



smart-heroes.org



International Training Institute  
For the Sheet Metal and Air Conditioning Industry



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# PROGRAM CURRICULUM

Once the service member is accepted into the program, sheet metal training will last seven weeks. Three broad categories of instruction are delivered: general sheet metal, welding, and service. The class is full time and will provide the equivalent of first-year apprenticeship training (224 hours).

## Below is a sample training schedule for the program:

### Weeks One and Two

Sheet metal core training including but not limited to the following:

- OSHA 30 safety training
- Mathematics (trade related)
- Basic fabrication and layout skills
- Introduction/identification of basic HVAC systems

### Weeks Three and Four

Specific sheet metal sector general training and awareness:

- Welding training
- Detailing/Computer Aided Design (CAD)
- HVACR service
- Testing, Adjusting and Balancing (TAB)
- Architectural sheet metal

### Weeks Five and Six

Continued sheet metal core training.

### Week Seven

Continued training in one of the following areas:

- Welding
- CAD – Computer Aided Drafting
- HVACR – Service
- Testing Adjusting and Balancing
- Architectural Sheet Metal





## ABOUT SHEET METAL

Sheet metal workers fabricate or install products that are made from thin metal sheets, such as ducts used in heating and air conditioning systems.

### Career paths include:

Architectural	Roofing
Building Information Modeling	Sign
Testing, Adjusting, Balancing	Service
Commercial & Residential HVAC	Welding



## ABOUT SMART HEROES

Established through a partnership between:

Sheet Metal, Air, Rail and Transportation Workers (SMART)

Sheet Metal & Air Conditioning Contractors'  
National Association (SMACNA)

Helmets to Hardhats

International Training Institute (ITI)

### Six broad categories covered:

General sheet metal	HVAC Service
Architectural	System Test, Adjust, Balance
Welding	Building Information Modeling



# MISSION STATEMENT

SMART Heroes provides sheet metal industry training through an accelerated seven-week program for enlisted U.S. Military men and women who plan to enter civilian life within the year, assisting with their successful transition to the civilian workforce and a satisfying lifelong career in the sheet metal industry.



**Full-time,  
seven-week program**



**Equivalent to first-year  
apprenticeship training**



**NO COST  
to the service member**



As a union sheet metal worker, you will belong to a skilled, technical craft that works with other building tradespeople to construct commercial, industrial, and residential buildings. You'll be part of creating something that is long lasting and enhances the quality of life for many people.

The sheet metal industry needs highly skilled and motivated workers. As an apprentice, you participate in both on-the-job training and classroom study, allowing you to acquire practical experience while learning the technical aspects of the industry. When you enter an apprenticeship, you agree to work in an on-the-job training program and to attend specialized classes for between four and five years.

As a journey level sheet metal worker, you will be a skilled trades person who fabricates, installs, and repairs sheet metal products. Most commonly, these products include elements of heating, cooling, and ventilation systems. Sheet metal workers also fabricate and install products for metal roofing and architectural metal siding systems, equipment for the food processing and preparation industry, and sheet metal associated with industrial sector projects.

**The sheet metal trade is one of the most varied  
and diversified of all the skilled trades.**