

AC RELIABLE CONSTRUCTION

TRAINING PROGRAMS

AT AC RELIABLE CONSTRUCTION INC., WE ARE COMMITTED TO DELIVERING EXCELLENCE IN COMMERCIAL, RESIDENTIAL, AND GOVERNMENT CONSTRUCTION ACROSS MARYLAND, DC AREA. WITH 8 YEARS OF EXPERIENCE, WE NOT ONLY STRIVE FOR THE HIGHEST QUALITY IN OUR PROJECTS BUT ALSO DEDICATE OURSELVES TO EMPOWERING THE LOCAL COMMUNITY. WITH OUR TRAINING PROGRAMS, WE EQUIP WORKING-CLASS INDIVIDUALS THROUGHOUT THE DMV WITH ESSENTIAL SKILLS & QUALIFICATIONS IN THE CONSTRUCTION INDUSTRY, FOSTERING GROWTH & OPPORTUNITY FOR A BRIGHTER FUTURE. TOGETHER, WE BUILD NOT JUST STRUCTURES, BUT LASTING LEGACIES.

- MOLD REMEDIATION TRAINING
- CPR, FIRST AID & AED TRAINING
- FLAGGER TRAINING
- BUSINESS DEVELOPMENT/ ENTREPRENEUR
- BEGINNER CONSTRUCTION 101
- CONSTRUCTION 102
- HEALTH & SAFETY IN THE WORK PLACE
- PERSONAL PROTECTIVE EQUIPMENT & SAFETY

TRAINING LOCATION:

COVENANT HOUSE WASHINGTON DC
2001 MISSISSIPPI AVE SE, WASHINGTON, DC 2020

CONTACT US:

PHONE: (240) 346-7641

WWW.ACRELIABLECONSTRUCTION.NET

EMAIL: ACRELIABLE.CONSTRUCTION@GMAIL.COM



MOLD REMEDIATION TRAINING

**GAIN KNOWLEDGE & SKILLS FOR EFFECTIVE
MOLD REMOVAL & PREVENTION**

KEY LEARNING POINTS

- IDENTIFY MOLD TYPES & CAUSES
- LEARN PROPER REMEDIATION TECHNIQUES
- UNDERSTAND HEALTH & SAFETY PRACTICES



TRAINING DETAILS

- LIMITED TO 12 PER CLASS
- 8 TRAINING HOURS
FOR COMPLETION
(2 HOURS PER CLASS)
- PREPARES YOU FOR THE NATIONAL CERTIFICATION



**THIS COURSE
COVERS THE
PROCESS OF MOLD
REMEDICATION**



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FLAGGER TRAINING



**LEARN ESSENTIAL TRAFFIC CONTROL SKILLS
FOR CONSTRUCTION WORK ZONES**

KEY LEARNING POINTS

- LEARN STANDARD FLAGGER PROCEDURES & SIGNALS
- UNDERSTAND TRAFFIC CONTROL REGULATIONS & SAFETY GUIDELINES
- PRACTICE FLAGGER TECHNIQUES IN VARIOUS SCENARIOS

TRAINING DETAILS

- MOT CERTIFIED
- 10-12 PERSONS PER CLASS
- TRAINING HELD FROM 9AM-4PM
- PREPARES YOU FOR NATIONAL CERTIFICATION (INFORMATION AVAILABLE)




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BUSINESS DEVELOPMENT **&** **ENTREPRENEUR TRAINING**

INTRODUCTION TO THE KEY TOPICS AND OBJECTIVES IN BUSINESS DEVELOPMENT

- **UNDERSTANDING THE
FUNDAMENTALS OF
BUSINESS DEVELOPMENT**
- **MARKET ANALYSIS**
- **SALES AND NETWORKING**
- **FINANCING AND INVESTMENT**
- **BUSINESS STRATEGIES**



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BEGINNER CONSTRUCTION 101



- GET A COMPREHENSIVE INTRODUCTION TO THE CONSTRUCTION INDUSTRY AND IT'S FUNDAMENTAL CONCEPTS
- LEARN THE CONSTRUCTION INDUSTRY AS AN OVERVIEW
- LEARN THE TYPES OF CONSTRUCTION PROJECTS
- 10-12 PERSONS PER CLASS



CONTACT US FOR CLASS SCHEDULE & TIMES

CONSTRUCTION 102

- EXPAND YOUR CONSTRUCTION KNOWLEDGE. LEARN ABOUT THE DIFFERENT BRANCHES AND IMPORTANT ROLES OF CONSTRUCTION
- SCOPE DEFINITION
- COST ESTIMATION
- BUDGET PREPARATION
- QUANTITY TAKEOFF
- RISK ASSESSMENT
- PROPOSAL SUBMISSION




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CPR, FIRST AID & AED TRAINING



KEY LEARNING POINTS:

- LEARN CPR TECHNIQUES FOR ADULTS, CHILDREN & INFANTS
- PRACTICE FIRST AID PROCEDURES FOR COMMON INJURIES & ILLNESSES
- UNDERSTAND HOW TO USE AN AUTOMATED EXTERNAL DEFIBRILATOR (AED)

TRAINING DETAILS:

- 10-12 PERSONS PER CLASS
- CERTIFICATION ISSUED BY THE AMERICAN RED CROSS
- 4 HOURS OF TRAINING FOR COMPLETION
- CERTIFICATES ARE GOOD FOR TWO (2) YEARS ONCE COMPLETED

**THIS COURSE PROVIDES CERTIFICATION IN
CPR, FIRST AID & AED USE.**



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INTRODUCTION TO PROJECT MANAGEMENT

LEARN THE FUNDAMENTALS OF PROJECT MANAGEMENT & IT'S CRITICAL
ROLE IN THE CONSTRUCTION INDUSTRY

LEARN THE DEFINITION OF PROJECT MANAGEMENT

- IT'S IMPORTANCE IN THE CONSTRUCTION INDUSTRY
- KEY PROJECT MANAGEMENT PROCEDURES
- IDENTIFY & MANAGE STAKEHOLDERS
- PROJECT CONSTRAINT:
 - PROCUREMENT & MOBILIZATION
 - TESTING & COMMISSIONING
 - DESIGN & ENGINEERING
 - SITE PREPERATION
 - HANDOVER & CLOSE OUT

**THE COURSE INTRODUCES
THE FUNDAMENTALS OF
PROJECT MANAGEMENT
WITHIN THE CONSTRUCTION
INDUSTRY, COVERING KEY
PROCESSES, STAKEHOLDERS
MANAGEMENT, & PROJECT
CONSTRAINTS.**




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PERSONAL PROTECTION EQUIPMENT & SAFETY TRAINING

**LEARN ESSENTIAL PRACTICES FOR MAINTAINING A
SAFE WORK ENVIRONMENT ON AND OFF THE
CONSTRUCTION SITE.**



- **4 HOUR CLASS SESSION**
- **LEARNING THE TYPES OF PPE GEAR & USES**
 - **RESPIRATOR/MASK**
 - **EYE PROTECTION**
 - **PROTECTIVE SUITS**
 - **GLOVES**
 - **FOOT PROTECTION**
- **LEARN BASIC AWARENESS & TO-DOS ON & OFF OF THE WORKSITE**
- **10-12 PERSONS PER CLASS ROOM**



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HEALTH & SAFETY IN THE WORK PLACE

LEARN ESSENTIAL PRACTICES FOR PROMOTING A SAFE WORK ENVIROMENT

- WORK HAZARDS
- INJURY PREVENTION
- EMERGENCY PREPAREDNESS
- KEY PRINCIPLES OF HEALTH & SAFETY
- PREVENTION
- COMPLIANCE
- CONTINUOUS IMPROVEMENT



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