

Career Pathway Spotlight

Discover a Career as a Construction Laborer



Discover your career in energy!

Construction Laborers are the essential workforce behind every energy project — turning plans into infrastructure, one job site at a time.

Power Generation Projects

On power plant construction sites — natural gas, nuclear, and hydroelectric — Construction Laborers handle site preparation, concrete work, and structural support, ensuring each project is built to exacting safety and engineering standards.

Renewable Energy Infrastructure

From wind turbine foundations to solar panel arrays, Construction Laborers prepare land, pour concrete, trench for electrical conduit, and provide the hands-on work that brings renewable energy projects from blueprint to reality.

Grid, Pipeline & Utility Systems

Building the networks that move energy from source to end user, Construction Laborers support the installation of transmission lines, distribution infrastructure, pipelines, and compressor stations across the country.

CAREER PATH

Start with:

- » A high school diploma or GED

Get Educated:

- » An apprenticeship through a union or industry:
 - Laborers' International Union of North America (LIUNA) Apprenticeship Program
 - United Brotherhood of Carpenters (UBC) Apprenticeship Programs
 - Associated General Contractors (AGC) Training Programs
- » A vocational or technical school program
- » Military service (e.g., Combat Engineer, MOS 12B)

Specialize With:

Certificates or credentials

- » NCCER: Construction Laborer Certification
- » OSHA 10-Hour and 30-Hour Construction Safety Certification
- » First Aid and CPR Certification

Knowledge in:

- » Electrical or mechanical construction
- » Heavy equipment operation
- » Renewable energy construction
- » Pipeline or utility infrastructure
- » Safety and site coordination

OCCUPATIONAL SKILLS

- » Physical stamina and manual dexterity
- » Ability to follow technical instructions
- » Communication and teamwork
- » Time management and schedule adherence
- » Attention to safety, worksite hazards, and environmental risks
- » Ability to safely operate hand and power tools
- » Adaptability to changing site conditions and tasks

BENEFITS

These energy industry careers offer:

- » Varied opportunities across energy construction sectors
- » Upward and continued career growth
- » Work-life balance — your work stays at work
- » Opportunities for skill development and specialization
- » Unionization and leading benefits packages
- » Good pay and essential, hands-on work
- » Job stability as energy infrastructure investment grows

What Might You Do As A Construction Laborer?

ENTRY LEVEL

1-4 years

What you will do:

- » Prepare and clean work sites, including clearing debris and leveling ground
- » Assist skilled tradespeople by supplying tools, materials, and equipment
- » Perform concrete mixing, pouring, and finishing under supervision
- » Load, unload, and transport construction materials across job sites
- » Follow site safety plans and OSHA regulations at all times
- » Signal and guide heavy equipment operators during lifting and grading operations

MID- CAREER

5-8 years

- » Independently manage assigned tasks within larger construction crews
- » Read and interpret basic construction plans and site specifications
- » Operate a wider range of tools and light construction equipment
- » Mentor and guide entry-level laborers on techniques and safety practices
- » Identify and report potential safety hazards to supervisors
- » Assist with quality control checks on completed work

EXPERIENCED

8+ years

- » Oversee and coordinate laborer crews on large-scale energy construction projects
- » Ensure worksite safety compliance and enforce quality standards across the site
- » Collaborate with foremen and project managers on scheduling and material logistics
- » Train and mentor new laborers on safety protocols, tools, and techniques
- » Conduct site walkthroughs and report progress and issues to project leadership
- » Manage material inventory and coordinate with suppliers and equipment teams

What knowledge, skills and abilities will you need to succeed?

- » Physical ability to lift up to 75 lbs, dig, and perform sustained manual labor
- » Be comfortable working outdoors in all weather conditions
- » Listen and follow directions from foremen and site supervisors
- » Come to work on time and prepared
- » Basic math skills for measuring and calculating materials
- » Ability to use hand and power tools safely and correctly
- » Proficiency with a wide range of construction hand and power tools
- » Ability to read and interpret basic construction drawings
- » Strong communication skills with supervisors, tradespeople, and crew
- » Solid understanding of OSHA safety regulations and site compliance
- » Physical endurance for sustained demanding outdoor work
- » Problem-solving skills to address challenges in dynamic field environments
- » Leadership and crew management skills
- » Budget awareness and resource management
- » Ability to coordinate multiple crew tasks efficiently and safely
- » Strong communication with contractors, engineers, and site management
- » Comprehensive knowledge of energy construction regulations and best practices
- » Computer skills for progress reports and documentation

GET PAID!

Entry Level:

- » \$35,030 / year*

As You Gain Seniority:

- » \$39,940 / year*

Later in Your Career:

- » \$51,990 / year*

* Source: United States Energy & Employment Report (2025). These figures use the 10th, 50th, and 90th percentiles of all workers in the role as a proxy for seniority progression and for consistency with BLS OEWS and the United States Energy & Employment Report. Compensation figures should be used as a guide; actual compensation may vary depending on education, geography, experience, and many other factors.



ENERGY INDUSTRY CAREERS OFFER:

- » Excellent salaries
- » Opportunities for advancement
- » Job growth & stability
- » Professional development and training
- » Great benefits

Scan to view our Job Board