



RED SEAL EXAM

SELF-ASSESSMENT GUIDE

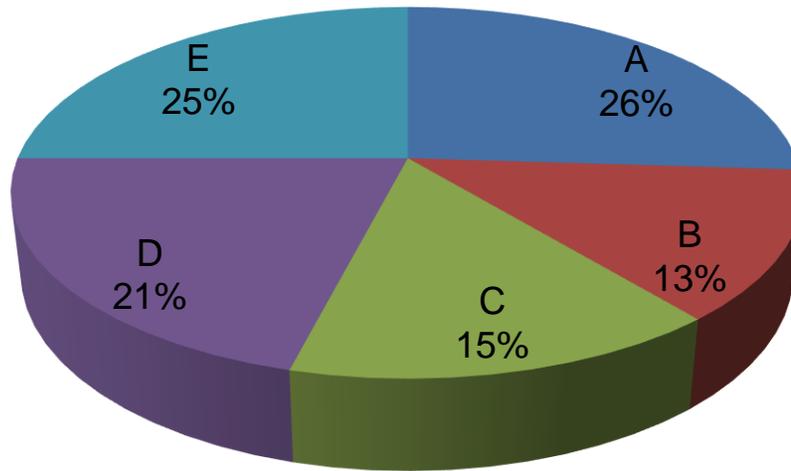
POWERLINE TECHNICIAN



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 125 questions.



	Major Work Activity / Exam Section	Percentage of Questions	Number of Questions out of 125
A	Performs common occupational skills	26%	32
B	Installs structures	13%	16
C	Installs conductor systems	15%	19
D	Installs auxiliary equipment	21%	26
E	Performs operation, maintenance and repair	25%	32

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 Common Occupational Skills					
Task A-1 Performs safety-related functions A-1.01 Uses personal protective equipment (PPE) and safety equipment A-1.02 Controls powerline hazards A-1.03 Controls environmental hazards A-1.04 Performs lock-out and tag-out procedures A-1.05 Performs temporary grounding and bonding procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="text"/>
Task A-2 Uses and maintains tools and equipment A-2.01 Uses hand, power and powder-actuated tools and equipment A-2.02 Uses electrical measuring and testing equipment A-2.03 Uses rigging, hoisting and lifting equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<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-3 Organizes work A-3.01 Interprets plans, drawings and specifications A-3.02 Prepares worksite A-3.03 Plans job tasks and procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="text"/>
Task A-4 Accesses work area A-4.01 Climbs poles and steel lattice structures A-4.02 Uses access equipment A-4.03 Uses on- and off-road equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
Task A-5 Uses live-line methods A-5.01 Uses cover up A-5.02 Uses rubber gloves A-5.03 Uses bare-hand methods (Not Common Core) A-5.04 Uses fibreglass reinforced plastic (FRP) tools (hot sticks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	<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-6 Uses communication and mentoring techniques A-6.01 Uses communication techniques A-6.02 Uses mentoring techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	
Total number of questions for this section:				32	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?
B – Installs Structures					
Task B-7 Installs pole structures B-7.01 Frames pole structures B-7.02 Sets pole structures B-7.03 Installs pole structure guys and anchors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13	<input type="text"/>
Task B-8 Installs steel lattice structures B-8.01 Assembles steel lattice structures B-8.02 Erects steel lattice structures B-8.03 Installs steel lattice structure guy wires and anchors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="text"/>
Total number of questions for this section:				16	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?
C – Installs Conductor Systems					
Task C-9 Installs overhead conductors and cables C-9.01 Strings overhead conductors and cables C-9.02 Sags overhead conductors and cables C-9.03 Ties-in overhead conductors and cables C-9.04 Installs splices and connections to overhead conductors and cables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13	<input type="text"/>
Task C-10 Installs underground and underwater cable C-10.01 Installs conduit and cable C-10.02 Places direct buried cable C-10.03 Splices underground and underwater cable C-10.04 Terminates underground and underwater cable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="text"/>
Total number of questions for this section:				19	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 – Installs Auxiliary Equipment					
Task D-11 Installs lighting systems D-11.01 Installs street lights D-11.02 Maintains street lights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="text"/>
Task D-12 Installs voltage control equipment D-12.01 Installs transformers D-12.02 Installs capacitors D-12.03 Installs voltage regulators D-12.04 Installs switches D-12.05 Installs reactors (Not Common Core)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	<input type="text"/>
Task D-13 Installs protection equipment D-13.01 Installs reclosers D-13.02 Installs sectionalizers D-13.03 Installs fuses D-13.04 Installs lightning arrestors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<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 D-14 Installs metering equipment D-14.01 Installs primary metering equipment D-14.02 Installs secondary metering equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
Task D-15 Installs communication devices D-15.01 Installs cellular antennas D-15.02 Transfers communication lines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
Total number of questions for this section:				26	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?
E – Performs Operation, Maintenance and Repair					
Task E-16 Operates distribution and transmission systems E-16.01 Operates transmission systems E-16.02 Operates distribution systems E-16.03 Performs station switching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="text"/>
Task E-17 Maintains distribution and transmission systems E-17.01 Inspects distribution and transmission systems E-17.02 Maintains pole structures E-17.03 Maintains steel lattice structures E-17.04 Maintains system components E-17.05 Trims trees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	<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 E-18 Repairs distribution systems E-18.01 Troubleshoots overhead distribution systems E-18.02 Troubleshoots underground and underwater distribution systems E-18.03 Repairs overhead distribution systems E-18.04 Repairs underground and underwater distribution systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	<input type="text"/>
Task E-19 Repairs transmission systems E-19.01 Troubleshoots overhead transmission systems E-19.02 Troubleshoots underground and underwater transmission systems E-19.03 Repairs overhead transmission systems E-19.04 Repairs underground and underwater transmission systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="text"/>
Total number of questions for this section:				32	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?
<p>Now, add up the totals you gave yourself for each section.</p>				TOTAL NUMBER OF QUESTIONS 125	MY EXPECTED TOTAL <input data-bbox="1738 565 1992 634" 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.