-alcoholic beverages, rest,
- cool shower, bath, or sponge bath,
- an air-conditioned environment, and
- lightweight clothing

**Heat stroke** is a true medical emergency that can be fatal if not promptly and properly treated. A victim of heat stroke must receive immediate treatment to avoid permanent organ damage.

### **Warning signs of heat stroke vary but may include:**

- an extremely high body temperature (above 103°F (39.4°C))
- red, hot, and dry skin (no sweating)
- rapid, strong pulse
- throbbing headache
- dizziness
- nausea
- confusion
- unconsciousness



**If you see any of these signs, you may be dealing with a LIFE-THREATENING emergency. Have someone call for immediate medical assistance while you begin cooling the victim:**

Get the victim to a shady area. Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water, place in a cool shower; spray with cool water from a garden hose, sponge with cool water, Put them in a creek or air conditioned vehicle or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously. Do not give the victim alcohol to drink. Get medical assistance as soon as possible.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

## **Training Schedule Summer 2008**

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

### **Flagging Certification-8 Hrs**

6/09	Butte– Carpenters Hall
6/10	Billings-Wingate Inn
6/12	Missoula-Union Hall
6/19	Great Falls-Labor Temple

### **Forklift-8 Hrs**

6/13	Missoula-Union Hall	<b>2-9 pm</b>
6/27	Great Falls-Labor Temple	(call and sign-up to confirm time)

### **OSHA 10– 12 hours**

### **First Aid and CPR– 8 Hrs**

6/13	Missoula-Union Hall	6/14	Missoula	Tentative
		6/20	Missoula	Tentative

### **Other 40 Hour Classes - Please call for site location**

6/16-19	Equipment Operation- <b>Helena</b>
6/23-26	Pipe-Laying- <b>Helena</b>
7/8-11	Pipe-Laying- <b>Butte</b>
7/14-17	Building Labor- <b>Helena</b>
7/21-24	Concrete- <b>Missoula</b>
7/28-31	Masonry- <b>Great Falls</b>
8/4-7	Masonry- <b>Billings</b>
8/11-14	Pipe-Line- <b>Helena</b>
8/18-21	Grade Setting- <b>Butte</b>

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 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.

### What kind of Union Member are You?

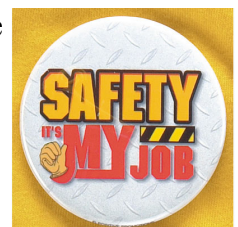
Some members keep their Union strong, While others join and just belong: Some dig right in: some serve with pride: Some go along just for the ride.

Some volunteer to do their share; While some lay back and just don't care; On meeting nights some always show, While there are those who never go.

Some lag behind; some let things go; Some never help their Union grow. Some drag; some pull; some don't; some do; Consider....which of these are you?

### The Intermountain Northwest Safety Conference

Randy Knop, The Business Manager of the Rocky Mountain District Council of Laborers, and Shawna Page, an Instructor for the Laborers AGC Training Center attended the Intermountain Northwest Safety Conference on May 15–17th. The conference was sponsored by the Big Sky Chapter of the American Society of Safety Engineers. The conference was focused on prevention of accidents in the work place. It was held in West Yellowstone this year with about 50 participants. There were some great presenters, from as far away as New Jersey, talking about safety and how to take care of yourself in the work place. They also had some great ideas on bringing it to the classroom and making it fun for you. You will be seeing some of the ideas in your classes and hopefully this will make it easier for you to learn and remember, so that you can take it to the workplace and apply it. This will make the work place a safer place for you and your fellow workers.



## CPR made Easier

The Laborers Training Program offers many different classes. One of those is First Aid and CPR classes. It is about a 6 hour class that is taught all around the state. The class teaches you how to do CPR on adults, AED operations and basic First Aid techniques. Some contractors are making it mandatory that you have a First Aid/CPR card in order for you to be employed by them. This is a good idea because one never knows when something will happen; you will then be prepared to handle it. This class is one that you can use the information on and off the job which makes it even more valuable. The card is good for 2 years, so you need to renew it 2 years from the date you took the class. If you are not able to attend a class right away but still want to know how you can help if someone collapses from a cardiac arrest, the American Heart has made it easier for you.



Because less than 1/3 of the people that have cardiac arrests at home or out in the public get help, American Heart has simplified it for the lay person. There are many people that are hesitant to help, one of the reasons why is because they cannot remember how to do all the steps. They think that they might do something wrong. So American Heart has come to the rescue, and came out with a 2 step Life Saving procedure. Easy to remember and easy to do.

1. CALL 911
2. PUSH ON THE CENTER OF THE CHEST HARD AND FAST

For more information on this you can go to <http://www.americanheart.org/> This does not replace taking the class however it can help you help someone else while you are waiting to get to a class. Please check the training schedule for available classes in your area.

## The Apprentice Corner

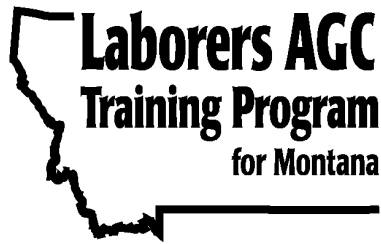
Apprentices need to be sure to fulfill the requirements of being an Apprentice. One of the most important things you need to be sure of is that you sign the out of work list every month and be available for work when you are called. You also need to be current with your list fees, which are \$20.00, in order to be dispatched for work. You are required to complete 4000 hours of On-the-Job Training over 3 years. While you are working you need to turn in your worksheets every month to get credit for the hours you worked. The paper work is turned into the Joint Apprentice Training Committee for review. You could face disciplinary action if it is not turned in, in a timely manner. You will also receive wage increases after you have completed 1,334 hours.

Apprentices are also required to take 144 hours of related training each year, for a total of 432 hours. Please plan on attending classes if you are not working to fulfill the training requirements. To sign up for training classes you must call the Training Center. If you get called to work or cannot make it for the training be sure you call and cancel or you may not be eligible for training for a period of one year.

After you do go to work it is required that you pay your initiation fee of \$380.00 by paying \$25.00 per day that you work until it is paid off. Your base dues are \$31.00, and it is your responsibility to pay them at the first of every month. Your work assessment dues are .30 per hour and are also your responsibility to pay. Some contractors take it out of your check and pay them to the union in a lump sum. Check with your foreman to see if they send it in for you.

Please remember it is important to have a good work ethic and be on time (early is better) and give 100% all the time. You also are required to attend regular union meetings unless you are working out of town. It is a good idea to get actively involved in your union; after all it is your future.





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Laborers AGC Apprenticeship,  
Training and Work  
Preparedness Trust of Montana  
3100 Horseshoe Bend Road  
Helena MT 59602

Phone: 406-442-9964  
Toll Free: 1-800-408-9766  
Fax: 406-442-4704  
E-mail:  
warren@montanalaborers.com

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LABORERS AGC TRAINING PROGRAM for MONTANA

**JOB OPENING**

**Title: INSTRUCTOR**

Status: Full Time, Based out of Helena, MT

**Pre-requisites:** The ideal candidate will have a strong construction background, experience is required in one or more of the following disciplines : Pipelaying (mainline and utility), Concrete, Asbestos, Hazardous Waste, Grade Setting, Mason Tending, Traffic Control, and Scaffolding.

**Skills:** The ability to speak to groups and demonstrate skills and techniques.  
The ability to meet with Laborers, Contractors and other professionals in the field and in the office.  
Desire to share knowledge of the industry with apprentices and journeyworkers.  
Basic computer skills.

**Position Summary:** The instructor is responsible for teaching both in the classroom and providing hands on instruction in the field. He/She will work independently and as part of a team. Instructors are required to work irregular hours including evenings and weekends. Extensive in state travel is required as well as occasional out of state travel. The instructor must have a valid drivers license and be insurable under the Trusts insurance policy. The instructor must be a current member of the Laborers Union or join before starting work.

**Benefits:** The instructor will receive wages and benefits at the Laborers Group 3 Highway Rate. In the event the instructor uses his/her own vehicle he/she will be compensated at the federal rate.

**How to Apply:**

Mail your resume, cover letter and copies of any current certifications by June 15,2008 to:

Laborers AGC Training Program for Montana

Attn: Warren Smeltzer

3100 Horseshoe Bend Rd

Helena, MT 59602