

**Road  
Building &  
Maintenance:  
IST delivery  
model**

**IST ref: RB&M**

**16-week programme**

<b>Subject</b>	<b>No. of weeks</b>	<b>Content</b>
<b>Pre-arrival</b>		
<b>Sign up with CITB Apprenticeship Officer</b>	–	Sign up, Travel, Expenses, Accommodation (As required)
<b>Block 1: Weeks 1-2</b>		
<b>Induction</b>	2	Site induction; study skills; HSW basics (HASAWA, WHR, asbestos, manual handling, noise and vibration, fire awareness, COSHH); PPE/RPE; occupational health; small tools/equipment; storage principles  Health and Safety; RAMS; Portfolio development; Introduction to SVQ, Induction to practical training
<b>Remote, independent and work-based learning</b>		Onsite Practical training and Experience
<b>Block 2: Weeks 3-4</b>		
<b>Health Safety and Welfare</b>	1	Introduction to Manual Handling, Acts & regulations, Safety Inspections. Productive working practices. Theory and Practical training sessions. Literacy and Numeracy.
<b>Tools and Equipment</b>	1	Introduction to Power Tools, Abrasive wheels, Small Plant, Maintenance. Theory and Practical Training sessions. Literacy and Numeracy.
<b>Remote, independent and work-based learning</b>	–	Onsite Practical training and Experience
<b>Block 3: Weeks 5 - 6</b>		
<b>Technology</b>	1	Scale rules, Graphical symbols and drawings, Construction technology, Communications, Standards Tolerances. Theory and Practical, Literacy and Numeracy

<b>Concrete</b>	1	Introduction to Concrete, Mixes/Admixtures, Shuttering Reinforcing, Sub Base compacting, Batching, Plant. Theory and Practical raining sessions. Literacy and Numeracy. Move handle and store resources. Practical and Theory sessions.
<b>Remote, independent and work-based learning</b>	–	Onsite Practical training and Experience
<b>Block 4: Weeks 7- 8</b>		
<b>Concrete/Slab laying</b>	1	Concrete, Mixing Compacting, Screeding Finishing, Take off Materials, Sub Base Materials, Slab Laying, Falsework/Formwork. Theory and Practical raining sessions. Literacy and Numeracy.
<b>Paving/Kerbing</b>	1	Theory and Practical introduction to Paving/Flexible/slabbing and Kerbing. Literacy and Numeracy. Practical and Theory.
<b>Remote, independent and work-based Learning</b>	–	Onsite Practical training and Experience. SVQ Portfolio Gathering Evidence
<b>Block 5: Weeks 9 - 10</b>		
<b>Setting out and Levelling</b>	1	Introduction to Levelling Equipment, Calculations, Theory and Practical sessions, Literacy and Numeracy. Assessments
<b>Work Area Protection/Sign Lighting and Guarding</b>	1	Work area protection and safety. Sign Lighting and Guarding. Theory and Practical applications; project work. Assessments
<b>Remote, independent and work-based Learning</b>	–	Onsite Practical training and Experience. SVQ Portfolio Gathering Evidence. Submitting evidence for review.
<b>Block 6: Weeks 11 - 12</b>		
<b>Setting out and Levelling</b>	1	Levelling and setting out, Collimation to field, Collimation to Drainage Theory and Practical sessions, Literacy and Numeracy. Assessments
<b>Drainage/Cat and Genny</b>	1	Introduction to Drainage Cat and Genny. Theory and Practical applications; project work.

<b>Remote, independent and work-based Learning</b>	–	Onsite Practical training and Experience. SVQ Portfolio Gathering Evidence. Submitting evidence for review.
<b>Block 7: Weeks 13 - 14</b>		
<b>Drainage</b>	1	Installing Drainage, Travellers Profiles. Theory and Practical applications; project work.
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<b>Remote, independent and work-based Learning</b>	–	Onsite Practical training and Experience. SVQ Portfolio Gathering Evidence. Submitting evidence for review.
<b>Block 8: Weeks 15 - 16</b>		
<b>Drainage/Concrete</b>	1	Drainage/Concrete Theory and Practical applications; project work and assessment
<b>Paving/Kerbing</b>	1	Paving/Kerbing Theory and Practical applications; project work and assessment
<b>Work-based SVQ Assesement</b>	–	Onsite Practical training and Experience. SVQ Portfolio Gathering Evidence. Submitting evidence for Assessment.