



RED SEAL EXAM

SELF-ASSESSMENT GUIDE

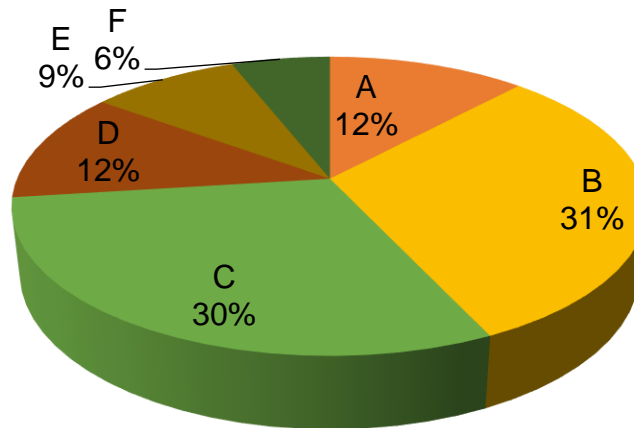
INSULATOR (HEAT AND FROST)



Red Seal Exam Weighting

This pie chart represents the distribution of questions on the Red Seal Exam. The self-assessment on the next pages shows the Tasks and Sub-tasks within each Major Work Activity and the number of questions assigned to each Major Work Activity and Task.




The Red Seal Exam for this trade has 130 questions.



	Major Work Activity / Exam Section	Percentage of Questions	Number of Questions out of 130
A	Performs Common Occupational Skills	12%	16
B	Performs Industrial Applications	31%	40
C	Performs Commercial Applications	30%	39
D	Performs Applications Common to Industrial and Commercial	12%	15
E	Performs Specialized Applications	9%	12
F	Performs Asbestos, Lead and Mould Abatement	6%	8

Breakdown of Red Seal Exam Questions and Self-Assessment

Rate your own understanding and experience with each task. Look at the activities that make up each task and consider your experience with them of them when rating yourself. Be honest!

-  **LOW** I have **no or very little understanding or experience** in this activity
-  **MEDIUM** I **understand** this activity and have **some experience** doing it in **limited** situations
-  **HIGH** I have a **very good understanding** of this activity and am **fully competent** in doing it in **many** situations

This is not intended to accurately predict how you will actually do on the exam – there may be areas where you are over-confident or under-confident. But it should give you an idea of your strengths and weaknesses.

After you rate your own knowledge and experience as **LOW**, **MEDIUM** or **HIGH**, check how many questions there are and write down how many you think you will get correct.




LOW, you may not get many of those questions right.




MEDIUM, you might get some right.




HIGH, you expect to be able to get most of those questions right.




Comparing your scores with the number of questions on the exam will help you identify which areas you need to prepare the most. Add up your scores from each section to get an idea of your overall readiness for the exam.




	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
A - Performs Routine Occupational Skills					
Task A-1 Performs safety-related functions A-1.01 Uses personal protective equipment (PPE) and safety equipment A-1.02 Maintains safe work environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
Task A-2 Uses and maintains tools and equipment A-2.01 Uses tools and equipment A-2.02 Uses access equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="text"/>
Task A-3 Organizes work A-3.01 Performs task scheduling A-3.02 Organizes materials on site	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="text"/>
Task A-4 Uses communication and mentoring techniques A-4.01 Uses communication techniques A-4.02 Uses mentoring techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task A-5 Performs routine trade practices A-5.01 Performs measurements and calculations A-5.02 Interprets specifications and drawings A-5.03 Prepares substrates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	
Total number of questions for this section:				16	SUM OF YOUR EXPECTED CORRECT ANSWERS <div style="background-color: #e0e0e0; height: 20px; width: 100%;"></div>




	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
B - Performs Industrial Applications					
Task B-6 Prepares for installation of insulation in industrial applications B-6.01 Selects materials for industrial applications B-6.02 Performs layout for industrial applications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	
Task B-7 Insulates Piping and Fittings B-7.01 Installs insulation on piping, fittings and hangers B-7.02 Applies vapour barrier on piping and fittings B-7.03 Installs cladding, jacketing and finishes on piping and fittings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17	




	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task B-8 Insulates tanks, vessels and equipment B-8.01 Installs insulation on tanks, vessels and equipment B-8.02 Applies vapour barrier on tanks, vessels and equipment B-8.03 Installs cladding, jacketing and finishes on tanks, vessels and equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15	
Total number of questions for this section:				40	SUM OF YOUR EXPECTED CORRECT ANSWERS <div style="background-color: #cccccc; height: 20px; width: 100%;"></div>




	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
C - Performs Commercial Applications					
Task C-9 Prepares for installation of insulation in commercial applications C-9.01 Selects materials for commercial applications C-9.02 Performs layout for commercial applications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="text"/>
Task C-10 Insulates plumbing and mechanical piping systems C-10.01 Installs insulation on plumbing and mechanical piping systems C-10.02 Applies vapour barrier on insulated plumbing and mechanical piping systems C-10.03 Installs cladding, jacketing and finishes on insulated plumbing and mechanical piping systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	<input type="text"/>
Task C-11 Insulates mechanical ducting C-11.01 Installs insulation on mechanical ducting C-11.02 Applies vapour barrier on insulated mechanical ducting C-11.03 Installs cladding, jacketing and finishes on insulated mechanical ducting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11	<input type="text"/>




	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task C-12 Insulates mechanical equipment C-12.01 Installs insulation on mechanical equipment C-12.02 Applies vapour barrier on insulated mechanical equipment C-12.03 Installs cladding, jacketing and finishes on insulated mechanical equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	<input type="text"/>
Total number of questions for this section:				39	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>




	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
D - Performs Applications Common to Industrial and Commercial Systems					
Task D-13 Installs fire stop systems D-13.01 Identifies approved fire stop system D-13.02 Applies fire stop materials to architectural, structural, mechanical and electrical components	☐	☐	☐	5	
Task D-14 Insulates for soundproofing D-14.01 Insulates piping for soundproofing D-14.02 Insulates turbines, equipment and mechanical systems for soundproofing D-14.03 Fabricates acoustic panels (Not Common Core) D-14.04 Installs acoustic panels to ceilings and walls (Not Common Core)	☐	☐	☐	2	
Task D-15 Installs removable covers D-15.01 Fabricates removable covers D-15.02 Fastens removable covers	☐	☐	☐	6	




	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task D-16 Installs underground insulating systems D-16.01 Installs pipe insulation to underground systems D-16.02 Installs pour-in-place and spray-on insulation to underground systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	
Total number of questions for this section:				15	SUM OF YOUR EXPECTED CORRECT ANSWERS

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
E - Performs Specialized Applications					
Task E-17 Sprays sealers, coatings and spray-on insulation E-17.01 Protects surrounding work area for spraying E-17.02 Prepares material, equipment and substrate for spraying E-17.03 Installs reinforcing material for spraying E-17.04 Applies spray-on insulation, coatings and sealers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
Task E-18 Installs fireproofing E-18.01 Applies fireproofing to architectural, structural, mechanical and electrical components E-18.02 Applies protective covering to fireproofing materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task E-19 Installs insulation for refractory systems E-19.01 Applies insulation to refractory systems E-19.02 Installs reflective systems E-19.03 Installs cladding, jacketing and finishes to refractory systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
Task E-20 Installs insulation for cryogenic systems E-20.01 Applies insulation to cryogenic systems E-20.02 Applies vapour barrier to insulated components of cryogenic systems E-20.03 Installs cladding, jacketing and finishes to cryogenic systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task E-21 Insulates for marine applications (Not Common Core) E-21.01 Insulates bulkheads, deckheads and hulls (Not Common Core) E-21.02 Installs cladding, jacketing and finishes on marine applications (Not Common Core)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	
Total number of questions for this section:				12	SUM OF YOUR EXPECTED CORRECT ANSWERS <div style="background-color: #cccccc; height: 20px; width: 100%;"></div>

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
F - Performs Asbestos , Lead and Mould Abatement					
Task F-22 Prepares for asbestos abatement F-22.01 Determines required personal protective equipment (PPE) for asbestos abatement F-22.02 Retrieves sample of asbestos for testing F-22.03 Determines scope of work F-22.04 Prepares site for removal and containment of asbestos F-22.05 Builds temporary enclosure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
Task F-23 Performs asbestos removal procedures F-23.01 Removes asbestos F-23.02 Disposes of asbestos materials F-23.03 Performs decontamination of area and equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task F-24 Performs maintenance and repair F-24.01 Encapsulates asbestos F-24.02 Encloses asbestos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<input type="text"/>
Task F-25 Performs lead abatement and mould remediation F-25.01 Performs lead abatement F-25.02 Performs mould remediation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<input type="text"/>
Total number of questions for this section:				8	<input type="text"/>
Now, add up the totals you gave yourself for each section.				TOTAL NUMBER OF QUESTIONS 130	MY EXPECTED TOTAL <input type="text"/>

Interpreting your Self-Assessment

What score did you give yourself?

Divide it by the number of questions to get a percentage.

The passing mark for the Red Seal exam is 70%. If you rated yourself higher than that overall, you feel pretty confident that your experience and knowledge in the trade are good enough for a pass. However, remember that this self-assessment is just a guide. We still encourage you to develop a study plan and to consider the areas where you rated yourself as less confident.

If your overall score is less than 70%, you might have more work to do. Look more closely at your scores section by section. What are the areas where you have the most to gain?

Look over the Red Seal Exam Preparation Guide for more advice.