



Sams Contracting Consulting and Training offers a plethora of trainings and workshops related to the construction industry in the areas of project management, risk management, and safety practices. Below is an overview of our construction related courses:

PROPOSED TRAINING CURRICULUM – OSHA 10

OSHA 10 - \$300 Per Person (minimum 5 people)

Instructor – Mr. Jesse Rodriguez

This two day course provides training for entry level workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in Construction industry. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights.

PROPOSED TRAINING CURRICULUM – OSHA 30

OSHA 30 - \$500 Per Person (minimum 5 people)

Instructor – Mr. Jesse Rodriguez

This 4 day course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foremen, and field supervisors; the program provides complete information on OSHA compliance issues.

PROJECT MANAGEMENT SERIES (9-COURSE SERIES)

\$600 per individual course or \$4,500 for the entire series (\$900 in savings)

Instructors: Mr. Aaron Sams & Mr. Jesse Rodriguez

3-4 Hour Courses

PROJECT MANAGEMENT INTRODUCTORY OVERVIEW

Does your firm have a program in place to ensure that your projects are completed on time, on budget, and within the requirements of the contract? Being able to manage projects is an important element of any company's growth in the contracting arena. This course will provide a preliminary overview of all project management methodologies in the following areas:

- Project Scope management

- Project Time management
- Project Cost management
- Project Quality management
- Project Human Resource management
- Project Communications management
- Project Risk management
- Project Procurement management

PROJECT MANAGEMENT – Scope Management

Vital to a company's success is its ability to effectively manage projects to ensure that they are completed on time, on budget, and within the outlined scope. This workshop focuses on the project management methodology of scope management, and the process of verifying and controlling the project's requirements to ensure the right product/service is being provided.

PROJECT MANAGEMENT – Time Management

Vital to a company's success is its ability to effectively manage projects to ensure that they are completed on time, on budget, and within the outlined scope. This workshop focuses on the project management methodology of time management, and the process of developing and controlling the project's schedule.

PROJECT MANAGEMENT – Cost Management

Vital to a company's success is its ability to effectively manage projects to ensure that they are completed on time, on budget, and within the outlined scope. This workshop focuses on the project management methodology of cost management, and the process of estimating costs, determining a budget, and controlling the project's budget.

PROJECT MANAGEMENT – Quality Management

Vital to a company's success is its ability to effectively manage projects to ensure that they are completed on time, on budget, and within the outlined scope. This workshop focuses on the project management methodology of quality management, and the process of performing quality assurance and quality control.

PROJECT MANAGEMENT – Human Resource Management

Vital to a company's success is its ability to effectively manage projects to ensure that they are completed on time, on budget, and within the outlined scope. This workshop focuses on the

project management methodology of human resource management, and the process of acquiring and managing your workforce.

PROJECT MANAGEMENT – Communications Management

Vital to a company's success is its ability to effectively manage projects to ensure that they are completed on time, on budget, and within the outlined scope. This workshop focuses on the project management methodology of communication management, and the process of disseminating to the right people (stakeholders) in the right manner (formal or informal, verbal or written).

PROJECT MANAGEMENT – Risk Management

Vital to a company's success is its ability to effectively manage projects to ensure that they are completed on time, on budget, and within the outlined scope. This workshop focuses on the project management methodology of risk management, and how to identify and control risks on a project.

PROJECT MANAGEMENT – Procurement Management

Vital to a company's success is its ability to effectively manage projects to ensure that they are completed on time, on budget, and within the outlined scope. This workshop focuses on the project management methodology of procurement management, and how to acquire and manage subcontractors.

To schedule training for you or your staff, please contact the below POC:

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