

HCCA

Safety Training Schedule

April – December 2016



8424 Quarry Road – Suite 201
Manassas, VA 20110
703-392-7410

Heavy Construction Contractors Association



Founded in 1957, the Heavy Construction Contractors Association (HCCA) provides its member companies with safety and certification training, legislative influence, community development, and networking opportunities. Our members represent every sector of the business value chain of the heavy construction industry, including site development, highway and utility contractors, material suppliers, engineering firms, legal and accounting firms, insurance providers, consultants, educators, municipalities, agencies, and transportation organizations. HCCA supports a long tradition of its members working together with local municipalities and the state government to create a fair, safe and positive work environment. It also provides many opportunities to learn, network and give back to the community through political and charitable activities. HCCA is a trade organization where the company is the member, and all of its employees can participate in the many membership benefits.

LEGISLATIVE INFLUENCE

HCCA creates opportunities for its members to develop personal and broad-based relationships with local and state government officials and employees. Our goals through these relationships include:

- Educating government officials about the concerns and viewpoints of the heavy construction industry.
- Maintaining active contact with the local municipalities and Virginia state legislators while utilizing relationships to advance the interest of our membership.
- Using the HCCA-PAC to support additional active political efforts.
- Representing our members by employing a lobbyist in Richmond, VA.

HCCA's recent Government accomplishments:

- HCCA influenced Overweight Permit and Lien Law legislation, stopping the passage of several bills that were detrimental to our members and authoring and locating sponsorship for legislation that improved deficiencies in the existing lien laws.
- HCCA leaders meet directly with Secretary of Transportation Aubrey Layne concerning transportation issues, and select critical legislators annually.
- In a private meeting prior to the general election, HCCA members held a direct conversation with both gubernatorial candidates to exchange views and concerns.
- HCCA has been successful in advocating on behalf of members on both local and state level.
- HCCA worked aggressively to ensure I-66 expansion inside & outside the beltway proceeds.



COMMUNITY ACTIVITIES & CHARITABLE CONTRIBUTIONS

HCCA provides many opportunities for social interaction and networking among its members, as well as specific opportunities to contribute to the greater community. Volunteers plan and run regular activities including:

- Dinner Meetings
- Golf Outings & Tournaments
- Motorcycle Rallies
- Pigeon Shoot Tournaments
- Basketball Pools
- Fishing Tournaments
- Softball Teams
- Football Pools

HCCA members have a strong commitment to their community. Charitable efforts, often held in conjunction with social activities, raise and distribute funds for college scholarships (Sidney R. Johnston Memorial Trust), general charities, and those in specific need. The HCCA organization operates with a very small staff and a great deal of volunteer support. Through their work, our committee members develop deep personal contacts while advancing both their association and their career goals.



HCCA SAFETY TRAINING

Welcome to the Heavy Construction Contractors Association (HCCA) Safety Training Program. The enclosed HCCA Safety Training Schedule includes all of our regularly scheduled courses, and we offer **custom courses** to suit your schedule & individual company needs. HCCA offers wide selection of training courses and certifications.

HCCA courses are available in **ENGLISH, SPANISH and PORTUGUESE** with our in-house trainer,
Ari Henrique (HCCA Director of Safety & Training)

**To register for the MISS UTILITY WEB TICKET ENTRY TRAINING or VIRGINIA DAMAGE PREVENTION ACT TRAINING
Please contact LESLIE FANNON – VA811 at 703-994-5177 or email lfannon@va811.com**

**To register for all other a courses, please complete & submit the HCCA Training Registration Form included
(also available online at www.hcca.net)**

CUSTOM COURSES

If you have specific dates and course types required to fulfill safety training requirements or contracts, HCCA can accommodate your needs. HCCA will schedule a custom course with your choice of date and location with a minimum of 5 attendees per course type. Dates contingent upon trainer availability.

To schedule a CUSTOM COURSE,
please contact Ari Henrique ahenrique@hcca.net or training@hcca.net
HCCA Office (703)392-7410

TRAINING SCHEDULE UPDATES, WEEKEND TRAINING & RAINY DAY TRAINING

HCCA follows the changing weather, and on days unsuitable for work - HCCA may schedule RAINY DAY training.

An email notification is sent to all contacts on our Training Email List for updates, weekend or rainy day training classes.

To be added to our Training Email List, please email your name, company name and phone number to training@hcca.net

WHO IS REQUIRED TO TRAIN?

VDOT Basic Work Zone Safety Training

This one day course is required for all persons with duties that include any of the following Maintenance Type activities:

- Direct responsibility for placement of work zone traffic control devices
- Direct responsibility for field maintenance of work zone traffic control devices
- VDOT Maintenance Managers.

VDOT Intermediate Work Zone Safety Training

This two day course is required for all persons with the following **Construction** type duties:

- Inspection of the placement or operational function of work zone traffic control devices
- Construction Supervisory responsibilities
- Maintenance of Traffic Coordinators on construction projects
- Regional Traffic Engineering Work Zone Safety Coordinators
- Regional Safety Engineers (ES&H)
- Traffic Control Supervisors
- Personnel with responsibility for the development of work zone safety policies and procedures.

VDOT Advanced Work Zone Safety Training

This two day course is required for personnel with responsibility or authority for the **Design and/or Review** of work zone traffic control requirements to be implemented. These positions include the following:

- The roadway design or bridge engineer responsible for the work zone traffic control plan development
- The drafting or electronic generation of work zone traffic control plans
- Residency permits personnel charged with reviewing and approving work zone traffic control.

VDOT Erosion & Sediment Control Contractors Certification

In accordance with VDOT Road and Bridge Specification §107.16 (a), land disturbing activity which occurs within the VDOT right-of-way **must be supervised by a certified Erosion and Sediment Control (ESC) Contractor** who is required to be on-site at all times during that land-disturbing activity. The VDOT Erosion and Sediment Control Contractor Certification (ESCCC) Program was developed to satisfy this certification requirement.

First Aid, CPR & AED Certifications

This one day course includes First Aid, CPR and AED comprehensive training needed to meet OSHA First Aid Standard 29 CFR 1910.151. The OSHA First Aid standard (29 CFR 1910.151) requires trained first-aid providers at all workplaces of any size if there is no "infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees." OSHA has long interpreted the term "near proximity" to mean that emergency care must be available within no more than 3-4 minutes from the workplace, an interpretation that has been upheld by the Occupational Safety and Health Review Commission and by federal courts.



Heavy Construction Contractors Association

8424 Quarry Road-Suite 201, Manassas, Virginia 20110
(703) 392-7410 phone / (703) 392-7249 fax

TRAINING REGISTRATION FORM

Please complete registration form. Submit via fax to 703-392-7249 or via email to training@hcca.net

Company Contact Name _____

Company Contact Phone _____

Company Contact Email _____

Company _____

Billing Address _____

Certifications are to be mailed to Billing Address above.

Certifications are to be mailed to: _____

Course Name _____

Course Date(s) _____

Name(s) of Course Attendee(s):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Payment Information

HCCA Member

Non-Member

HCCA Member – Bill Me

Check (Payable to: HCCA) Payment must be received on or before class date.

Mail Check to: HCCA 8424 Quarry Road, Suite 201 - Manassas, VA 20110

Credit Card - Please contact Robbyn Smith at 703-392-7410 to process payment.

Please check our website www.hcca.net Online registration will be available soon.

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
				8:00 AM – 5:00 PM OSHA 10 (SPANISH)		
3	4	5	6	7	8	9
	7:00 AM – 1:00 PM FIRST AID/CPR/AED		8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE		8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	
			1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING			
10	11	12	13	14	15	16
	8:00 AM – 5:00 PM VDOT WORK ZONE BASIC (SPANISH)	8:00 AM – 3:00 PM VDOT ESCCC (Erosion & Sediment Control Contractors Certification)	1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	8:00 AM – 5:00 PM VDOT WORK ZONE ADVANCED		
		8:00 AM – 4:00 PM BASIC RIGGER/SIGNAL				
17	18	19	20	21	22	23
	8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	8:00 AM – 5:00 PM OSHA 10				
		8:00 AM – 5:00 PM OSHA 30				
24	25	26	27	28	29	30

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9 7:00 AM – 1:00 PM FIRST AID/CPR/AED	10 8:00 AM – 5:00 PM DMV ESCORT VEHICLE DRIVER TRAINING	11 8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	12	13	14
15	16 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC (SPANISH)	17 8:00 AM – 4:00 PM TRENCHING, EXCAVATION & SOILS MECHANICS	18 8:00 AM – 4:00 PM CONFINED SPACE 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	19	20 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	21
22	23	24 8:00 AM – 3:00 PM VDOT Erosion & Sediment Control Contractors Certification	25	26	27	28
29	30 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	31 8:00 AM – 5:00 PM OSHA 10 (GHS and Miss Utility Law presented on day 2 after OSHA 10)				

SUN	MON	TUES	WED	THURS	FRI	SAT
		8:00 AM – 5:00 PM OSHA 10 (GHS and Miss Utility Law presented on day 2 after OSHA 10)	1	8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE	3	4
5	6 7:00 AM – 1:00 PM FIRST AID/CPR/AED	7 8:00 AM – 5:00 PM DMV ESCORT VEHICLE DRIVER TRAINING	8 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	9	10	11
12	13 8:00 AM – 5:00 PM VDOT WORK ZONE ADVANCED	14	15	16	17	18
19	20 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	21 8:00 AM – 3:00 PM VDOT ESCCC (Erosion & Sediment Control Contractors Certification)	22 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	23 8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE	24	25
26	27 8:00 AM – 5:00 PM OSHA 10	28	29	30		
	8:00 AM – 5:00 PM OSHA 30					

JULY 2016

Training Courses are added throughout the year, please visit www.hcca.net for schedule updates.

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5 8:00 AM – 5:00 PM DMV ESCORT VEHICLE DRIVER TRAINING	6 7:00 AM – 1:00 PM FIRST AID/CPR/AED (SPANISH) 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	7	8 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC (SPANISH)	9
10	11 7:00 AM – 1:00 PM FIRST AID/CPR/AED	12 8:00 AM – 4:00 PM TRENCHING, EXCAVATION & SOILS MECHANICS	13 8:00 AM – 4:00 PM CONFINED SPACE	14	15	16
17	18 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	19 8:00 AM – 3:00 PM VDOT ESCCC (Erosion & Sediment Control Contractors Certification)	20 8:00 AM – 4:00 PM BASIC RIGGER/SIGNAL 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	21 8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE	22	23
24	25 8:00 AM – 5:00 PM OSHA 10 (SPANISH)	26	27	28	29	30

AUGUST 2016

Training Courses are added throughout the year, please visit www.hcca.net for schedule updates.

SUN	MON	TUES	WED	THURS	FRI	SAT
JULY 31	1 7:00 AM – 1:00 PM FIRST AID/CPR/AED	2 8:00 AM – 5:00 PM DMV ESCORT VEHICLE DRIVER TRAINING	3	4	5	6
7	8 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	9 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC (SPANISH)	10 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	11 8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE		13
14	15 8:00 AM – 4:00 PM TRENCHING, EXCAVATION & SOILS MECHANICS	16 8:00 AM – 4:00 PM CONFINED SPACE	17	18	19	20
21	22 7:00 AM – 1:00 PM FIRST AID/CPR/AED (SPANISH)	23 8:00 AM – 3:00 PM VDOT ESCCC (Erosion & Sediment Control Contractors Certification)	24	25 8:00 AM – 5:00 PM VDOT WORK ZONE ADVANCED		27
28	29 8:00 AM – 5:00 PM OSHA 10		30 8:00 AM – 5:00 PM OSHA 30	31		

SUN	MON	TUES	WED	THURS	FRI	SAT
	8:00 AM – 5:00 PM OSHA 30			1	2	3
4	5	8:00 AM – 5:00 PM DMV ESCORT VEHICLE DRIVER TRAINING	7	8	9	10
11	8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	8:00 AM – 5:00 PM VDOT WORK ZONE BASIC (SPANISH)	14 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	15 8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE	16	17
18	8:00 AM – 4:00 PM TRENCHING, EXCAVATION & SOILS MECHANICS	8:00 AM – 3:00 PM VDOT ESCCC (Erosion & Sediment Control Contractors Certification) 8:00 AM – 4:00 PM CONFINED SPACE	21 7:00 AM – 1:00 PM FIRST AID/CPR/AED	22	23	24
25	26	27	28	29	30	

OCTOBER 2016

Training Courses are added throughout the year, please visit www.hcca.net for schedule updates.

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
9	10 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	11	12	13 8:00 AM – 5:00 PM VDOT WORK ZONE ADVANCED	14	15
16	17 7:00 AM – 1:00 PM FIRST AID/CPR/AED	18 8:00 AM – 3:00 PM VDOT ESCCC (Erosion & Sediment Control Contractors Certification) 8:00 AM – 4:00 PM CONFINED SPACE	19 8:00 AM – 4:00 PM TRENCHING, EXCAVATION & SOILS MECHANICS 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	20 8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE	21	22
23	24 8:00 AM – 5:00 PM OSHA 10 SPANISH	25	26	27	28	29

NOVEMBER 2016

Training Courses are added throughout the year, please visit www.hcca.net for schedule updates.

SUN	MON	TUES	WED	THURS	FRI	SAT
October 30	October 31 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC (SPANISH)	1	2	3	4 8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	5
6	7 7:00 AM – 1:00 PM FIRST AID/CPR/AED	8 8:00 AM – 5:00 PM DMV ESCORT VEHICLE DRIVER TRAINING	9 1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	10	11	12
13	14 8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE	15 8:00 AM – 3:00 PM VDOT Erosion & Sediment Control Contractors Certification	16	17	18	19
20	21 7:00 AM – 1:00 PM FIRST AID/CPR/AED (SPANISH)	22	23	24	25	26
27	28	29	30	31 8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE		

DECEMBER 2016

Training Courses are added throughout the year, please visit www.hcca.net for schedule updates.

SUN	MON	TUES	WED	THURS	FRI	SAT
				8:00 AM – 5:00 PM VDOT WORK ZONE INTERMEDIATE	1	2
3	7:00 AM – 1:00 PM FIRST AID/CPR/AED	8:00 AM – 5:00 PM DMV ESCORT VEHICLE DRIVER TRAINING	6	1:00 PM – 2:30 PM VA 811 - MISS UTILITY WEB TICKET ENTRY TRAINING	7	8
10	8:00 AM – 5:00 PM VDOT WORK ZONE BASIC	12	8:00 AM – 3:00 PM VDOT ESCCC (Erosion & Sediment Control Contractors Certification)	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2016 HCCA Safety Training Price List

COURSE NAME	HCCA MEMBER PRICE PER ATTENDEE	NON-MEMBER PRICE PER ATTENDEE
DMV Escort Vehicle Driver 8-hour Training	\$ 125.00	\$150.00
First Aid / CPR /AED (Spanish or English)	\$ 80.00	\$ 100.00
Miss Utility Law (available in Spanish or English)	Free	Free
Miss Utility Web Ticket Entry	Free	Free
OSHA 10 (available in Spanish or English)	\$ 210.00	\$ 325.00
OSHA 30 (available in Spanish or English)	\$ 475.00	\$ 650.00
Lock Out / Tag Out	\$65.00	\$80.00
Fall Protection	\$65.00	\$80.00
Basic Rigger Level 1 & Signal	\$ 150.00	\$ 175.00
Trenching & Excavation/Soils Mechanics	\$135.00	\$170.00
Confined Space	\$135.00	\$170.00
VDOT Erosion & Sediment Control Contractors Certification (ESCCC)	\$ 175.00	\$ 225.00
VDOT Work Zone Basic (Spanish or English)	\$ 125.00	\$ 150.00
VDOT Work Zone Intermediate	\$ 340.00	\$ 380.00
VDOT Work Zone Advanced	\$ 500.00	\$ 650.00
SAFETY FUNDAMENTAL PACKAGE (non-crew leaders)	\$ 395.00	\$ 450.00
SAFETY FUNDAMENTAL PACKAGE (supervisor)	\$ 575.00	\$635.00

***Additional courses & group discounts are available,
please call Ari Henrique or Robbyn Smith at HCCA 703-392-7410***