

# Why we do what we do

## CONSTRUCTION

**Fitness, strength and stamina:** Construction work can be physically demanding and involves constant movement of the body with activities that can range from low-intensity activity to heavy work that taxes a number of the body's systems/muscles, and a lot of construction work activities can provide similar benefits to those you can get from a gym workout. General construction tasks burn about the same number of calories as walking at a brisk 4 miles per hour or doing a moderate-intensity workout. Correct posture and form are required to perform work activities safely.

**Hand-eye coordination:** This is a complex cognitive/ brain-based skill that requires us to unite our visual and motor skills, allowing for the hand to be guided by the visual stimulation our eyes receive. This can help develop reaction times, attention, memory and help us to become more productive in work.

**Problem solving:** Construction work often reveals challenges that we must overcome so by being able to problem solve we develop a way of thinking to use critical reasoning and logic to find a resolution for the situation without panicking.

**Technical skills:** Construction work lends itself to developing a range of technical skills such as the use of hand and power tools, being able to work at height, the use of heavy machinery/plant items, knowledge of materials and interpreting construction drawings/documentation. You must also be willing to learn new skills as the sector is at the forefront of using new initiatives to improve productivity of work and maintain sustainability.

**Literacy and Numeracy:** Construction workers need Literacy to be able to interpret contractual documentation and send formal correspondence to both employees/colleagues and clients. Numeracy is essential too but is generally embedded and contextualised within the work activities to calculate or estimate materials, read, and measure dimensions.

**Resilience:** Construction work include repetitive activities, some of which are challenging at first but through training and reflection improvement in skills are achieved which helps build resilience.

**Communication:** Construction work usually involves teams/trades working together to complete a project therefore effective communication is vital in the construction industry to be able to communicate questions, concerns, and decisions. Using clear, honest and concise communication skills, workers can easily and properly communicate with other team members, clients and suppliers and maintain a safe working environment. Effective communication also provides a good rapport which can lead to a growth of work opportunities and improved job satisfaction.

**Teamwork:** Teamwork creates a synergistic effect that helps to finish a project more effectively and efficiently and keeps the work site safe. Regular interaction with colleagues develops interpersonal skills and communication, builds relationships and a happier work life. Good collaboration among the members of a construction team is essential, no matter how big or small a project is. Working productively as a team can leads to work bonuses and growth.

**Organisation:** Construction work needs to be managed and coordinated because work must be conducted in set sequences, therefore requires scheduling, planning, and prioritising to ensure work is completed productively. Students that work methodically, with good attention to detail can gain a prosperous career within the construction sector. The career progression can develop into leadership/supervisory roles within the sector.

**Health and safety awareness:** Risks are present in every work environment, but few industries have so many risks as the construction sector. From working with heavy machinery, power tools, at height and in outdoor conditions, the potential for harm is ever-present. Health, safety, and welfare is a lawful requirement and a constant awareness that every worker should have to be able to recognise potential hazards and risks they may face. Providing a workplace culture of safe working practices and procedures helps to prevent injuries, protects business, and will provide better job satisfaction because people feel safer at work. A healthier and happier workforce means less absences and increased productivity of work activities.

**Spatial awareness:** Spatial awareness allows us to be conscious of the things in our environment as well as our position relative to them. This ability is important to comprehend the location, direction, distance, and dimensions of components, to navigate through surroundings, to visualise, structure or sequence activities and to maintain personal space. This can also support the development of critical thinking skills.

**Working outdoors:** Generally, construction work is conducted outdoors plenty of sunshine and fresh air helps relieve stress and provides nutrients that help your body function at an optimal level. More adverse weather conditions sometimes experienced can strengthen the development of problem-solving skills, stamina, and resilience.

