

# IT Power Solutions: PDU and UPS Technician Training

Learn to manage and maintain PDUs and UPSs with our online IT Power Solutions training. Perfect for network admins, this course covers power distribution, UPS setup, and troubleshooting to ensure reliable power for data centers and tech hubs. Gain the skills to select, configure, and maintain critical power systems for uninterrupted operations.

[CBT Nuggets course material](#) →

## WEEK 1

### Understanding Power and IT Power Solutions 107 min.

The Basics of Power	10
UPS and Their Uses	4
Different Types of UPSs	8
120v vs 208v	8
Power Distribution Units (PDUs)	9
Stepdown Transformers	4
Lead Acid vs Lithium Batteries	8

### Sizing and Maintaining an UPS Unit

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UPS Power Ratings	7
Sizing and UPS	15
Deciding On An UPS Runtime	9
Additional UPS Considerations	6
UPS Maintenance	5
Monitoring An UPS	6
UPS Triggered Shutdowns	5