

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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Connecting the Dots 2025 SBA Small Business Expo

Friday, August 15, 2025

9:00 am to 12:00 pm

Xavier University

JEDCO Conference Room

700 Churchill Parkway

Avondale, Louisiana

Join the United States Small Business Administration/Louisiana District for a morning of business connections and networking with procurement agencies and network partners. Consider registering online at the below link and you will have an opportunity to access information on available contracts, SBA services, small business development assistance and more. Register here: <https://www2.lsbdc.org/workshop.aspx?ekey=1450058>

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A hands-on workshop on how to estimate projects, prepare bids, and win contracts with the Convention Center.

- Tailored for general contractors and trade services.
- Learn from Frank Johnson, Director, Contractor's Resource Center, Urban League of Louisiana, and Courtney Elzey, Principal, MCDS, LLC.
- Bring a laptop and your capabilities statement.

Friday, August 22 @ 9:30 am - 12:00 pm

Meeting Room 267 | Free Parking in Lot F (Enter at Lobby I and take escalator to MR 267)

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Hosted by LaToya Martin, Manager, Small and Emerging Business Program

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Illinois District Office for a virtual workshop providing an overview of the 8(a) Business Development program, eligibility requirements, and program benefits. Also learn how to increase your potential for federal contract opportunities through System for Award Management (SAM) registration, including information that you need for the registration process. SBA presenters will offer additional tips, address FAQs, give directions on where to get further assistance, and answer your other questions. For this and other events, one goal is to better address the needs of attending current and soon-to-be business owners. To register for this free webinar, visit <https://www.sba.gov/event/65188>

Federal Contracting: Woman-Owned Small Business (WOSB) Certification Program Webinar

Tuesday, August 19, 2025, 1:00 pm–3:00 pm CDT 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. 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-wosb-certification-program-tickets-1123667883889>

8(a) Orientation and SAM Registration Webinar

Wednesday, August 20, 2025, 9:30 am–11:00 am CDT Online

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)

Selling to the Federal Government Webinar

Thursday, August 28, 2025, 12:00 pm–3:00 pm CDT Online

Main Sponsor(s): US Small Business Administration

Contact: George Tapia, 610-382-3086, george.tapia@sba.gov

Fee: Free; registration required

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-federal-government-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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