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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

a roof, your reaction time and precision are critical. 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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Many bidding opportunities are available: portable toilets, cleaning, survey, trailers, containers and dumpsters, clearing and grubbing reinforcing, concrete, structural steel fabrication, demolition, haul and dispose of soils and ballast, micropiles, soil erosion and sediment control, cofferdams, electrical subcontractor, vibration monitoring, waterproofing, rock scaling.

If you are interested in bidding on this project, please contact Skanska's Outreach Coordinator: Aislinn.Speranza@skanska.com • EOE/Vet/Disabled

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2026

Federal Contracting for Small Businesses Webinar
Tuesday, September 8, 2026, 12:00 pm–1:30 pm
Online
Main Sponsor(s): US Small Business Administration
Contact: Irene Gonzalez, 208-334-1673, irene.gonzalez@sba.gov
Fee: Free; registration required
Learn the essentials of federal contracting for small businesses. This event will cover the basics of navigating the federal contracting process, as well as the various certifications available to help your small business succeed in the government marketplace. Certifications include: 8(a) Business Development Program, HUBZone Certification, Woman Owned Small Business (WOSB/EDWOSB), and Veteran Owned Small Business (VOSB). Don't miss this opportunity to gain valuable insights and resources to help your small business. Register at https://www.eventbrite.com/e/federal-contracting-basics-and-certifications-for-small-businesses-tickets-1977729664666

SBA 101: Introduction to SBA Programs Webinar
Monday, September 14, 2026, 9:00 am–10:00 am
Online
Main Sponsor(s): US Small Business Administration, Rhode Island District Office
Contact: Brian Hopkins, 401-528-4575, brian.hopkins@sba.gov
Fee: Free; registration required
This free workshop, presented by the Rhode Island District Office, is designed to help entrepreneurs understand the various SBA programs and services available to help them as they start, expand, grow, and recover their businesses. This overview presentation covers: Introduction to the SBA; SBA Resource Partner Network—Business Training and One-on-One Counseling; Selling to the Federal Government—SBA Contracting Certification Programs; Access to Capital—Loan and Surety Bond Programs; International Trade Assistance; Emergency Preparedness and Disaster Assistance Loans. Register online for the free workshop webinar at https://legacy.sba.gov/event/80674

Federal Contracting: Woman-Owned Small Business (WOSB) Certification Program Webinar
Tuesday, September 15, 2026, 2:00 pm–4:00 pm
Online
Main Sponsor(s): US Small Business Administration
Contact: Patrice Dozier, patrice.dozier@sba.gov
Fee: Free; registration required
SBA is creating a space for Woman-Owned Small Businesses, via WOSB certification! Are you a woman owner of a small business? The federal government's goal is to award 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) program, which helps eligible small businesses to qualify for federal contracting opportunities. Sessions include an overview of self-certification and a discussion of the NAICS codes that qualify as WOSB or EDWOSB. Register at https://www.eventbrite.com/e/sba-is-creating-a-space-for-women-owned-small-businesses-via-certification-tickets-1996758601729

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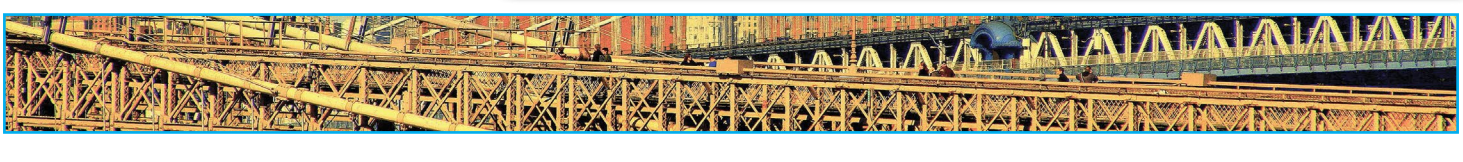

CORPORATE OFFICE

1160 Battery Street East, Suite 100
San Francisco, California 94111
sbe@sbeinc.com • www.sbeinc.com

Tel 800-800-8534
Fax 415-778-6255
www.sbenortheast.com

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