

TRADES

CONTINUING EDUCATION & WORKFORCE DEVELOPMENT

ELECTRICAL LINEWORKER

This is a 10-week 400-hour course designed to prepare individuals for a good paying and exciting job as an Electrical Lineworker. Upon completion, individuals will possess the necessary skills for employment in the electrical utility industry. During this training, individuals will be given the opportunity to obtain certifications in: 3m Safety, Greenlee Three Phase Sequencing, OSHA 10, Flagger, CPR/First Aid, Poletop & Bucket Rescue, Poletop Climber, and Forklift, competent person trenching, pre-apprenticeship Certificate of Completion, and CDL permit prep. Students will have interviews after Graduation. Course content to align with learning outcomes defined by the Carolinas Energy Workforce Consortium.

To Register Must Provide

- Copy of high school diploma or GED
- Copy of Valid Driver's License (Must be 18 years of age)
- Copy of DOT Physical Exam result

Cost

Registration - \$182.50 (includes insurance)

Credentials - \$50 (CPR/First Aid, OSHA 10 and flagger)

Supplies - \$45 (helmet, gloves, and safety glasses)

EST. TOTAL - \$277.50

Participation requirements for first day of class

- Must have climbing boots with: safety toe, min. 8", and shank
- Measure waist, shirt, and pants sizes
- Must be able to lift 75 pounds
- Must weigh under 275 lbs

Course Outline

- Eighty hours of pole climbing
- Installation of wooden poles and electrical line construction
- Basic elements of electricity
- Safety and teamwork
- Electric power distribution system
- Transformer and meter installations
- Exploration of overhead and underground electrical distribution.
- CDL Prep Class

Textbook

To be discussed in first class

More information on reverse

DOT PHYSICAL TEST INFORMATION

Locations

FastMed Urgent Care
202 Village Rd NE, Leland
910-782-3600

Med First Southport
5130 Southport Supply Road, Southport
910-317-9512

Novant Health Oceanside Family and Urgent Care Medicine Shallotte
5145 Feller Street, Shallotte
910-754-4441

Cost

The DOT Physical prices range from \$85 to \$ 113.

Things to Prepare for Your Appointment

- Make sure to call ahead of time and be there before 5PM
- If applicable, take prescribed medications as usual
- Wear loose clothing
- Don't use the restroom just before your appointment. You will need to give a small urine sample for a kidney screen. This is not for a drug test.

Things You Must Bring to Your Appointment

- Your valid driver's license and /or other photo ID
- Eyeglasses or contact lenses, if applicable. If you recently had an eye exam it would be helpful, but not necessary, to bring that exam report with you
- A working hearing aid, if applicable
- List of medications, and the name and contact information of the prescribing doctor

What to Expect During the Examination

- The doctor will review your health history with you.
- Conduct a thorough physical examination.
- Run a urine screen (dip-stick test) for urine specific gravity, urine protein, urine blood, and urine sugar, to check for the onset of possible disqualifying medical conditions.

How Long Is A DOT Medical Card Good For?

- 2 years - If you meet all the FMCSA DOT Regulations for Commercial Driver Fitness.
- A limited time, usually 1 year or 6 months, if periodic monitoring is required for certain medical conditions.
- A limited time, usually a 1 to 3-month window, if you have a recently diagnosed condition that you are working with your primary care doctor to get under control.
- Disqualified. A medical condition or medication may cause your medical card to be disqualified until the disqualifying conditions are rectified.

Source: <https://dotphysicaldoctor.com/what-do-i-need-for-a-dot-physical-exam/>

Please bring a copy of your DOT Physical to the Continuing Education Registration Desk.