



# **RED SEAL EXAM**

# **SELF-ASSESSMENT GUIDE**

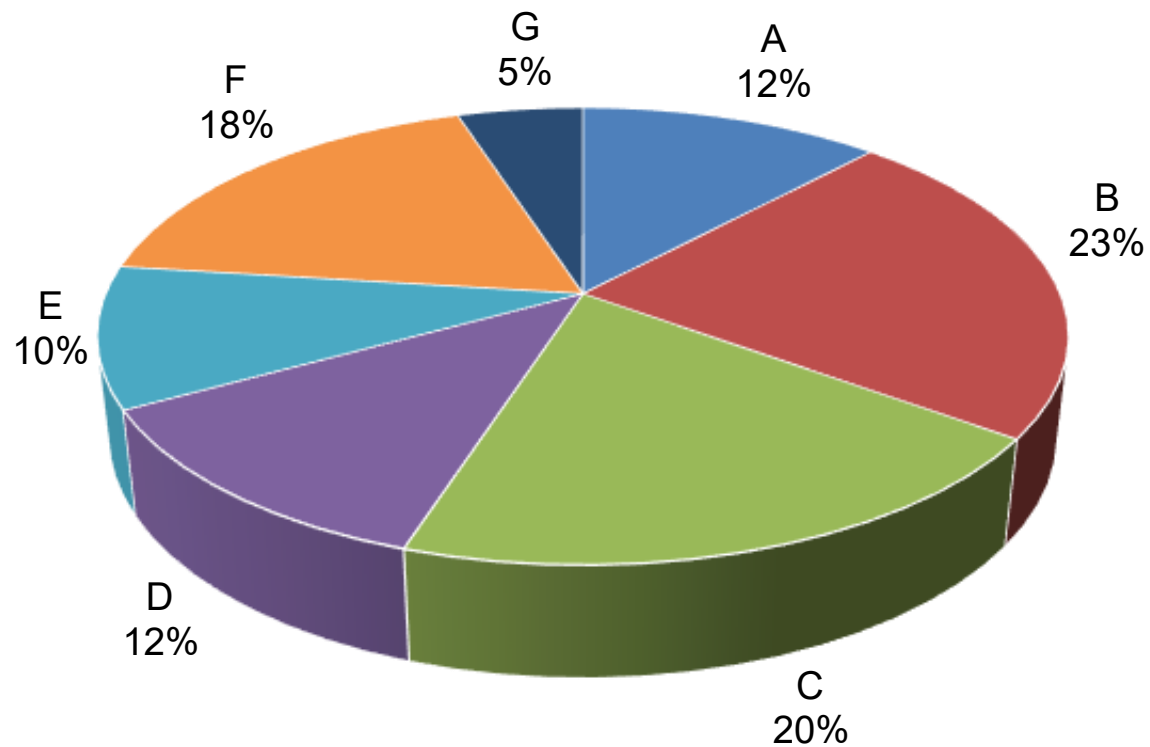
## **AUTO BODY AND COLLISION TECHNICIAN**



# 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 120 questions.



	<b>Major Work Activity / Exam Section</b>	<b>Percentage of Questions</b>	<b>Number of Questions out of 120</b>
A	Performs common occupational skills	12%	15
B	Repairs frame and structural components	23%	28
C	Repairs non-structural outer body panels and related components	20%	24
D	Repairs mechanical, electrical and alternative-fuel system components	12%	13
E	Repairs interior components and services restraint systems	10%	12
F	Performs refinishing procedures	18%	22
G	Performs detailing and cleaning	5%	6

# 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!

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




	● <b>LOW</b> Understanding / Experience	● <b>MEDIUM</b> Understanding / Experience	● <b>HIGH</b> 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>A – Performs common occupational skills</b>					
1. Performs safety-related functions 1.01 Maintains safe work environment 1.02 Uses personal protective equipment (PPE) and safety equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<hr/>
2. Uses and maintains tools and equipment 2.01 Maintains hand and power tools 2.02 Maintains frame and unibody repair and measuring equipment 2.03 Uses lifting equipment 2.04 Uses diagnostic equipment 2.05 Maintains refinishing tools and equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<hr/>
3. Uses and maintains welding equipment 3.01 Uses welding equipment 3.02 Maintains welding equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<hr/>




	 <b>LOW Understanding / Experience</b>	 <b>MEDIUM Understanding / Experience</b>	 <b>HIGH Understanding / Experience</b>	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?
4. Organizes work and uses documentation 4.01 Prepares estimates and supplements 4.02 Prepares repair plan 4.03 Organizes parts, materials and work area 4.04 Uses documentation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<hr/>
5. Uses communication and mentoring techniques 5.01 Uses communication techniques 5.02 Uses mentoring techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	<hr/>
6. Removes and installs trim and hardware 6.01 Removes trim and hardware 6.02 Installs trim and hardware	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<hr/>
7. Performs final inspections 7.01 Performs final operational check 7.02 Performs final quality control inspection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<hr/>




	 <b>LOW</b> <b>Understanding</b> <b>/ Experience</b>	 <b>MEDIUM</b> <b>Understanding</b> <b>/ Experience</b>	 <b>HIGH</b> <b>Understanding</b> <b>/ Experience</b>	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?
8. Applies corrosion protection and sound deadening materials 8.01 Applies corrosion inhibitors and undercoats 8.02 Applies seam sealers and sound deadeners	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	
Total number of questions for this section:				<b>15</b>	SUM OF YOUR EXPECTED CORRECT ANSWERS <div style="background-color: #cccccc; height: 20px; width: 100%;"></div>




	 <b>LOW</b> <b>Understanding</b> <b>/ Experience</b>	 <b>MEDIUM</b> <b>Understanding</b> <b>/ Experience</b>	 <b>HIGH</b> <b>Understanding</b> <b>/ Experience</b>	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>B – Repairs frame and structural components</b>					
9. Prepares for repair and replacement of structural components 9.01 Identifies extent of damage 9.02 Removes components for access 9.03 Performs vehicle setup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11	<input type="text"/>
10. Repairs, removes and installs structural components 10.01 Repairs structural components 10.02 Removes structural components 10.03 Installs structural components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="text"/>
11. Removes, installs and repairs structural and laminated glass 11.01 Removes structural glass 11.02 Installs structural glass 11.03 Repairs laminated glass	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="text"/>
Total number of questions for this section:				<b>28</b>	<b>SUM OF YOUR EXPECTED CORRECT ANSWERS</b>









	 <b>LOW</b> <b>Understanding</b> <b>/ Experience</b>	 <b>MEDIUM</b> <b>Understanding</b> <b>/ Experience</b>	 <b>HIGH</b> <b>Understanding</b> <b>/ Experience</b>	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>C - Repairs non-structural outer body panels and related components</b>					
12. Removes, repairs and installs metal panels and components 12.01 Prepares metal panels and components for repair 12.02 Removes metal panels and components 12.03 Repairs metal panels and components 12.04 Installs metal panels and components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11	
13. Removes, repairs and installs plastic and composite panels and components 13.01 Prepares plastic and composite panels and components for repair 13.02 Removes plastic and composite panels and components 13.03 Repairs plastic and composite panels and components 13.04 Installs plastic and composite panels and components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	




	 <b>LOW</b> <b>Understanding</b> <b>/ Experience</b>	 <b>MEDIUM</b> <b>Understanding</b> <b>/ Experience</b>	 <b>HIGH</b> <b>Understanding</b> <b>/ Experience</b>	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?
14. Removes and installs non-structural glass 14.01 Removes non-structural glass 14.02 Installs non-structural glass	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
Total number of questions for this section:				<b>24</b>	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	 <b>LOW</b> <b>Understanding</b> <b>/ Experience</b>	 <b>MEDIUM</b> <b>Understanding</b> <b>/ Experience</b>	 <b>HIGH</b> <b>Understanding</b> <b>/ Experience</b>	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>D - Repairs mechanical, electrical and alternative-fuel system components</b>					
15. Deactivates and reactivates alternative-fuel systems 15.01 Deactivates alternative-fuel systems 15.02 Reactivates alternative-fuel systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
16. Removes and installs mechanical components 16.01 Removes mechanical components 16.02 Installs mechanical components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	<input type="text"/>
17. Removes, repairs and installs electrical and electronic components 17.01 Removes electrical components 17.02 Repairs damaged wires and protective coverings 17.03 Installs electrical components 17.04 Services advanced electronic components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
Total number of questions for this section:				<b>13</b>	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> 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>E - Repairs interior components and services restraint systems</b>					
18. Repairs and replaces interior components 18.01 Repairs interior components 18.02 Replaces interior components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="text"/>
19. Services supplemental restraint systems (SRS) 19.01 Services seat belt restraint systems 19.02 Services air bags and related components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	<input type="text"/>
Total number of questions for this section:				<b>12</b>	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	 <b>LOW</b> <b>Understanding</b> <b>/ Experience</b>	 <b>MEDIUM</b> <b>Understanding</b> <b>/ Experience</b>	 <b>HIGH</b> <b>Understanding</b> <b>/ Experience</b>	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>F - Performs refinishing procedures</b>					
20. Prepares surface 20.01 Performs initial preparation 20.02 Masks surface 20.03 Strips surface 20.04 Sands surface	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<hr/>
21. Uses repair materials 21.01 Mixes repair materials 21.02 Applies repair materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<hr/>
22. Prepares refinishing equipment 22.01 Prepares spray booth 22.02 Performs spray gun setup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<hr/>
23. Prepares refinishing materials 23.01 Mixes refinishing materials 23.02 Performs colour adjustments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<hr/>

	 <b>LOW</b> <b>Understanding</b> <b>/ Experience</b>	 <b>MEDIUM</b> <b>Understanding</b> <b>/ Experience</b>	 <b>HIGH</b> <b>Understanding</b> <b>/ Experience</b>	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?
24. Applies refinishing materials 24.01 Applies sealers 24.02 Applies base coat 24.03 Applies single-stage paint 24.04 Applies clear coat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="text"/>
25. Performs post-refinishing functions 25.01 Removes masking materials 25.02 Corrects surface imperfections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
Total number of questions for this section:				<b>22</b>	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	 <b>LOW</b> Understanding / Experience	 <b>MEDIUM</b> Understanding / Experience	 <b>HIGH</b> 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>G - Performs detailing and cleaning</b>					
26. Details exterior 26.01 Removes minor imperfections 26.02 Polishes vehicle 26.03 Touches up stone chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
27. Cleans vehicle 27.01 Cleans exterior 27.02 Cleans interior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
Total number of questions for this section:				<b>6</b>	<b>SUM OF YOUR EXPECTED CORRECT ANSWERS</b>
Now, add up the totals you gave yourself for each section.				<b>TOTAL NUMBER OF QUESTIONS</b> 120	<b>MY EXPECTED TOTAL</b>

## **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.