

# A Day in the Life

## Construction Trainee

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My name is Josh. I am currently attending Nottingham Trent University where I am completing a degree in Construction Management, I am in my first year.

I decided to join the team at B+K, because Bowmer and Kirkland are a well-respected company recognised for their help and commitment in developing their trainees. I came to Bowmer and Kirkland on work experience at a younger age and really lucky that they had a vacancy when I left school.



**Josh**  
Trainee  
Construction Manager

The best parts of my job are having both a practical and theoretical view of seeing a large project completed from start to finish.

A typical day for me **starts at 7:30am** with arriving on site and checking all of the facilities are in fully working order for the day. I would then go for a tour of the site to ensure the site is safe for the contractors to work in and that the perimeter of the site is secure. At

8:00am I would assist with the inductions for new workers on site. Throughout the day regular checks have to be made to ensure the quality of the work and check the noise levels on site. The role involves being outside quite a lot but still maintaining a balance of theoretical work in the site office.

**At 9:00am** I would usually be out on the

site to supervise the work being carried out. This will be to ensure that quality control and health and safety measures are in practice on the site to maintain the safety of everyone. I would also be in the site office ensuring all permits are in place for the work to go ahead.

**At 11:00am** I would usually be working with the Engineer or Site Manager helping to set out various parts of the project to measure them up and prepare them for the work to start, with this I get to learn how to use lots of high tech equipment that is used for the setting out of the job.

**At 1:00pm (after lunch)** I would usually have some theoretical work to complete, these would include the sound checks of the site to ensure that the site does not exceed the set sound limit that is respectable for neighbours. I would also do my afternoon check of the welfare facilities and to see if all fire extinguishers and alarms are in full working order.

**At 3:00pm** I would usually be out on the site ensuring all work is being conducted and completed in a safe manner. During this time I would be working with the Site Manager doing snagging, ensuring the job is to the best standard.

A typical day for me finishes at **5:30pm**, with wrapping up all of the work being carried out on site and completing the Site Daybook, this is a diary that is kept to record the activities of each day. I would then ensure that the site is secure before the site is closed.