

DISCOVERING QUALITY JOBS CONSTRUCTION LABORERS

WHAT ARE QUALITY JOBS?

Quality Jobs offer competitive wages and benefits, predictable hours, and opportunities for advancement without requiring a college degree. They exist in high-growth industries that value skills gained through alternative routes such as training programs, military service, lived experience, and more.

WHAT ARE CONSTRUCTION LABORERS?

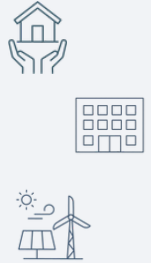
Construction Laborers build, repair, and improve homes, buildings, roads, energy systems, and community infrastructure. They develop hands-on skills that can lead to careers in carpentry, electrical, plumbing, HVAC, heavy equipment operation and other skilled trades.

YOU MIGHT ENJOY THIS JOB IF YOU ARE:

- Interested in building things with your hands.
- Comfortable working outdoors and staying active.
- Curious about how buildings and infrastructure are built.
- Successful at working in team settings.
- Motivated by seeing results at the end of the day.

CONSTRUCTION LABORERS WORK AT:

Residential Buildings
Commercial Buildings
Industrial & Manufacturing Facilities
Transportation & Infrastructure Projects
Utility & Energy Projects
Outdoor Spaces



THEY ARE ALSO KNOWN AS:

Craft Laborer
Construction Worker
General Laborer
Construction Helper
Site Laborer
Material Handler

WHAT TO LOOK FOR IN A QUALITY JOB:



Living Wages: Starting wages typically range from **\$20–\$27 per hour**. Union jobs and registered apprenticeships may offer higher starting wages with scheduled pay increases.



Accessible Hiring Practices: **No advanced degree required.** Most employers accept on-the-job training, technical education and/or apprenticeship program acceptance in place of previous experience.



Comprehensive Benefits: Many employers offer full benefits including health insurance, retirement plans, and paid time off. **Union employers may offer additional benefits and worker protections.**



Training and Advancement Opportunities: **Employer training, technical education, and registered apprenticeships** provide pathways to advancement across a variety of skilled trades.

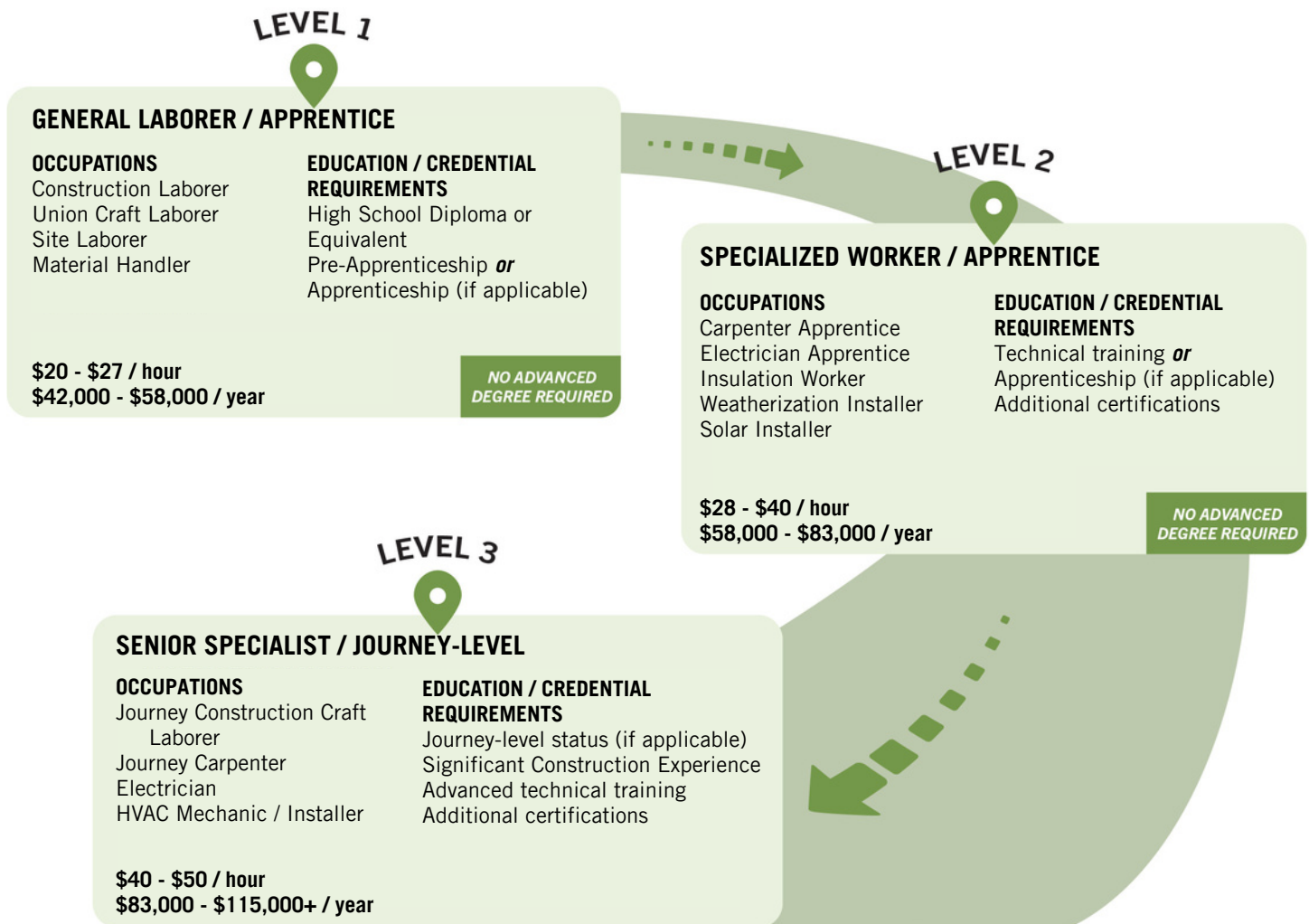


Predictable Schedule: **Most positions are full-time.** Schedules vary by employer and often include early mornings, with some evenings, weekends, or overtime.



Worker Safety and Engagement: **Required safety training and use of personal protective equipment (PPE).** Union jobs and registered apprenticeships may offer additional worker protection.

CAREER PATHWAYS FOR CONSTRUCTION LABORERS



COMMON QUALIFICATIONS:

- 18 years or older
- High School Diploma or GED equivalent
- Additional requirements vary by employer or registered apprenticeship and may include a valid driver's license, drug screening, and/or background check.*

**Visit the Oregon Bureau of Labor & Industries (BOLI) website for current registered apprenticeship qualifications and application requirements.*

INSIDER TIPS:

- Many employers hire and train entry-level workers; others offer registered apprenticeships.
- Pre-apprenticeships build skills and prepare participants for apprenticeships.
- **Interested in an apprenticeship?** Apprenticeships are available in Carpentry, Electrical, Plumbing, Ironwork, Laborers, Operating Engineers, and Utility Linework.

GET STARTED

CONNECT WITH A WORKSOURCE REP

Talk to your career coach or get in touch with a WorkSource representative today at worksourceportlandmetro.org.

GET A HEAD START

WorkSource offers scholarships for training and certification. Learn more about applying by attending a free virtual info session.

Visit worksourceportlandmetro.org/events to register.

WorkSource is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. To place a free relay call in Oregon, dial 711. This program financed in whole or in part with funds provided by the U.S. Department of Labor through Worksystems — the Portland Metro Workforce Development Board.

