

NCCER

National Center for Construction
Education and Research

FAST TRACK PROGRAM

A program to help
Americans get back
to work and build
a better tomorrow





Overview

NCCER and CareerSafe want to help Americans get back to work with careers that build a better tomorrow. Training and credentials that lead to job placement and the beginning of fulfilling career pathways are essential to our success as a nation. Our hospitals, community centers, schools, office buildings, infrastructure and more depend on a trained, qualified workforce committed to safety and sustainability. We can make this happen through our Fast Track Program.

The goal of our Fast Track Program is to recruit the high number of unemployed Americans into the construction industry and provide them with training, credentials and jobs that lead to high demand, sustainable careers.

The Fast Track Program is based on NCCER's Core curriculum which is an introduction to the construction industry and

provides instruction in basic safety, construction math, tools, construction drawings, material handling, employability skills and more. As with all NCCER curricula, each module includes a knowledge and performance test.

Ready for your students to receive NCCER credentials?

The organization providing the training has to be accredited or working under an NCCER accredited organization.

As students complete each module of training by passing the associated knowledge and performance tests, the completions are recorded in our secure database used to house the learners' credentials and certifications. This online database allows for portability of skills and verification by schools and employers.

Who is NCCER's Fast Track Program for?

Our Fast Track Program is the perfect fit for community colleges, community training programs, associations and other adult education programs.





About NCCER

The National Center for Construction Education and Research (NCCER) is the leading provider of construction education for industry and career and technical education programs. With flexible workforce development and learning solutions, NCCER's programs provide consistency and quality to ensure craft professionals and learners receive industry-recognized certifications and credentials. With training and assessments in over 40 crafts and multiple construction disciplines, no matter your specialty, NCCER has you covered.



About CareerSafe®

Our mission at CareerSafe® is to deliver Safety Education for America's Future™. Our vision is to advance and enhance OSHA's outreach by providing every young worker with workplace safety training prior to taking their first job. To this end, we are committed to offering affordable, informative and innovative online safety training to reach as many young workers as possible.

The NCCER System

- 1 Career awareness and recruitment resources through our Build Your Future initiative
- 2 Rigorous accreditation process to ensure the integrity and standardization in which our programs are delivered
- 3 Instructor training and certification through a national train-the-trainer program
- 4 Most widely used standardized curricula in 45 craft and 25 construction education titles created to meet the DOL Office of Apprenticeship requirements for registered and non-registered apprenticeship programs that are:
 - Developed by industry subject matter experts
 - Modular in format for flexibility with knowledge and performance tests
 - Regularly updated to maintain relevance and keep up with advancements
- 5 Series of journey-level assessments to evaluate the knowledge and skill level of experienced craft professionals



Course Map

The Fast Track course is set up to provide entry-level knowledge and skills for individuals wanting to enter the construction industry. It can be taught in four weeks to help individuals get to work quickly. This course provides the opportunity for successful completers to receive industry-recognized credentials including OSHA 10 through CareerSafe and NCCER Core and Construction Site Safety Orientation (when taught by an NCCER accredited organization).

Title	NCCER Module Number	Contact Hours
Build Your Future in Construction	00100	2.5
OSHA 10 Online (provided through CareerSafe) <i>Programs that do not have an OSHA-certified instructor can partner with CareerSafe to give learners the opportunity to earn an OSHA 10 card while completing NCCER's Core.</i>	CareerSafe replaces NCCER Basic Safety Module <i>Must complete NCCER performance profile to earn credential</i>	10
Basic Safety (Performance Profile)	00101	2.5
Introduction to Construction Math	00102	10
Introduction to Hand Tools	00103	12.5
Introduction to Power Tools	00104	10
Introduction to Construction Drawings	00105	10
Introduction to Basic Rigging (optional)	00106	(7.5)
Basic Communication	00107	7.5
Employability Skills (CareerStarter)	00108	7.5
Material Handling	00109	5
Total Hours		77.5 (with Rigging 85)



Objectives

Students/trainees completing this program will be able to:

- Understand the importance of safety in the construction industry
- Demonstrate OSHA regulations and safe practices to construction work sites
- Communicate effectively and maintain employability through critical thinking and teamwork
- Identify, use and care for hand and power tools safely
- Solve measurement and math related problems relevant to construction
- Read and understand basic construction drawings
- Handle materials safely on job sites
- Identify, inspect and use different types of rigging slings and hardware

These objectives are measured by knowledge and performance tests at the end of each module. The only modules without performance tests are Build Your Future in Construction, Introduction to Construction Math and Employability Skills.

NCCER's Core curriculum is available online through NCCERconnect. The instructor can control how much of the instruction is done virtually and how much is done in a classroom setting. When determining the amount of hours needed in a classroom, the instructor should include the time it takes to teach and demonstrate the skills, the time it will take the students to practice those skills and the time it will take for each student to perform the performance tasks.

The math module covers whole numbers, simple addition, subtraction, multiplication, division, fractions, decimals, percentages, measurement (length, weight, volume, temperature), and basic angles/geometry. It does not require specific grade-level knowledge.



Suggestions for success:

- Add employer-specific training based on the needs of local employers
 - » Provide additional relevant certifications (First Aid)
- Include TABE testing or other relevant pre-req testing
- Work with local Career Source or One Stop for pre-screening (drug screening, background)
- Add financial literacy and coaching
- Include career fair with local employers and signing day
- Use NCCER's CareerStarter to help explore and connect to entry-level construction opportunities for free. Learn more at [careerstarter.org](https://www.careerstarter.org).
- Prioritize scheduled class time. Remember, construction is a hands-on field that requires hands-on learning!



Sample Objectives

00101

Basic Safety (Construction Site Safety Orientation)

When you have completed this module, you will be able to do the following:

1. Describe the importance of safety, the causes of workplace incidents and the process of hazard recognition and control.

- a. Define incidents and the significant costs associated with them.
- b. Identify the common causes of incidents and their related consequences.
- c. Describe the processes related to hazard recognition and control, including the Hazard Communication (HAZCOM) Standard and the provisions of a safety data sheet (SDS).

2. Describe the safe work requirements for elevated work, including fall protection guidelines.

- a. Identify and describe various fall hazards.
- b. Identify and describe equipment and methods used in fall prevention and fall arrest.
- c. Identify and describe the safe use of ladders and stairs.
- d. Identify and describe the safe use of scaffolds.

3. Identify and explain how to avoid struck-by hazards.

- a. Identify and explain how to avoid struck-by and caught-in-between hazards.
- b. Identify and explain how to avoid caught-in and caught-between hazards.

4. Identify common energy-related hazards and explain how to avoid them.

- a. Describe basic jobsite electrical safety guidelines.
- b. Explain the importance of lockout/tagout and describe basic procedures.

5. Identify and describe the proper use of personal protective equipment (PPE).

- a. Identify and describe the basic use of PPE used to protect workers from bodily injury.
- b. Identify potential respiratory hazards and the basic respirators used to protect workers against those hazards.

6. Identify and describe other specific jobsite safety hazards.

- a. Identify various exposure hazards commonly found on jobsites.
- b. Identify hazards associated with environmental extremes.
- c. Identify hazards associated with hot work.
- d. Identify fire hazards and describe basic firefighting procedures.
- e. Identify confined spaces and describe the related safety considerations.

Sample Objectives

Under the supervision of your instructor, you should be able to do the following:



1

Properly set up and climb/descend an extension ladder, demonstrating proper three-point contact.

2



Eye Protection



Hearing Protection



Hard Hat



Gloves



Fall Arrest Harness



Lanyards Protection



Connecting Devices



Approved Footwear

3



Properly equip, fit and remove the following PPE items:



Eye Protection



Hearing Protection



Gloves



Hard Hat



Fall Arrest Harness

4

Inspect a typical power cord and GFCI to ensure their serviceability.





Sample Calendar

This sample program is based on a hybrid learning environment combining in-person and online training. Performance is required to receive credentials. Potential credentials earned include OSHA 10, NCCER Core Credential and NCCER Construction Site Safety Orientation. Flexibility has been built into the schedule for additional local, demand-driven training and certifications.

Please note: “Build Your Future in Construction” is your introduction to the industry. Access it here at byf.org. Career Coaching, Resume Building and Financial Literacy are suggested supplemental topics and not included in the NCCER Core book.

Day 1	Day 2	Day 3	Day 4	Day 5
OSHA 10 Online <i>(provided by CareerSafe)</i>	NCCER Basic Safety/ OSHA 10 Online	Build Your Future in Construction Career Coaching	NCCER Basic Communications	NCCER Employability Skills Career Coaching CareerStarter
Day 6	Day 7	Day 8	Day 9	Day 10
NCCER Hand Tools	NCCER Hand Tools	NCCER Power Tools	NCCER Power Tools	Additional Lab Time Financial Literacy
Day 11	Day 12	Day 13	Day 14	Day 15
NCCER Construction Math	NCCER Construction Math Financial Literacy	NCCER Introduction to Construction Drawings	NCCER Introduction to Construction Drawings Financial Literacy	Additional Lab Time Career Coaching CareerStarter Resume Building
Day 16	Day 17	Day 18	Day 19	Day 20
NCCER Introduction to Material Handling Safety Review or Additional Construction- related Training & Certification	NCCER Introduction to Basic Rigging	Additional Construction- Related Training & Certifications <i>(Local demand driven)</i>	Career Coaching Interview Opportunities	Graduation Signing Day



Getting Started

Secondary Programs: Average cost per learner

Description of Item	Average Cost Per Learner
NCCERconnect plus print book*	\$103.98
Core Tests/NCCER Online Testing System	up to \$30
OSHA 10 Certification by CareerSafe	\$35
Instructor Resources	\$0
NCCER Credentials	\$0
Total Per Learner**	\$168.99
Core Toolbox <i>(Optional: Available if tools are needed for program.)</i>	\$7,350 + shipping

All Other Organizations (Postsecondary, College, Contractors): Average cost per learner

Description of Item	Average Cost Per Learner
NCCERconnect plus print book*	\$103.98
Core Tests/NCCER Online Testing System	up to \$30
OSHA 10 Certification by CareerSafe	\$59
Instructor Resources	\$0
NCCER Credentials	\$0
Total Per Learner**	\$192.99
Core Toolbox <i>(Optional: Available if tools are needed for program.)</i>	\$7,350 + shipping

*Cost can be reduced further by purchasing only print or only NCCERconnect. **NCCER does not set commercial terms.



Getting Started

NCCER Accreditation Information

As the accrediting body for the industry, NCCER establishes the benchmark for quality training and assessments. NCCER's accreditation program is similar to those found in institutions of higher learning and fosters national unity among the construction industry while providing a defined career path with industry-recognized credentials through its secure online registry system.

Contact your NCCER Workforce Development Manager for more accreditation information and options: nccer.org/wfd



Core Toolbox

What's in Your Toolbox?

The NCCER Core Toolbox contains all the equipment your class needs to complete each module of Core within the NCCER Fast Track Program. In total, this kit includes more than 40 tools and more than 15 types of gear — some examples of the items are listed on the right:



The Gear

- 20oz. Curved Claw Hammer (2 ea.)
- 12 Piece Chisel Punch Set (1 ea.)
- 11 Piece Screwdriver Set (1 ea.)
- 17 Piece Wrench Set (1 ea.)
- 13 Piece 3/8" Drive Socket Set (1 ea.)
- 9" Linesman Pliers (1 ea.)
- 25' Tape Measure (10 ea.)
- Earmuffs (1 ea.)
- Hard Hat Mount Ear Muff 21 Decibels (1 ea.)
- Clear Frame Clear Lens Safety Glasses (24 ea.)
- Nylon Glove Large (12 pr.)
- Universal Harness Medium – 2XL (1 ea.)
- Uncorded Ear Plugs (2 bx.)
- White Hard Hat (25 ea.)



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