RED SEAL EXAM
SELF-ASSESSMENT GUIDE
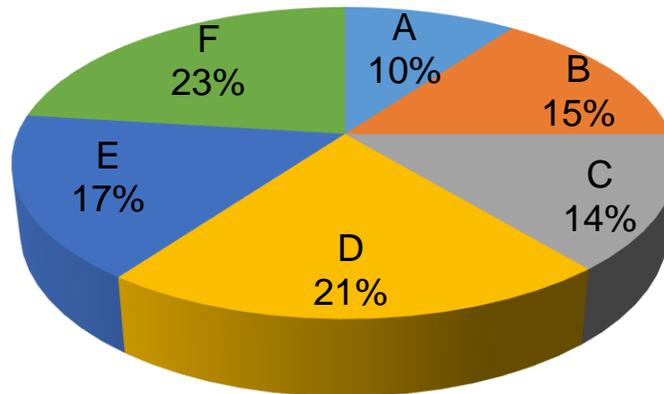
REFRIGERATION AND
AIR CONDITIONING MECHANIC

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	10%	13
B	Performs routine trade activities	15%	19
C	Plans installation	14%	18
D	Performs installation	21%	26
E	Performs commissioning	17%	21
F	Performs maintenance and service	23%	28

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	☐	☐	☐	3	
A-1.01 Maintains safe work environment					
A-1.02 Performs lock-out, tagout and isolation procedures					
A-1.03 Uses personal protective equipment (PPE) and safety equipment					
Task A-2 Uses tools and equipment	☐	☐	☐	5	
A-2.01 Uses hand tools					
A-2.02 Uses portable and stationary power tools					
A-2.03 Uses brazing and soldering equipment					
A-2.04 Uses recovery and recycling tools and equipment					
A-2.05 Uses evacuation tools and equipment					
A-2.06 Uses charging tools and equipment					
A-2.07 Uses diagnostic and measuring tools and equipment					
A-2.08 Uses access equipment					
A-2.09 Uses rigging, hoisting and lifting equipment					
A-2.10 Uses digital technology					

	● 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 drawings and specifications A-3.02 Uses documentation and reference material A-3.03 Plans job tasks and procedures	☐	☐	☐	3	
Task A-4 Uses communication and mentoring techniques A-4.01 Uses communication techniques A-4.02 Uses mentoring techniques	☐	☐	☐	2	
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**13**	

	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 routine trade activities					
Task B-5 Performs work site preparation	☐	☐	☐	5	
B-5.01 Prepares work site					
B-5.02 Handles materials and supplies					
					v
Task B-6 Performs trade activities	☐	☐	☐	14	
B-6.01 Performs brazing and soldering					
B-6.02 Performs leak and pressure tests on system					
B-6.03 Evacuates systems					
B-6.04 Uses refrigerants, gases and oils					
B-6.05 Performs field wiring of systems					
B-6.06 Applies sealants and adhesives					
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**19**	

	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 – Plans installation					
Task C-7 Plans installation of HVAC/R systems C-7.01 Verifies HVAC/R system parameters and requirements C-7.02 Selects HVAC/R equipment, components and accessories C-7.03 Determines placement of HVAC/R equipment, components and accessories C-7.04 Performs HVAC/R material take-off	☐	☐	☐	11	
Task C-8 Plans installation of control systems C-8.01 Verifies control system parameters and requirements C-8.02 Selects control system components and accessories C-8.03 Determines placement of control system components and accessories C-8.04 Performs control system material take-off	☐	☐	☐	7	
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**18**	

	● 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 installation					
Task D-9 Installs HVAC/R systems	☐	☐	☐	16	
D-9.01 Confirms system layout					
D-9.02 Assembles HVAC/R equipment, components and accessories					
D-9.03 Places HVAC/R equipment, components and accessories					
D-9.04 Installs fasteners, brackets and hangers					
D-9.05 Installs HVAC/R piping and tubing					
D-9.06 Applies HVAC/R holding charge					
Task D-10 Installs control systems	☐	☐	☐	10	
D-10.01 Places control system components					
D-10.02 Connects control systems					
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**26**	

	● 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 commissioning					
Task E-11 Commissions HVAC/R systems E-11.01 Performs pre-start-up checks for HVAC/R systems E-11.02 Performs start-up of HVAC/R systems E-11.03 Completes HVAC/R system charge E-11.04 Sets up primary and secondary HVAC/R system components	☐	☐	☐	13	
Task E-12 Commissions control systems E-12.01 Performs start-up checks for control systems E-12.02 Verifies/sets operating parameters	☐	☐	☐	8	
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**21**	

	● 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 maintenance and service					
Task F-13 Maintains HVAC/R systems F-13.01 Inspects HVAC/R systems F-13.02 Performs predictive and scheduled maintenance on HVAC/R systems F-13.03 Tests HVAC/R system components and accessories	☐	☐	☐	8	
Task F-14 Services HVAC/R systems F-14.01 Troubleshoots HVAC/R systems F-14.02 Repairs HVAC/R systems	☐	☐	☐	11	

	● 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-15 Maintains and services control systems	☐	☐	☐	9	
F-15.01 Performs maintenance and inspection on control systems F-15.02 Troubleshoots control systems					
F-15.03 Calibrates operating and safety controls F-15.04 Repairs control systems					
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**28**	
				TOTAL NUMBER OF QUESTIONS	MY EXPECTED TOTAL
Now, add up the totals you gave yourself for each section.				125	

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.