Stand-Out Playbook — Seattle Tri-County (Master)

Audience: pre-apprentice graduates in King, Pierce, Snohomish with Flagger, OSHA-10, and Forklift classroom cards.

Goal: improve interview ranking and selection odds for both apprenticeship and immediate-hire routes by stacking provable signals.

# How to embed in app (one-time)

Collect ‘Proof artifacts’ for each step: cards, score reports, photos without faces, checklists, logs with dates, supervisor sign-offs, or tracker screenshots. Store per-student in the Instructor Packet with reflections and full-text uploads.

# Global Guidance (neutral & measurable)

• OSHA Outreach is awareness training, not a state license/certification. Cite as “OSHA Outreach 10-Hour (Construction)”. Source: https://www.osha.gov/outreach/faq

• Forklift: employer must train/evaluate/certify on specific truck & workplace; classroom cards are prep only. Source: https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

• EPA 608 for HVAC/R: required to handle refrigerants; credentials do not expire. List type (I/II/III/Universal). Sources: https://www.epa.gov/section608/refrigerant-management-requirements | Archived: https://19january2021snapshot.epa.gov/section608/section-608-technician-certification\_.html

• Veterans: Helmets to Hardhats connects directly to building-trades programs. Source: https://helmetstohardhats.org/

# Seattle Construction Trades Apprenticeship Roadmaps (Preserved Content)

﻿Boilermakers

Applying: The primary apprenticeship for Boilermakers in the Seattle area is through the International Brotherhood of Boilermakers (Local 104 in Seattle and Local 502 in Puyallup). Applications for Local 104 are typically accepted in person on specific days (e.g. Wednesdays mornings) and require completing an assessment test​flysea.org. Local 502 accepts applications on a rolling basis during business hours​flysea.org. Key requirements include being at least 18 years old (with a high school diploma or GED in Local 502’s program) and a valid driver’s license or state ID​flysea.org​flysea.org. Applicants who meet minimum qualifications may be placed in an eligibility pool and invited for an interview when openings arise​flysea.org.

While Waiting: Boilermaker applicants often face a waiting period after testing and interviewing. While on the ranked list, you can bolster your skills by taking welding courses (since Boilermakers do extensive welding) or earning certifications like OSHA-10 safety training and aerial lift operation, which make you more job-ready. Seeking entry-level work in metal fabrication shops or shipyards is a smart move – any hands-on experience with steel, welding, or rigging can both increase your skills and show your commitment. For example, if you can get a job as a welder’s helper or in a metal shop, log those hours and keep documentation of your experience. Volunteer opportunities (such as building community projects or high school shop programs) that involve metal work could also keep you active in the trade during the wait.

Alternative Pathways: Outside of the union, aspiring boilermakers can look for non-union industrial construction jobs or apprenticeships that involve welding and metal fabrication. Some local contractors or shipyards (such as maritime repair companies around Puget Sound) hire and train workers on the job. You could also consider the Ironworkers apprenticeship as a related path, since it involves structural steel work and welding similar to boilermaking. Another avenue is the open-shop apprenticeship programs through organizations like CITC of Washington, which offers training in related fields (e.g. welding, pipefitting) that can be a stepping stone​flysea.org​flysea.org. Gaining welding certifications (such as an AWS certified welder card) on your own at a community or technical college is a valuable backup route into the metal trades.

Standing Out: To rank higher in Boilermaker apprenticeship interviews, come prepared with proof of any relevant experience. Documented hours in welding, metal work, or machinery repair will set you apart. Having a Welding Certification or having completed a trade pre-apprenticeship program can earn you credit. For instance, graduates of programs like ANEW or PACE (pre-apprenticeships) are often looked upon favorably​seattlepipetrades.org. Emphasize your familiarity with tools, ability to work at heights and in confined spaces, and your commitment to safety. Letters of recommendation from instructors or employers in the metal trades can also boost your profile. Essentially, show the interviewers that you already have a foundation to “hit the ground running,” which indicates you’ll excel in the program.

Fast-Track Tips: One fast-track method into the Boilermakers is to get hired by a union contractor as a helper or trade assistant. If you can secure a job as a helper through Local 104 or 502 (even before being an official apprentice), you’ll gain on-site experience and could be first in line when apprentice slots open. Another strategy is to complete a welding course and obtain an AWS certified welder card – the union may allow direct entry or advanced standing for those with exceptional welding skills. Also, keep in close contact with the union hall; sometimes showing up and asking for “permit work” (temporary work for non-members) can get your foot in the door. By working as a permit worker, you prove yourself on real jobs and can earn sponsorship into the next apprenticeship class if you impress the contractors. Always stay drug-free (you’ll need to pass a drug test) and maintain a valid driver’s license so that nothing hinders you when an opportunity arises​flysea.org​flysea.org.

# Transferable Skills to Construction (Preserved Content)

﻿Transferable Skills to Construction (For People With No Experience)

1. Executive Assistant / Office Admin

What You Did

What It Shows About You

Managed calendars and scheduled meetings

You can coordinate timelines, juggle priorities, and manage moving parts — like a project coordinator on a job site.

Took meeting notes and tracked tasks

You pay attention to detail, can document progress, and follow through — great for safety logs or material tracking.

Communicated with vendors and clients

You know how to communicate clearly and professionally — useful when working with site leads, inspectors, or suppliers.

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1. Executive Assistant

ABC Corporate Services | Seattle, WA | Jan 2020 – Feb 2023

\* Coordinated daily calendars and meetings for 3 senior executives, ensuring smooth scheduling and follow-through.

\* Managed vendor correspondence and contract tracking, maintaining accurate documentation and deadlines.

\* Created and maintained organizational task boards to track project progress and delegate responsibilities.

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1. Executive Assistant (Construction Focused)

ABC Corporate Services | Seattle, WA | Jan 2020 – Feb 2023

\* Coordinated daily project schedules and calendar timelines, ensuring all moving parts remained on track — from vendor communication to team availability.

\* Managed vendor documentation and tracked contractual deadlines using organized systems aligned with industry-standard workflows.

\* Maintained detailed task boards and monitored progress updates, ensuring team deliverables were completed in alignment with shifting priorities.

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2. Retail Worker / Cashier / Stock Associate

What You Did

What It Shows About You

Handled rushes at the register

You stay calm under pressure and meet deadlines.

Managed inventory and restocked products

You’re organized and understand material flow.

Helped upset customers

You can handle conflict and solve problems quickly.

Lifted boxes, unloaded trucks

You’re physically capable and safety-conscious.

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2. Retail Sales Associate

Target | Kent, WA | June 2019 – Oct 2022

\* Maintained product displays and restocked merchandise efficiently during high-volume hours.

\* Provided frontline customer service, resolving issues and de-escalating conflicts to maintain store environment.

\* Tracked and rotated inventory to reduce waste and improve shelf accuracy.

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2. Retail Sales Associate (Construction Focused)

Target | Kent, WA | June 2019 – Oct 2022

\* Maintained and organized inventory areas, ensured stock was rotated efficiently, and handled high-volume merchandise restocking.

\* Assisted customers and de-escalated tense situations while maintaining professionalism and clear communication with a diverse team.

\* Kept workstations clean, followed daily task lists, and collaborated closely with team members to ensure store floor readiness.

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3. Food Service / Barista / Server / Line Cook

What You Did

What It Shows About You

Worked long hours on your feet

You have stamina and can handle physical work.

Followed detailed orders

You follow directions carefully — essential in trades.

Worked as part of a team during rushes

You’re reliable under pressure and work well with others.

Kept kitchen and work areas clean

You follow safety and cleanliness protocols.

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3. Server / Food Service Worker

Olive Garden | Renton, WA | Mar 2018 – Aug 2022

\* Delivered timely and accurate service in a fast-paced dining environment, managing up to 8 tables at once.

\* Followed food safety standards and health codes daily.

\* Collaborated with back-of-house and front-of-house teams to ensure quality and efficiency.

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3. Server / Food Service Worker (Construction Focused)

Olive Garden | Renton, WA | Mar 2018 – Aug 2022

\* Worked long shifts on foot while managing multiple high-priority tasks with attention to timing, order accuracy, and customer needs.

\* Maintained health and safety protocols, adhered to routine cleaning responsibilities, and communicated effectively across team roles.

\* Delivered fast-paced service while supporting team flow and remaining calm during peak hours and shift changes.

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4. Warehouse / Delivery Driver / Stockroom

What You Did

What It Shows About You

Loaded/unloaded deliveries

You understand logistics and physical labor.

Followed order forms / used scanners

You follow instructions and handle tools with care.

Operated pallet jacks or forklifts (even if not certified)

You’re comfortable around machinery and can learn to operate equipment.

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4. Warehouse Associate

UPS Distribution Center | Tacoma, WA | Sept 2021 – Present

\* Loaded and unloaded delivery trucks with attention to fragile and high-volume packages.

\* Used handheld scanners and tracking systems to manage order accuracy.

\* Maintained warehouse cleanliness and clear aisles for forklift access.

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4. Warehouse Associate (Construction Focused)

UPS Distribution Center | Tacoma, WA | Sept 2021 – Present

\* Loaded and unloaded freight safely and efficiently using pallet jacks and manual handling techniques in a fast-moving environment.

\* Operated handheld scanners to track incoming and outgoing shipments with a focus on accuracy and accountability.

\* Maintained clean work zones and ensured clear access paths for equipment movement throughout the warehouse.

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5. Janitorial / Maintenance / Facilities

What You Did

What It Shows About You

Performed regular cleaning and upkeep

You value cleanliness and safety — both critical on job sites.

Handled tools and basic repairs

You’re comfortable with hands-on tasks.

Worked early or late shifts alone

You’re dependable and self-directed.

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5. Janitor / Custodian

Sunrise Property Services | Federal Way, WA | Oct 2017 – Nov 2021

\* Cleaned and maintained restrooms, break rooms, and common areas in a commercial office building.

\* Safely operated floor buffers, mops, and cleaning equipment per OSHA safety standards.

\* Reported repair needs to maintenance team and followed checklist protocols.

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5. Janitor / Custodian (Construction Focused)

Sunrise Property Services | Federal Way, WA | Oct 2017 – Nov 2021

\* Completed scheduled maintenance and cleaning tasks across multiple buildings, following checklists to meet safety and cleanliness standards.

\* Used basic tools and equipment to perform minor repairs and support building upkeep.

\* Worked independently with minimal supervision and maintained consistent routines to ensure facilities remained fully operational.

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6. Childcare / Elder Care / Nanny

What You Did

What It Shows About You

Watched multiple children at once

You can manage chaos and multitask — great on unpredictable job sites.

Kept routines and ensured safety

You follow procedures and put safety first.

Cleaned up after children, planned meals, handled emotional needs

You’re patient, adaptable, and detail-oriented.

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6. Childcare Provider / Nanny

Private Family | Seattle, WA | Jan 2020 – May 2023

\* Cared for three children under the age of 8, creating structured routines and daily task management.

\* Prepared meals and maintained a clean, hazard-free play area.

\* Responded to emergencies calmly, prioritizing safety and communication.

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6. Childcare Provider / Nanny (Construction Focused)

Private Family | Seattle, WA | Jan 2020 – May 2023

\* Maintained consistent daily schedules, balanced multiple responsibilities, and ensured a safe, structured environment.

\* Communicated clearly with parents regarding updates, schedules, and incidents while managing high levels of trust.

\* Responded calmly to emergencies and maintained a clean, organized space under strict safety awareness.

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7. Call Center / Customer Service Rep

What You Did

What It Shows About You

Resolved customer issues under pressure

You stay calm and find solutions — just like on job sites.

Used scripts and logged call details

You follow protocol and document clearly.

Managed high call volumes

You can focus and push through repetitive tasks.

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7. Call Center Representative

Comcast Customer Solutions | Tukwila, WA | May 2019 – Apr 2022

\* Handled over 75 calls per shift, providing step-by-step guidance to customers.

\* Documented all call outcomes and follow-ups in CRM system.

\* Followed scripts while tailoring solutions to customer needs.

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7. Call Center Representative (Construction Focused)

Comcast Customer Solutions | Tukwila, WA | May 2019 – Apr 2022

\* Followed scripted procedures while navigating real-time customer needs and technical challenges under time constraints.

\* Logged detailed notes and follow-up plans for each interaction using internal CRM systems.

\* De-escalated difficult calls professionally and resolved service issues while working in a high-volume environment.

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8. Security Guard / Door Attendant

What You Did

What It Shows About You

Patrolled properties and wrote reports

You’re observant and can handle documentation.

Stayed alert during slow hours

You’re reliable, even when no one’s watching.

Managed tense situations calmly

You’re good at conflict resolution and staying professional.

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8. Security Guard

Securitas | Seattle, WA | Jan 2019 – Jan 2023

\* Monitored commercial property through routine patrols and camera surveillance.

\* Logged incident reports with accurate time stamps and witness statements.

\* Enforced entry access rules and responded to alarms.

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8. Security Guard (Construction Focused)

Securitas | Seattle, WA | Jan 2019 – Jan 2023

\* Patrolled commercial sites on rotating schedules and maintained detailed daily activity logs and incident reports.

\* Followed safety protocols while addressing property issues and ensuring restricted areas were properly secured.

\* Worked independently during overnight and off-peak hours with strong situational awareness.

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9. Uber/Lyft/Delivery Driver

What You Did

What It Shows About You

Managed multiple deliveries/routes

You understand scheduling and logistics.

Maintained vehicle safety

You take equipment safety seriously.

Worked independently

You’re reliable and can stay on task.

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9. Delivery Driver (UberEats & Instacart)

Independent Contractor | Tacoma, WA | Mar 2021 – Present

\* Managed 10–15 deliveries per shift using time optimization strategies.

\* Navigated traffic, parking, and route changes while keeping items secure.

\* Maintained detailed delivery logs and tracked expenses for tax reporting.

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9. Delivery Driver (UberEats & Instacart) (Construction Focused)

Independent Contractor | Tacoma, WA | Mar 2021 – Present

\* Managed routing, scheduling, and safe transport of items in high-traffic areas using efficient delivery practices.

\* Handled package loading/unloading, verified delivery requirements, and maintained accurate logs.

\* Maintained vehicle cleanliness and safety standards while navigating new environments daily.

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10. Bank Teller / Financial Services

What You Did

What It Shows About You

Handled money and customer records

You’re trusted with responsibility and accuracy.

Followed strict procedures

You’re good at compliance and safety standards.

Worked face-to-face with people all day

You have people skills — valuable in team-based construction work.

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10. Bank Teller

Wells Fargo | Kent, WA | Feb 2018 – June 2021

\* Handled up to $25,000 in cash transactions daily with 100% accuracy.

\* Explained financial products and answered customer account questions.

\* Verified identification and completed back-end paperwork on tight deadlines.

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10. Bank Teller (Construction Focused)

Wells Fargo | Kent, WA | Feb 2018 – June 2021

\* Processed high volumes of cash transactions while following security protocols and balancing end-of-day reports.

\* Supported customer needs while maintaining professional communication and precision under pressure.

\* Followed compliance procedures and tracked documentation with attention to detail and accuracy.

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11. Receptionist / Front Desk Clerk

What You Did

What It Shows About You

Greeted visitors and answered calls

You’re approachable and communicate well.

Kept track of schedules and sign-ins

You’re organized and attentive to detail.

Balanced multiple tasks

You’re a multitasker — a must on busy sites.

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11. Receptionist

Skyline Dental Group | Auburn, WA | Jan 2020 – Dec 2022

\* Greeted up to 40 patients daily and managed appointment schedules.

\* Processed insurance paperwork and maintained filing system accuracy.

\* Kept the front desk organized and ensured timely communication with staff.

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11. Receptionist (Construction Focused)

Skyline Dental Group | Auburn, WA | Jan 2020 – Dec 2022

\* Managed scheduling logistics and coordinated daily flow of clients through effective communication and organization.

\* Maintained orderly filing systems and checked paperwork for completeness and accuracy.

\* Provided consistent, courteous service while balancing multiple incoming tasks and responsibilities.

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12. Housekeeper / Hotel Room Attendant

What You Did

What It Shows About You

Followed cleaning routines

You’re consistent and follow rules.

Managed carts, tools, and supplies

You can be trained on equipment and take care of materials.

Inspected rooms and fixed small issues

You notice problems and fix them — just like quality control in construction.

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12. Housekeeper

Holiday Inn Express | SeaTac, WA | Jul 2019 – Mar 2022

\* Cleaned 14+ rooms per shift while meeting quality inspection standards.

\* Refilled supplies, reported damages, and followed infection-control protocols.

\* Worked independently and completed tasks without direct supervision.

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12. Housekeeper (Construction Focused)

Holiday Inn Express | SeaTac, WA | Jul 2019 – Mar 2022

\* Completed thorough room cleanings and routine inspections following daily cleaning assignments.

\* Reported damage or repair needs promptly and restocked supplies to meet performance benchmarks.

\* Adhered to safety protocols while using cleaning tools and chemicals in a fast-paced environment.

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13. Personal Trainer / Fitness Instructor

What You Did

What It Shows About You

Led people through physical activity

You understand stamina, form, and body mechanics — key for safe labor.

Built trust with clients

You’re a team player and strong communicator.

Encouraged progress and discipline

You’re focused and committed — traits contractors love.

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13. Personal Trainer

Anytime Fitness | Des Moines, WA | Aug 2017 – Oct 2021

\* Designed custom fitness routines and tracked client progress.

\* Educated clients on safety, posture, and physical form — reducing injury risk.

\* Set and met measurable goals through disciplined program planning.

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13. Personal Trainer (Construction Focused)

Anytime Fitness | Des Moines, WA | Aug 2017 – Oct 2021

\* Designed and led physically demanding routines tailored to client goals and fitness levels.

\* Provided coaching and accountability in high-exertion settings while ensuring safety and proper form.

\* Built strong client relationships through consistent communication and professionalism.

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14. Teacher / Teaching Assistant / Tutor

What You Did

What It Shows About You

Managed groups and gave instructions

You can communicate clearly — key for following work orders.

Built relationships with students

You’re respectful and team-oriented.

Adapted to challenges and personalities

You’re flexible and calm under pressure.

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14. Tutor / Teaching Assistant

Sylvan Learning | Renton, WA | Sep 2020 – Dec 2022

\* Supported students with math and reading comprehension activities.

\* Maintained a positive and calm environment under performance pressure.

\* Created visual lesson tools to improve instruction.

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14. Tutor / Teaching Assistant (Construction Focused)

Sylvan Learning | Renton, WA | Sep 2020 – Dec 2022

\* Guided students through structured lessons and maintained engagement in focused, hands-on learning.

\* Adapted instructional techniques based on student needs and tracked progress over time.

\* Supported classroom structure through clear instructions and strong interpersonal skills.

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15. Artist / Craftsperson / Maker

What You Did

What It Shows About You

Worked with your hands to build or create

You’ve already used tools and have spatial awareness.

Paid attention to detail

You value precision and quality.

Managed personal projects or commissions

You understand deadlines and client expectations.

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15. Artist / Maker / Etsy Seller

Freelance | Online | 2019 – Present

\* Created original artwork and completed commissioned pieces on deadline.

\* Managed tools and workspace safely while maintaining production schedules.

\* Handled customer communication and shipped orders nationwide.

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15. Artist / Maker / Etsy Seller (Construction Focused)

Freelance | Online | 2019 – Present

\* Created custom handmade pieces using precision tools and managed all aspects of order fulfillment.

\* Operated independently under tight deadlines while tracking production and delivery schedules.

\* Maintained clean workspaces and followed best practices for safety and material use.

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16. Data Entry Clerk / Office Assistant

What You Did

What It Shows About You

Entered data quickly and accurately

You pay attention to details — essential for layout, measurements, and job orders.

Followed templates and workflows

You follow processes consistently — just like job site procedures.

Managed time to hit quotas

You’re goal-oriented and efficient under pressure.

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16. Data Entry Clerk

AccuServe Solutions | Remote | Jan 2021 – Apr 2023

\* Entered and verified 1,000+ records weekly with 98% accuracy.

\* Flagged errors in source data and escalated issues to supervisors.

\* Maintained focus during repetitive tasks and long periods of screen time.

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16. Data Entry Clerk (Construction Focused)

AccuServe Solutions | Remote | Jan 2021 – Apr 2023

\* Entered and verified large volumes of data with high accuracy while meeting daily quotas.

\* Flagged inconsistencies and followed strict documentation procedures.

\* Completed repetitive workflows while maintaining attention to detail and productivity.

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17. Grocery Store Worker / Bagger / Stocker

What You Did

What It Shows About You

Stocked shelves quickly and safely

You’re familiar with physical work and understand order and repetition.

Cleaned spills and followed safety signs

You’re already thinking about slip/trip hazards — critical on job sites.

Helped customers find items

You communicate clearly and navigate complex spaces — like navigating a busy worksite.

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17. Grocery Bagger / Stocker

Safeway | Tacoma, WA | June 2018 – Sept 2021

\* Stocked shelves quickly and rotated expired goods.

\* Assisted with unloading supply trucks and organizing storage.

\* Helped customers find products in a busy environment.

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17. Grocery Bagger / Stocker (Construction Focused)

Safeway | Tacoma, WA | June 2018 – Sept 2021

\* Restocked shelves, rotated product placement, and handled freight safely during early morning shifts.

\* Maintained clean aisles and organized storage rooms while following safety signs and store protocols.

\* Assisted team leads during deliveries and worked efficiently under supervision.

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18. Landscaper / Lawn Care / Grounds Crew

What You Did

What It Shows About You

Used hand tools and equipment outdoors

You’re comfortable with physical labor and machines.

Worked in all weather conditions

You’re tough, adaptable, and not afraid to get dirty.

Followed job orders from clients

You’re used to working off instructions and finishing tasks thoroughly.

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18. Landscaper / Grounds Crew

Evergreen Landscaping | Puyallup, WA | Mar 2019 – Oct 2022

\* Used trimmers, blowers, and mowers to maintain lawns and commercial properties.

\* Followed work orders and project timelines daily.

\* Lifted 50+ lb bags of mulch, soil, and tools regularly.

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18. Landscaper / Grounds Crew (Construction Focused)

Evergreen Landscaping | Puyallup, WA | Mar 2019 – Oct 2022

\* Operated hand tools and small machinery to complete scheduled yard and site maintenance tasks.

\* Followed daily work orders and transported heavy materials across outdoor job sites.

\* Performed cleanup and maintenance in varied weather conditions.

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19. Dog Walker / Pet Sitter / Animal Shelter Worker

What You Did

What It Shows About You

Managed multiple dogs or tasks alone

You’re independent and can juggle responsibilities.

Followed feeding/cleaning protocols

You’re consistent and safety-focused.

Communicated with pet owners

You know how to keep clients updated — a skill used with leads or contractors.

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19. Pet Sitter / Dog Walker

Rover.com | Federal Way, WA | Oct 2020 – Present

\* Managed pet care for 5+ clients weekly, often with multiple animals.

\* Maintained feeding, medication, and walk schedules.

\* Cleaned up waste and monitored pet health and behavior changes.

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19. Pet Sitter / Dog Walker (Construction Focused)

Rover.com | Federal Way, WA | Oct 2020 – Present

\* Followed customized care instructions for pets, managed daily schedules, and performed check-ins reliably.

\* Maintained clean and organized living spaces, food areas, and supply storage.

\* Adapted to various client needs while maintaining responsibility for safety and cleanliness.

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20. Event Staff / Set-Up Crew / Caterer

What You Did

What It Shows About You

Moved tables, equipment, or tents

You’re strong, adaptable, and safety-aware.

Followed exact set-up instructions

You’re good with spatial layout and teamwork — much like layout and framing.

Worked long hours for single events

You understand what it means to “get the job done” before the day ends.

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20. Event Set-Up Crew

Event Pros NW | Seattle, WA | Apr 2019 – Dec 2022

\* Loaded and unloaded equipment for weddings, festivals, and trade shows.

\* Set up tents, stages, and lighting rigs per floor plans.

\* Tore down and packed materials quickly and safely under time pressure.

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20. Event Set-Up Crew (Construction Focused)

Event Pros NW | Seattle, WA | Apr 2019 – Dec 2022

\* Loaded, unloaded, and transported event equipment, staging, and tent materials.

\* Set up and broke down event layouts following detailed diagrams and instructions.

\* Worked long shifts involving physical labor in tight timeframes.

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21. Bartender / Mixologist

What You Did

What It Shows About You

Worked under pressure with speed and accuracy

You handle chaos while staying focused — just like on a crew trying to beat weather or a deadline.

Memorized drink orders and ingredients

You learn complex procedures quickly — transferable to tools and techniques.

Cleaned stations and followed safety standards

You maintain your workspace — essential for job site housekeeping.

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21. Bartender

The Dockside | Tacoma, WA | Jan 2018 – July 2022

\* Managed large crowds and fast-paced shifts with consistent service quality.

\* Measured ingredients and maintained supply inventory.

\* Cleaned and reset bar stations for efficient turnover.

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21. Bartender (Construction Focused)

The Dockside | Tacoma, WA | Jan 2018 – July 2022

\* Managed a high-traffic work area while preparing and serving products with speed and accuracy.

\* Maintained cleanliness and safety in prep and work zones throughout fast-paced shifts.

\* Worked collaboratively with kitchen and bar teams to maintain service flow.

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22. Phone Sales / Telemarketing

What You Did

What It Shows About You

Made 100+ calls a day

You’re persistent and self-disciplined.

Handled rejection without quitting

You have grit — critical for breaking into trades.

Used CRM systems or tracked progress

You’re familiar with workflow tracking — helpful for learning construction management systems.

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22. Telemarketer / Phone Sales

ABC Fundraising | Remote | Jan 2021 – Aug 2022

\* Made 100+ outbound calls per day using CRM software.

\* Hit weekly sales goals and documented objections and leads.

\* Adjusted scripts on the fly to improve client connection and close rate.

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22. Telemarketer / Phone Sales (Construction Focused)

ABC Fundraising | Remote | Jan 2021 – Aug 2022

\* Reached out to prospective customers using scripted materials while adjusting responses to meet client needs.

\* Tracked daily activity logs and submitted status updates using CRM tools.

\* Handled rejection and pressure in high-volume work environments with consistent professionalism.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

23. Personal Assistant / Errand Runner

What You Did

What It Shows About You

Managed a list of daily tasks

You follow schedules and complete jobs on time.

Ran errands and picked up supplies

You can support crews by handling logistics and deliveries.

Adapted to changing client needs

You’re flexible and quick to pivot — like when plans change mid-build.

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23. Personal Assistant

Freelance / Gig-Based | Seattle, WA | Apr 2020 – May 2023

\* Handled errands, calendar management, and vendor calls for busy professionals.

\* Picked up materials and managed minor household repairs.

\* Balanced multiple requests across tight timelines.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

23. Personal Assistant (Construction Focused)

Freelance / Gig-Based | Seattle, WA | Apr 2020 – May 2023

\* Coordinated errands, vendor pickups, and delivery timelines for multiple clients.

\* Scheduled repairs and managed task lists for recurring and one-off projects.

\* Maintained flexible schedules while completing independent work reliably.

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24. Stagehand / Theater Tech / AV Crew

What You Did

What It Shows About You

Set up lighting, props, or audio gear

You already understand rigging, tools, and electrical basics.

Worked in tight time frames and late hours

You can push through long or unpredictable shifts.

Took direction in high-pressure environments

You’re coachable and thrive in team-based builds.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

24. Stagehand / Theater Tech

Tacoma Arts Theater | Tacoma, WA | Aug 2018 – Nov 2022

\* Set up lighting rigs, stage props, and backstage areas.

\* Worked in the dark and under pressure during live shows.

\* Loaded and transported heavy materials for touring shows.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

24. Stagehand / Theater Tech (Construction Focused)

Tacoma Arts Theater | Tacoma, WA | Aug 2018 – Nov 2022

\* Set up lighting, audio equipment, and physical staging according to production plans.

\* Transported heavy gear and materials safely before and after each event.

\* Worked long hours in physically demanding roles with tight deadlines.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25. Community Organizer / Volunteer

United Way & Local Mutual Aid | King County, WA | 2019 – Present

\* Assisted with event logistics, set-up, and material distribution for local outreach initiatives.

\* Followed instructions and safety protocols while managing hands-on work in community spaces.

\* Worked in collaborative, high-energy environments with a focus on impact and reliability.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25. Volunteer / Church Service Roles / Community Organizer

What You Did

What It Shows About You

Helped set up events or run programs

You’ve already done physical, team-based work.

Followed instructions and supported others

You understand hierarchy and team roles — important in construction crews.

Showed up without pay

You’re dependable, mission-driven, and work hard even when it’s tough.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25. Community Organizer / Volunteer (Construction Focused)

United Way & Local Mutual Aid | King County, WA | 2019 – Present

\* Set up supply tables, delivered goods, and coordinated day-of logistics.

\* Tracked participant lists and distributed materials efficiently.

\* Collaborated with volunteers and local partners to complete outreach events.

# Boilermaker

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Bricklayer / BAC Allied (Brick/Tile/Terrazzo/Marble/PCC)

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Carpenter (General)

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Carpenter – Interior Systems

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Millwright

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Pile Driver

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

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https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Cement Mason

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Drywall Finisher

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

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https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Electrician – Inside (01)

## Preserved content

Electrician Trade

Electricians install, maintain, and repair electrical systems in residential, commercial, and industrial settings. In Washington State, electricians must complete a registered apprenticeship and obtain a state license. The trade offers multiple specializations, including high-voltage, low-voltage, and tree-trimming electrical work.

Types of Electricians in Washington State:

01 – General Journeyman Electrician

Installs, maintains, and repairs electrical systems in all settings.

Works in residential, commercial, and industrial environments.

Requires 8,000 hours (4 years) of on-the-job training.

02 – Residential Electrician

Specializes in home wiring, lighting, and electrical systems.

Requires 4,000 hours (2 years) of training.

06 – Limited Energy (Low Voltage) Technician

Works on telecommunications, security systems, fire alarms, and HVAC controls.

Requires 4,000 hours (2 years) of training.

Blue Card – Telecommunications Installer

Installs and maintains data and communication networks.

Requires 1,500 hours (approximately 1 year) of training.

High-Voltage Lineworker (Outside Lineman)

Constructs and maintains power transmission lines and substations.

Works at great heights and in extreme weather conditions.

Requires 7,000 hours (3.5 years) of training.

Tree Trimmer Electrician

Clears vegetation around power lines to prevent outages and hazards.

Uses specialized climbing and rigging techniques.

Requires 2,000 hours (1 year) of training.

Electrician Apprenticeship Programs in Washington

Most electricians enter the trade through a registered apprenticeship program. The primary programs include:

1. International Brotherhood of Electrical Workers (IBEW) - NECA Joint Apprenticeship

Location: Available at multiple JATCs in Washington (Seattle, Tacoma, Spokane, etc.).

Programs Offered:

Inside Wireman (01 License) – 8,000 hours.

Limited Energy Technician (06 License) – 4,000 hours.

Residential Wireman (02 License) – 4,000 hours.

Application: Apply at .

2. Puget Sound Electrical JATC

Offers apprenticeship training for commercial, residential, and low-voltage electricians.

Website:

3. Northwest Line Construction Apprenticeship (Outside Linemen)

Trains high-voltage lineworkers who work on transmission lines.

Website:

4. Tree Trimmer Electrical Apprenticeship (IBEW Local 77)

Trains apprentices in powerline vegetation management.

Website:

Application Process

1. Minimum Qualifications:

Must be 18 years old.

Have a high school diploma or GED.

Pass a basic aptitude test (math and reading comprehension).

Have a valid driver’s license and reliable transportation.

2. Aptitude Test:

Covers algebra, mechanical reasoning, and reading comprehension.

Administered by the Electrical Training Alliance.

3. Interview Process:

Scored based on mechanical aptitude, interest in the trade, and work ethic.

Higher scores improve chances of selection for apprenticeship.

4. Placement on the Ranked List:

Candidates are placed on a ranked waitlist for apprenticeship openings.

Wait times vary but typically range from 3 months to 2 years.

Work Environments of Electricians

Electricians work in diverse settings:

Construction Sites: Installing electrical systems in new buildings.

Industrial Facilities: Maintaining electrical equipment in factories.

Homes and Offices: Wiring and troubleshooting electrical issues.

Power Lines and Substations: Repairing and maintaining electrical grids.

Tree Work: Climbing and trimming trees around power lines.

Physical Test Requirements

Electricians must demonstrate:

Strength: Lifting heavy conduit, wire, and equipment.

Stamina: Working in confined spaces or at heights.

Dexterity: Handling tools and working with small components.

Safety Awareness: Following OSHA and NEC safety standards.

Interview Preparation and Sample Answers

General Questions and Answers:

Why do you want to become an electrician?

I enjoy working with my hands, problem-solving, and learning a skilled trade with long-term career stability.

What are your greatest strengths?

I have a strong work ethic, attention to detail, and problem-solving skills.

How do you handle working in hazardous environments?

I always follow safety protocols, wear PPE, and communicate with my team.

Describe a time when you solved a technical problem.

While troubleshooting a circuit, I systematically tested components and found a faulty breaker, which I replaced.

Technical Questions and Answers:

What tools have you used in electrical work?

Multimeter, conduit bender, wire strippers, fish tape, and power drills.

How do you determine the correct wire gauge for a circuit?

By calculating amperage, voltage drop, and National Electrical Code (NEC) requirements.

Explain the difference between a parallel and series circuit.

In a series circuit, current flows through each component sequentially. In a parallel circuit, each component has its own path for current flow.

Tools Used by Electricians

Multimeter – Measures voltage, resistance, and current.

Conduit Bender – Shapes electrical conduit.

Wire Strippers – Removes insulation from electrical wires.

Fish Tape – Guides wire through conduit.

Torque Wrench – Tightens electrical connections to specifications.

Safety Harness and PPE – Essential for fall protection and electrical safety.

Electrician Slang Terms

Electricians use specialized terms on the job. Here are some common ones:

Hot – A live wire carrying current.

Dead – A wire with no electrical charge.

Junction Box – An enclosure for connecting electrical wires.

Conduit – Protective tubing for electrical wiring.

Pigtail – A short wire used to connect circuits.

Breakout – Pulling individual wires from a conduit.

Looped Neutral – When a neutral wire is improperly shared between circuits.

Megger – A device for testing insulation resistance.

Snaked – Feeding wire through walls or conduit.

Trip – When a breaker shuts off due to overload.

Additional Resources

Washington State Labor & Industries Licensing: lni.wa.gov

IBEW Local 46 (Seattle & Western Washington):

IBEW Local 191 (Everett & North Washington):

IBEW Local 77 (Tree Trimmers & High Voltage):

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

• Electrical Aptitude (algebra & functions + reading). Timed drills; track accuracy/time. Source: https://www.electricaltrainingalliance.org/aptitude-test/

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• WA BFET can fund CC/vocational entry classes (intro mechanical/electrical/prints/safety). Evidence: enrollment proof, transcript, module completions. Source: https://www.dshs.wa.gov/esa/community-partners/basic-food-employment-and-training-bfet

• Local example: Renton Technical College—HVAC/R career training (often includes EPA 608 voucher). Evidence: enrollment/score reports. Source: https://careertraining.rtc.edu/training-programs/hvacr-technician/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

• NEW (sourced): Algebra practice logs + conduit layout sketches strengthen interviews. Evidence: study sheets + annotated photos (no faces).

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

https://www.electricaltrainingalliance.org/aptitude-test/

https://psejatc.org/

# Electrician – Limited Energy (06)

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

• Electrical Aptitude (algebra & functions + reading). Timed drills; track accuracy/time. Source: https://www.electricaltrainingalliance.org/aptitude-test/

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• WA BFET can fund CC/vocational entry classes (intro mechanical/electrical/prints/safety). Evidence: enrollment proof, transcript, module completions. Source: https://www.dshs.wa.gov/esa/community-partners/basic-food-employment-and-training-bfet

• Local example: Renton Technical College—HVAC/R career training (often includes EPA 608 voucher). Evidence: enrollment/score reports. Source: https://careertraining.rtc.edu/training-programs/hvacr-technician/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

• NEW (sourced): Algebra practice logs + conduit layout sketches strengthen interviews. Evidence: study sheets + annotated photos (no faces).

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

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https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

https://www.electricaltrainingalliance.org/aptitude-test/

https://psejatc.org/

# Electrician – Residential (02)

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

• Electrical Aptitude (algebra & functions + reading). Timed drills; track accuracy/time. Source: https://www.electricaltrainingalliance.org/aptitude-test/

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• WA BFET can fund CC/vocational entry classes (intro mechanical/electrical/prints/safety). Evidence: enrollment proof, transcript, module completions. Source: https://www.dshs.wa.gov/esa/community-partners/basic-food-employment-and-training-bfet

• Local example: Renton Technical College—HVAC/R career training (often includes EPA 608 voucher). Evidence: enrollment/score reports. Source: https://careertraining.rtc.edu/training-programs/hvacr-technician/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

• NEW (sourced): Algebra practice logs + conduit layout sketches strengthen interviews. Evidence: study sheets + annotated photos (no faces).

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

https://www.electricaltrainingalliance.org/aptitude-test/

https://psejatc.org/

# Elevator Constructor

## Preserved content

Elevator Mechanic Trade

Elevator mechanics install, repair, and maintain elevators, escalators, moving walkways, and other vertical transportation systems. The trade requires mechanical knowledge, electrical expertise, and problem-solving skills. Elevator mechanics typically work for unionized contractors affiliated with the International Union of Elevator Constructors (IUEC).

Types of Elevator Mechanics:

Installation Mechanics: Assemble and install new elevators, escalators, and lifts in buildings.

Maintenance Mechanics: Perform routine inspections, lubrication, and adjustments to keep elevators running smoothly.

Repair Technicians: Diagnose and fix mechanical, electrical, and hydraulic issues in elevators.

Modernization Specialists: Upgrade outdated elevator systems with newer, more efficient technology.

Elevator Mechanic Apprenticeship Program (IUEC Local 19)

The primary path to becoming a union elevator mechanic is through the International Union of Elevator Constructors (IUEC) Local 19 Apprenticeship Program in Washington State. This program provides paid on-the-job training combined with classroom instruction.

Application Process

1. Minimum Qualifications:

Must be at least 18 years old.

Possess a high school diploma or GED.

Have proficiency in reading, writing, and speaking English.

Pass a basic aptitude test (math and mechanical reasoning).

Be physically capable of performing the work, including lifting heavy objects and working at heights or in confined spaces.

2. Application Submission:

Applications are available periodically through NEIEP (National Elevator Industry Educational Program).

Apply online at neiep.org when applications open.

Required documentation: ID, diploma/GED, proof of residency.

Pay the application fee (varies by location).

3. Screening and Testing:

Aptitude Test: Covers mechanical comprehension, mathematics, and problem-solving.

Interview Process: Scored on industry knowledge, work ethic, and mechanical aptitude.

Placement on the Ranked List: Candidates are placed on a ranked list based on their test and interview scores.

Waiting List: Applicants may remain on a waitlist for 1-2 years before placement in an apprenticeship.

Work Environments of Elevator Mechanics

Elevator mechanics work in various environments, including:

Construction Sites: Installing new elevators in high-rise buildings.

Commercial Buildings: Performing routine maintenance and repairs in offices, hospitals, and malls.

Industrial Facilities: Servicing freight elevators and heavy-duty lifting systems.

Residential Buildings: Installing and maintaining home elevators or lifts.

Aptitude Testing

Candidates must pass an aptitude test covering:

Mathematical Skills: Algebra, geometry, and mechanical equations.

Reading Comprehension: Ability to interpret technical manuals and blueprints.

Mechanical Aptitude: Understanding of gears, pulleys, circuits, and hydraulics.

Preparation Tips:

Review basic algebra and geometry (percentages, fractions, angles, volume calculations).

Study mechanical systems and simple machines (levers, pulleys, gears).

Take online mechanical aptitude practice tests.

Physical Test Requirements

Apprentices must demonstrate:

Strength: Lift and carry heavy tools and equipment (up to 100 lbs).

Endurance: Work in confined spaces, on ladders, and in elevator shafts.

Coordination: Perform precise work in small spaces while handling electrical components.

Safety Awareness: Follow strict safety protocols when working with electrical and mechanical systems.

Interview Preparation and Sample Answers

General Questions and Answers:

Why do you want to become an elevator mechanic?

I enjoy working with mechanical and electrical systems, and I want a hands-on career that provides stability and long-term growth.

What are your greatest strengths?

I have strong problem-solving skills, attention to detail, and the ability to work well under pressure.

How do you handle working at heights or in tight spaces?

I stay calm and follow safety procedures. I am comfortable using harnesses, ladders, and confined spaces due to my previous experience.

Describe a challenging situation and how you resolved it.

While troubleshooting an electrical issue, I systematically tested components and found a faulty relay, which I replaced to restore function.

Technical Questions and Answers:

What tools have you worked with in mechanical or electrical projects?

I have experience with multimeters, wrenches, screwdrivers, conduit benders, and power drills.

Can you explain how a pulley system works?

A pulley system reduces the amount of force needed to lift an object by distributing the load across multiple pulleys.

How do you troubleshoot an electrical circuit?

I start by checking the power source, then use a multimeter to test voltage, continuity, and resistance to isolate the issue.

Tools Used by Elevator Mechanics

Elevator mechanics rely on various tools, including:

Multimeter – Measures voltage, resistance, and current in electrical systems.

Hand Tools – Wrenches, screwdrivers, and pliers for mechanical work.

Conduit Bender – Shapes electrical conduit for wiring installations.

Hoists and Rigging Equipment – Lifts heavy elevator components during installation.

Torque Wrench – Ensures bolts are tightened to the correct specifications.

Laser Level – Helps with precise alignment of elevator rails and components.

Safety Harness and PPE – Essential for fall protection and working in confined spaces.

Elevator Mechanic Slang Terms

Elevator mechanics use specialized slang on job sites. Here are some common terms:

Pit – The lowest part of the elevator shaft.

Hoistway – The vertical space where the elevator moves.

Car Top – The top of the elevator cab where mechanics perform maintenance.

Controller – The main electrical panel that operates the elevator.

Buffer – The shock absorber at the bottom of the hoistway.

Brake Test – A safety test to ensure the elevator brakes function properly.

Duck Work – Protective metal covers for electrical components.

Sheave – A pulley that guides elevator cables.

Jack Hole – The underground hole for hydraulic elevator pistons.

Governor – A safety device that controls the elevator's speed.

Additional Resources

IUEC Local 19 (Seattle):

National Elevator Industry Educational Program (NEIEP):

Washington State Apprenticeship & Training Council: lni.wa.gov

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

• Elevator Industry Aptitude Test (EIAT): arithmetic, mechanical aptitude, reading. Timed mocks + score logs. Source: https://www.neiep.org/eiat/

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

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https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

https://www.neiep.org/eiat/

# Floor Layer

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

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• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

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https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Glazier

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

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https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Heat & Frost Insulator

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

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• Complete at least 2 entry-test drills; attach scores and logs.

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https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Ironworker

## Preserved content

Ironworking Trade

Ironworkers play a crucial role in constructing and reinforcing structures by working with iron and steel. The different types of ironworkers include:

1. Structural Ironworkers:

Erect steel frameworks for buildings, bridges, and other structures.

Install columns, beams, and girders using cranes and welding techniques.

Work at heights and in all weather conditions.

2. Reinforcing Ironworkers (Rodbusters):

Install and secure steel bars or mesh in concrete forms to reinforce structures.

Ensure stability and strength in concrete bridges, roads, and buildings.

3. Ornamental Ironworkers:

Install metal windows, curtain walls, stairways, railings, and other decorative metal elements.

Work on architectural metal components that enhance the aesthetic appeal of structures.

Ironworkers Local 86 Apprenticeship Program

Ironworkers Local 86 offers a structured apprenticeship program that combines classroom instruction with on-the-job training. The four-year program ensures apprentices gain the necessary skills and knowledge to excel in the trade.

Application Process

1. Minimum Qualifications:

Must be at least 18 years old.

Possess a high school diploma or GED.

Ability to read, write, and speak English.

Hold a valid driver’s license.

Have reliable transportation.

Be physically capable of lifting heavy objects and working at heights.

2. Application Submission:

In-Person Applications Only: Monday – Friday, 9:00 AM – 3:00 PM.

Location: 4550 South 134th Place, #102, Tukwila, WA 98168.

Applicants must fill out and submit the application themselves at the apprenticeship office.

3. Screening and Testing:

Physical tasks evaluation.

Classroom study assessment.

Final test.

Drug test.

Waiting Lists for Apprenticeship Programs

Apprenticeship programs, such as those offered by Ironworkers Local 86, may have waiting lists due to high demand and limited intake capacities. The duration on a waiting list can vary based on factors like the number of applicants and the availability of training slots. It’s advisable to contact the apprenticeship office directly to inquire about current waiting times and any upcoming application periods.

Work Environments of Ironworkers

Ironworkers operate in diverse and often challenging environments:

Construction Sites: Working outdoors on building sites, erecting steel frameworks for structures such as skyscrapers, bridges, and industrial facilities.

Heights: Performing tasks at significant elevations, requiring a strong sense of balance and adherence to safety protocols.

Weather Conditions: Exposure to varying weather conditions, including extreme heat, cold, wind, and precipitation.

Physical Demands: Engaging in physically demanding tasks, including lifting heavy materials, climbing, and operating machinery.

Aptitude Testing

Candidates may be required to undergo aptitude tests assessing:

Mathematical Skills: Understanding of basic arithmetic, geometry, and algebra.

Reading Comprehension: Ability to interpret written instructions and safety protocols.

Mechanical Aptitude: Understanding of basic mechanical principles and tools.

Preparation resources, such as practice tests and study guides, are available to help candidates succeed.

Physical Test Requirements

Candidates may be required to pass a physical abilities test, which could include:

Balance Assessment: Walking across a steel beam to test balance, crucial for working at heights.

Strength Evaluation: Lifting and carrying heavy objects (up to 50 lbs or more).

Stamina Test: Demonstrating physical fitness and endurance.

How to Climb the Beam

One of the key physical skills for ironworkers is the ability to climb and balance on steel beams. Here’s what to focus on:

Foot Placement: Use slow, deliberate movements to maintain stability.

Grip Strength: Maintain a firm hold on support structures while climbing.

Core Stability: Engage your core muscles for better balance.

Safety First: Always use a harness and follow proper safety procedures.

Ironworker Slang Terms

Ironworkers use a variety of slang words on the job site. Here are some common terms:

Spud Wrench: A wrench with a tapered end used for aligning holes in steel beams.

Bull Gang: A crew assigned to heavy lifting and rigging tasks.

Choker: A type of sling used for lifting steel.

Rope Off: To secure an area with caution tape or safety rope.

Rat Hole: A small opening or temporary cut in the steel structure.

Pancake: A very thin steel plate.

Erector Set: A collection of tools used to assemble steel frameworks.

Christmas Tree: A method of lifting multiple steel beams at once using a crane.

Maggot: A new apprentice ironworker.

Goat: A nickname for an ironworker who is particularly skilled at climbing steel structures.

Tie Off: To secure oneself with a safety harness when working at heights.

Skywalker: An ironworker who walks on high steel beams with confidence.

Widow Maker: A loose piece of steel or unsecured beam that poses a serious hazard.

Additional Resources

Ironworkers Local 86 Apprenticeship:

North Seattle College Apprenticeship Program:

ANEW Pre-Apprenticeship Program:

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

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https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Laborer

## Additional Credentials & Micro-Badges (NEW)

• HAZWOPER 24/40—environmental response awareness; check pre-hire feasibility. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/hazwoper

• Asbestos/Lead Awareness—hazard recognition training. Proof artifact: card/score report/checklist/log. Source: https://www.epa.gov/lead

• Confined Space Awareness—permit-space vocabulary. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/confined-spaces

• Traffic Control add-ons—work zone set-up. Proof artifact: card/score report/checklist/log. Source: https://wsdot.wa.gov/safety/traffic-safety/work-zone-safety

## Entry Tests & Physicals (NEW)

• Physical capability events (carry, lift, stairs) vary by sponsor; document times/reps as practice logs. SUGGESTED — NEEDS EVIDENCE.

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

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Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

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# Operating Engineer

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

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https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Painter

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

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• Start 90-day application rotation; attach tracker screenshot.

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https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Plasterer

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

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https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Plumber / Steamfitter / HVAC-R

## Preserved content

6-Month Online Training Roadmap for Plumbing Professionals

MONTH 1: Foundation - Mechanical & Math Skills

Objective: Strengthen mechanical reasoning, applied math, and physics—essential for plumbing work.

1. Basic Mechanical and Math Skills for Trades (Free or Low-Cost)

• Course: Khan Academy - Basic Algebra & Geometry - https://www.khanacademy.org/math

• Course: JobTestPrep - Trade Math and Mechanical Reasoning - https://www.jobtestprep.com/trade-apprenticeship-exam-sample-questions

2. Mechanical Aptitude Test Preparation (Free)

• Course: iPrep - Trade Entrance Aptitude Test - https://www.iprep.online/courses/trade-entrance-aptitude-test/

MONTH 2: Plumbing System Basics & Pipefitting

Objective: Learn plumbing fundamentals, pipefitting, and drainage system layout.

3. Introduction to Plumbing Systems (Free or Low-Cost)

• Course: Alison - Introduction to Plumbing - https://alison.com/course/introduction-to-plumbing

4. Pipefitting & Pipe Layout Fundamentals (Free)

• Course: Free Training - Basic Pipefitting - https://www.pipetraining.com/

5. Drainage & Water Distribution Systems (Free)

• Course: Plumbing Basics - Water Distribution - https://www.plumbingcourses.com/

MONTH 3: Electrical for Plumbing & Water Systems

Objective: Understand electrical circuits, pumps, and motorized components used in plumbing.

6. Basic Electrical Theory for Plumbing (Free)

• Course: Khan Academy - Electrical Engineering - https://www.khanacademy.org/science/electrical-engineering

7. Pump Systems & Controls (Paid, but useful)

• Course: HVACRedu.net - Pump Systems and Troubleshooting - https://hvacredu.net/

8. Water Heater Installation & Wiring (Free)

• Course: HVAC School - Water Heater Basics - https://hvacrschool.com/

MONTH 4: Advanced Plumbing & Specialized Systems

Objective: Learn about backflow prevention, gas piping, and hydronic systems.

9. Backflow Prevention & Cross-Connection Control (Paid)

• Course: NEWWA - Backflow Prevention Certification - https://www.newwa.org/Training/BackflowPrevention.aspx

10. Gas Piping Installation & Codes (Paid)

• Course: NITC - Gas Piping Installation Training - https://www.nationalitc.com/

MONTH 5: Hydronic Heating & Commercial Plumbing

Objective: Move beyond residential plumbing into hydronic heating and commercial applications.

11. Hydronic Heating Systems (Paid)

• Course: NCI - Hydronic Heating Systems Training - https://nationalcomfortinstitute.com/

12. Advanced Commercial Plumbing Systems (Paid)

• Course: PHCC - Commercial Plumbing Training - https://www.phccweb.org/education/

MONTH 6: Hands-On Simulations & Real-World Application

Objective: Apply what you’ve learned in real-world plumbing scenarios and troubleshooting.

13. Advanced Pipefitting & System Performance (Paid)

• Course: UA - Advanced Pipefitting Training - https://www.ua.org/

14. Plumbing System Troubleshooting - Real Case Studies (Free)

• Course: Plumbing Troubleshooting Basics - https://www.plumbingcourses.com/

## Additional Credentials & Micro-Badges (NEW)

• EPA Section 608 (Type I/II/III or Universal)—required; does not expire. Proof artifact: card/score report/checklist/log. Source: https://www.epa.gov/section608/refrigerant-management-requirements

• HVACedu/ESCO micro-modules—study signal; attach quiz results. Proof artifact: card/score report/checklist/log. Source: https://www.hvacedu.net/

• Manufacturer/employer academies (e.g., GAF Roofing Academy). Proof artifact: card/score report/checklist/log. Source: https://www.gaf.com/en-us/careers/roofing-academy

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• WA BFET can fund CC/vocational entry classes (intro mechanical/electrical/prints/safety). Evidence: enrollment proof, transcript, module completions. Source: https://www.dshs.wa.gov/esa/community-partners/basic-food-employment-and-training-bfet

• Local example: Renton Technical College—HVAC/R career training (often includes EPA 608 voucher). Evidence: enrollment/score reports. Source: https://careertraining.rtc.edu/training-programs/hvacr-technician/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

• NEW (sourced): EPA 608 score printout + leak-detection checklist shows initiative. Evidence: score + checklist.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

https://www.epa.gov/section608/refrigerant-management-requirements

https://careertraining.rtc.edu/training-programs/hvacr-technician/

# Roofer

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

• NEW (sourced): Manufacturer academy completions plus flashing detail photos make strong talk tracks. Evidence: certificate + annotated photo.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

https://www.gaf.com/en-us/careers/roofing-academy

# Sheet Metal

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• WA BFET can fund CC/vocational entry classes (intro mechanical/electrical/prints/safety). Evidence: enrollment proof, transcript, module completions. Source: https://www.dshs.wa.gov/esa/community-partners/basic-food-employment-and-training-bfet

• Local example: Renton Technical College—HVAC/R career training (often includes EPA 608 voucher). Evidence: enrollment/score reports. Source: https://careertraining.rtc.edu/training-programs/hvacr-technician/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# Sprinkler Fitter

## Additional Credentials & Micro-Badges (NEW)

• First Aid / CPR—document training and expiration. Proof artifact: card/score report/checklist/log. Source: https://www.redcross.org/take-a-class

• Aerial lift / Fall protection awareness—attach card and checklists. Proof artifact: card/score report/checklist/log. Source: https://www.osha.gov/fall-protection

## Entry Tests & Physicals (NEW)

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

# High Voltage – Outside Lineman

## Additional Credentials & Micro-Badges (NEW)

• WSDA Right-of-Way (ROW) pesticide category—vegetation control along corridors; schedule via WSDA licensing portal. Proof artifact: card/score report/checklist/log. Source: https://agr.wa.gov/departments/pesticides-and-fertilizers/pesticides/licensing-and-recertification/applicator-licensing

• ISA pathways (Tree Worker / Certified Arborist)—arboriculture fundamentals and safety. Proof artifact: card/score report/checklist/log. Source: https://www.isa-arbor.com/Credentials/Types-of-Credentials/ISA-Certified-Arborist

• Electrical Hazard Awareness Program (EHAP)—safety around energized conductors. Proof artifact: card/score report/checklist/log. Source: https://www.tcia.org/ehap/

• Chainsaw proficiency—maintenance/felling; include maintenance checklist. Proof artifact: card/score report/checklist/log. Source: https://tcia.org/education/safety-programs/

## Entry Tests & Physicals (NEW)

• Pole/Tree climb readiness & conditioning; add program-specific metrics if published. Source: https://www.nwlinejatc.com/tree-trimmer

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

• NEW (sourced): Storm-readiness kit and drop-zone control checklist demonstrate day-one value. Evidence: checklist photos (no faces).

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

https://agr.wa.gov/departments/pesticides-and-fertilizers/pesticides/licensing-and-recertification/applicator-licensing

https://agr.wa.gov/departments/pesticides-and-fertilizers/pesticides/licensing-and-recertification/applicator-licensing#categories

https://www.isa-arbor.com/Credentials/Types-of-Credentials/ISA-Certified-Arborist

https://www.tcia.org/ehap/

https://www.nwlinejatc.com/tree-trimmer

# Power Line Clearance Tree Trimmer

## Additional Credentials & Micro-Badges (NEW)

• WSDA Right-of-Way (ROW) pesticide category—vegetation control along corridors; schedule via WSDA licensing portal. Proof artifact: card/score report/checklist/log. Source: https://agr.wa.gov/departments/pesticides-and-fertilizers/pesticides/licensing-and-recertification/applicator-licensing

• ISA pathways (Tree Worker / Certified Arborist)—arboriculture fundamentals and safety. Proof artifact: card/score report/checklist/log. Source: https://www.isa-arbor.com/Credentials/Types-of-Credentials/ISA-Certified-Arborist

• Electrical Hazard Awareness Program (EHAP)—safety around energized conductors. Proof artifact: card/score report/checklist/log. Source: https://www.tcia.org/ehap/

• Chainsaw proficiency—maintenance/felling; include maintenance checklist. Proof artifact: card/score report/checklist/log. Source: https://tcia.org/education/safety-programs/

## Entry Tests & Physicals (NEW)

• Pole/Tree climb readiness & conditioning; add program-specific metrics if published. Source: https://www.nwlinejatc.com/tree-trimmer

See also appendix: Entry Tests & Physicals — Cross-Trade Summary (NEW)

## BFET & Direct-Entry College On-Ramps (NEW)

• Use OER/community modules for math/prints/tooling; attach completion logs and scores. Source: https://www.lni.wa.gov/licensing-permits/apprenticeship/

## Mobility Plan — Multi-State Application Rotation (NEW)

• Find legitimate openings/calendars via Apprenticeship.gov and sponsor sites; run a 90-day rotation calendar. Source: https://www.apprenticeship.gov/

• Relocation readiness: ID, proof of training, medical card (if CDL), credential cards; verify reciprocity where applicable.

Proof artifact: application tracker screenshots/log + responses.

## Social Intel — Practical Insights (NEW)

• NEW (sourced): Document measurable work (counts, torque, dimensions) daily; supervisor initials > adjectives. Evidence: dated log.

• NEW (sourced): Storm-readiness kit and drop-zone control checklist demonstrate day-one value. Evidence: checklist photos (no faces).

### Checklist Update (printable)

• Add 1–3 micro-credentials with cards/score reports attached.

• Complete at least 2 entry-test drills; attach scores and logs.

• Start 90-day application rotation; attach tracker screenshot.

### Sources

https://www.osha.gov/outreach/faq

https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.178

https://www.apprenticeship.gov/

https://www.lni.wa.gov/licensing-permits/apprenticeship/

https://agr.wa.gov/departments/pesticides-and-fertilizers/pesticides/licensing-and-recertification/applicator-licensing

https://agr.wa.gov/departments/pesticides-and-fertilizers/pesticides/licensing-and-recertification/applicator-licensing#categories

https://www.isa-arbor.com/Credentials/Types-of-Credentials/ISA-Certified-Arborist

https://www.tcia.org/ehap/

https://www.nwlinejatc.com/tree-trimmer

# Entry Tests & Physicals — Cross-Trade Summary (NEW)

• Electrical Aptitude (algebra/functions + reading): 25–50 timed items/day; track accuracy/time. Source: https://www.electricaltrainingalliance.org/aptitude-test/

• Elevator Industry Aptitude Test (EIAT): arithmetic/mechanical aptitude/reading; two full-length mocks; log scores. Source: https://www.neiep.org/eiat/

• Physical capability events (carry, climb, lift): publish sponsor-specific standards where available; otherwise, track reps/distances/times; collect instructor/coach signatures. SUGGESTED — NEEDS EVIDENCE.

• Ladder/Pole climbs: progressions for grip/footwork; document with dated logs and instructor initials (no faces in photos).