



NEWS

INFO BIDS



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Top Six Skills Construction Trades Need

By Katie Tejada

Getting a job as a trade professional may seem straightforward, but there are a number of skills that everyone, from plumbers and electricians to HVAC technicians and landscapers, should maintain.

Most of these jobs are physically and mentally challenging and require strong personalities to ensure successful work. In addition to the basic skills you'll need on the job, many of these trade professionals must also consider their working conditions, navigating hazardous environments,

tight spaces, heights, heat, and so much more! Many people consider a trade career incredibly rewarding and wouldn't exchange their job for anything else. If you're considering entering one of these fields, take a look at the top six skills that will help you do your job better.

Physical Strength

Is a need for physical strength really surprising when plumbers have to carry heavy pipes and HVAC technicians need to haul massive units?

Nearly every trade job is physically demanding. You'll need to develop a lot of endurance, strength, and stamina to keep up with the job. You might be asked to carry tools and equipment up to the top floor in a building with no elevator, or you may need to haul installation materials from a parking lot across an entire campus. While the job will give you a workout, it's

also essential to ensure you have the proper posture

and support to continue lifting and carrying heavy items. Many trade professionals who do a lot of physical labor have back belts, knee braces, and more to protect themselves and keep them going through a tough day. **Hand-Eye Coordination**

Hauling and lifting are not the only things

you will have to do on the job! Many construction trade professionals also do some of the smallest, fiddliest work there is. You might be sitting, standing, or lying

down for long hours installing a particular piece of equipment anywhere in a building. Whether you're in a crawlspace, up in an attic, or high on



While OSHA has a number of regulations to help ensure your safety, you should always take some time and effort to implement extra steps that secure your protection, as well.

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Telephone follow-up calls using a script of five questions that you define

Computer Generated Reports Complete documentation that will fit right

into your proposal, along with a list of interested firms to contact **Special Services**

Custom design and development of services that you need for particular situations such as small business marketing, diversity goal

completion, and agency capacity building Call for more information: 800-800-8534





SKANSKA HAUMAR SKANSKA HALMAR JOINT VENTURE (SHJV) INVITES EXPERIENCED SUBCONTRACTORS BASED IN WASHINGTON, DC TO EXPRESS THEIR INTEREST IN PARTICIPATING IN

Phase 1 of the Anacostia Area Sewer Rehabilitation Project DC Water Contract No. 250110

Bid Date: August 26, 2025 **Description of Project:** This initial phase offers early-stage subcontracting opportunities, including trucking/hauling,

pipe inspection, pipe testing, material/compaction testing, erosion and sedimentation control, flagging, traffic control, seeding, restoration, construction materials supply, temporary facilities, cleaning services, photography/video services, electrical, and bypass pumping. Certified DBE

firms are strongly encouraged to express interest.

Aislinn.Speranza@skanska.com • EOE/Vet/Disabled

If you are interested in bidding on this project, please contact SHJV's Outreach Coordinator:

IS SOLICITING COST PROPOSALS FROM NEW YORK STATE DBE SUBCONTRACTORS AND VENDORS

SKANSKA

Design-Build Services for LIRR West Side Yard Flood Mitigation Measures MTA Construction and Development Contract No. 6401

Bid Date: October 31, 2025 **Description of project:** pesign, turnish, construct, and install concrete perimeter flood walls, seepage cut-off barriers

chamber, drainage system improvements, workable aisles and a diesel generator, an automatic transfer switch, ancillary electrical equipment, and required communications. This project will develop flood protection solutions for the West Side Yard in order to prevent and mitigate flooding of the LIRR Tunnels. The flood protection along the WSY perimeter will

below the concrete flood walls, flood gates, deployable flood barriers, sump pumps, a tide gate

be accomplished via a combination of permanent flood walls and deployable flood barriers. Many bidding opportunities are available: deep foundations, minipiles, jetgrout, sheeting, rebar installation, concrete supply, site work, electrical work, painting, paving, curb and sidewalk,

Coordinator: Aislinn.Speranza@skanska.com • EOE/M/F/Vet/Disabled

If you are interested in bidding on this project, please contact Skanska's Diversity and Outreach



SBA's Lender Match, Readiness is All **Economic Development Specialist** SBA's Financing Programs including Loans: 7(a), 504, U.S. Small Business Administration Microloan, International Trade Loans and Surety Bonds New York District Office **Grants for R&D**

Investment Capital Disaster Assistance One-on-One Assistance to prepare your loan package

How to get funding for your business

through SCORE, SBDC, VBOC and WBC THURSDAY

SBTRC

August 21, 2025

1:00PM EST

Ms. Man-Li Lin

to register online.



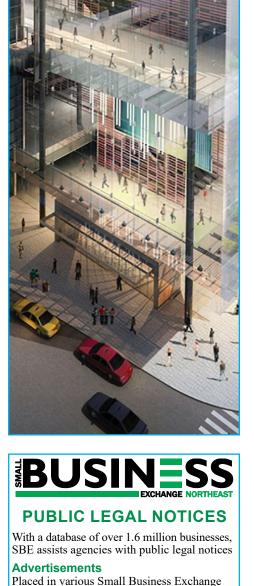
National Minority Supplier

Scan the QR code

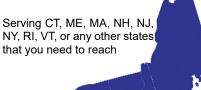


NMSDC

















at least five percent of all federal contracting dollars to woman-owned small businesses each year. Join us for training on how to register for SBA's Woman-Owned Small Business (WOSB)

to qualify for federal contracting opportunities. The monthly sessions include an overview of the self-certification process, and a discussion

of the NAICS codes that qualify as WOSB or EDWOSB. Register at https://www.eventbrite. com/e/woman-owned-small-business-wosbcertification-program-tickets-1123667883889

8(a) Orientation and SAM Registration Webinar

Wednesday, August 20, 2025, 10:30 am-12:00 pm

Main Sponsor(s): US Small Business Administration Contact: SBA Illinois District Office, 312-353-4528,

illinois.do@sba.gov Fee: Free; registration required Join the Small Business Administration (SBA)

Development Council Small Business Exchange Northeast Advertise ITB to Targeted (NAICS/SIC/UNSPSC) **Certified Businesses** Telephone Follow-Up (Live) Agency/Organization Letters Computer Generated Dated and

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needs of attending current and soon-to-be business owners. To register for this free webinar, visit https://www.sba.gov/event/65188 Selling to the Federal Government Webinar

Online

Main Sponsor(s): US Small Business Administration Contact: George Tapia, 610-382-3086, george.tapia@sba.gov Fee: Free; registration required

Thursday, August 28, 2025, 1:00 pm-4:00 pm

Did you know that the federal government is the

largest purchaser of goods and services in the

world? Interested in learning how your business can market your services or goods to the federal

government? Register online at https://www. eventbrite.com/e/how-to-sell-to-the-federalgovernment-tickets-21790713611 SBA helps to ensure small businesses get fair opportunities to share federal government prime contracts. Topics will include: How to Register, Small Business Certifications, Finding Opportunities, Marketing Your Firm, Federal Supply Schedules, Getting Paid, Tips to Prepare Your Offer, How to Seek Additional Assistance. All training sessions are held via Microsoft Teams Meeting.



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