



**CONSTRUCTORS
ASSOCIATION**
OF WESTERN PENNSYLVANIA

#07-26
February 16, 2026

From Competitor to Project Engineer: Meet Farrah Alkanaa, *a Student Estimating Success Story*

The CAWP Student Estimating Competition marks its 10th anniversary this week. Numerous past competitors have gone on to successful careers in the industry, proving this event is more than a competition- it's a professional springboard!

Farrah Alkanaa is one success story, rising from a successful competitor to Project Engineer for the Trumbull Corporation. In this interview, Farrah shares her experience, what the competition means to her, and advice for this year's competitors.



"The competition taught me that working well as a team is crucial in the industry. It is all about working towards a shared goal, respecting one another, embracing each other's strengths, and communicating. That is the key to a successful project within the highway construction industry."

Farrah Alkanaa, Trumbull Corporation

Meet Farrah Alkanaa

Industry Leaders Connect with Students at Plum Senior High School

Representatives from Plum Contracting and Independence Excavating joined the Operating Engineers at Plum Senior High School's Career Day on Friday, February 6, to connect with students and showcase opportunities in the construction industry. The event provided a valuable platform for students to learn about career paths in heavy/highway construction.



Thank you to Aaron DesCamp, Independence Excavating, Ali Mills, Plum Contracting, and Steve Koleno of the WPA Operating Engineers Apprenticeship & Training Program for attending and engaging with the students!

Register Today for the 2026 CAWP/H2AP Safety Banquet

On Friday, March 20, 2026, the CAWP/H2AP Safety Banquet will recognize Accident-Free Supervisors and Companies for their safe work during the 2025 construction season. For more details, register, or become a sponsor, visit the link below.

[Learn More & Register](#)



CAWP/H2AP Lifesaving Award Nominations

The Lifesaving Award will be presented in conjunction with the Safety Banquet.

Emergency lifesaving situations require the ability and presence of mind to act effectively, swiftly, and selflessly. These incidents are few in number but share a common thread – individuals who make a brave and heroic effort to save a family member, friend, coworker, or stranger.

If your company would like to nominate someone for this award, please provide his/her name and a detailed account of the incident on the nomination form.

Please submit the form to the CAWP office by Friday, March 6, 2026.

[Lifesaving Awards Entry Form](#)



Safety Training Partnership – Convenient & Cost-Effective

CAWP's partnership with OnPoint continues to provide easy access to cost-effective training. Courses range from trench/excavation, confined spaces, silica, fall protection, OSHA 10 hour, etc.

[OnPoint Training Scheduling Form](#)

**Find Qualified Candidates in the
Apprenticeship Readiness
Course Dashboard**

Candidate Dashboard

Find the right person for your organization!

1. FILTER

- Gender #
- 18 +
- Race / Ethnicity
- Training School
- Working Counties
- Certifications / Licenses
- Equipment

2. REVIEW LISTINGS & SELECT A CANDIDATE

Name	Email	Equipment List	Working Counties
Anthony	Crane, Excavator, Loader, Skid-Steer, Forklift	Bedford, Bucks, Cambria, Cameron, Cumberland, Erie, Lebanon, Montgomery, Philadelphia, Somerset, Susquehanna
...	...	none	Allegheny, Armstrong, Fayette, Indiana, Somerset, Westmoreland
...	...	Loader	Berks
...	...	Aerial Lift, Dozer, Excavator, Loader, Skid-Steer, Forklift, Backhoe, Commercial Vehicle	Allegheny, Fayette, Greene, Somerset, Washington, Westmoreland
...	...	Forklift	Allegheny
...	...	Dozer, Excavator, Loader, Skid-Steer	Armstrong
...	...	none	Beaver, Bradford, Erie, Fayette, Lawrence, Mercer

3. REVIEW CANDIDATE'S INFO

Name

Email

Resume [Download Resume](#)

Address

Zip Code

County

18 +

Gender

Race / Ethnicity

Veteran

Working Counties

In need of an experienced concrete finisher or crane operator, or looking for talent with OSHA 10 Hour training or has a CDL?

With our Candidate Dashboard, you can easily connect with the right talent for your organization by searching candidates who have completed the Apprenticeship Readiness Course. These motivated individuals are interested in highway construction careers and are based in western Pennsylvania.

Candidate profiles can be filtered by equipment experience, certifications, training, and more, with the ability to easily download their resume or access contact information.

Recent candidates who have completed the course include:

- An individual in Armstrong County with carpentry, concrete work, and excavator operating experience.
- An individual in Allegheny County with excavator experience, concrete field testing, and OSHA 10 Hour training.

How to Use the Dashboard

Access the Candidate Dashboard

Password: frbarcdashboard2025

Did you use the Candidate Dashboard from the Apprenticeship Readiness Course to hire recently?

Please answer this brief survey to let us know if you've recently hired someone from the

list of candidates. This information will help guide and offer insight for future workforce development tools.

[Take the Survey](#)

MENTAL HEALTH *MINUTE*

**YINZ
GOOD?**

According to OSHA, more than 80% of U.S. workers have reported experiencing stress while on the job. While some stress can be motivating and a positive influence, unmanaged chronic stress can lead to workplace challenges and health complications.

While there are several ways employers can support employees with stress management, one of the most impactful strategies is fostering a psychologically safe workplace. In this article, the IFEBP offers guidance and resources for fostering a more psychologically safe culture.

[Learn More](#)

**Connect with YinzGood? online - find us on
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Requirements for Multiemployer
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Labor Bulletin #1-26

January 15

**OSHA's Recordkeeping & Reporting
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[Safety Bulletin #2-26](#)

Proud Chapter



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