



RED SEAL EXAM

SELF-ASSESSMENT GUIDE

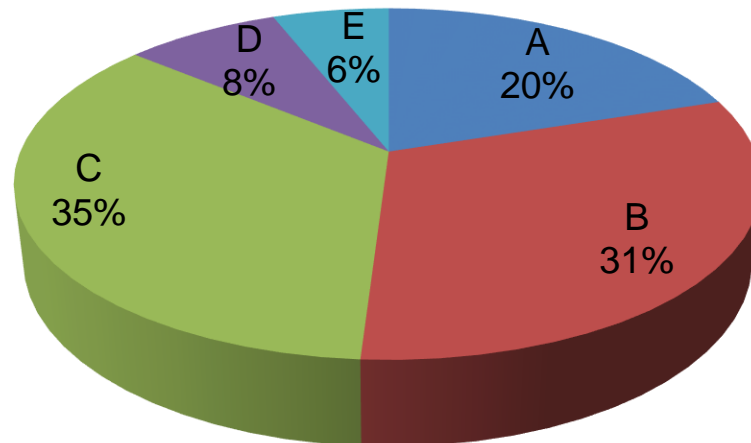
SHEET METAL WORKER



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.



	Major Work Activity / Exam Section	Percentage of Questions	Number of Questions out of 120
A	Performs Common Occupational Skills	20%	24
B	Performs Fabrication	31%	38
C	Installs Air and Material Handling Systems	35%	41
D	Installs Roofing and Specialty Products	8%	10
E	Performs Maintenance and Repair	6%	7

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 Maintains safe work environment A-1.03 Performs lock-out and tag-out procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	
Task A-2 Uses and maintains tools and equipment A-2.01 Uses hand and portable power tools A-2.02 Uses shop tools and equipment A-2.03 Uses gas metal arc welding (GMAW) equipment A-2.04 Uses resistance spot welding equipment A-2.05 Uses gas tungsten arc welding (GTAW) equipment A-2.06 Uses shielded metal arc welding (SMAW) equipment A-2.07 Uses oxy-fuel and plasma arc cutting equipment A-2.08 Uses soldering and brazing equipment A-2.09 Uses measuring and layout equipment A-2.10 Uses testing and inspection devices A-2.11 Uses stationary and mobile work platforms A-2.12 Uses hoisting, rigging and positioning equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	

	 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 Uses trade-related documentation A-3.02 Interprets drawings A-3.03 Organizes materials and equipment for project A-3.04 Performs basic design and field modifications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	
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"/>	3	
Total number of questions for this section:				24	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?
B – Performs Site Preparation					
Task B-5 Performs pattern development B-5.01 Develops patterns using simple and straight line layout B-5.02 Develops patterns using parallel line method B-5.03 Develops patterns using radial line method B-5.04 Develops patterns using triangulation method B-5.05 Uses computer technology for pattern development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13	
Task B-6 Fabricates sheet metal components for air and material handling systems B-6.01 Cuts ductwork, fittings and components B-6.02 Forms ductwork, fittings and components B-6.03 Insulates ductwork, fittings and components B-6.04 Assembles ductwork, fittings and components B-6.05 Fabricates dampers B-6.06 Fabricates hanger systems, supports and bases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16	




	 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-7 Fabricates flashing, roofing, sheeting and cladding B-7.01 Cuts metal for flashing, roofing, sheeting and cladding B-7.02 Forms flashing, roofing, sheeting and cladding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	v
Task B-8 Fabricates specialty products B-8.01 Cuts material for specialty products B-8.02 Forms specialty products B-8.03 Assembles specialty products B-8.04 Finishes specialty products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	
Total number of questions for this section:				38	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?
C – Installs Air and Material Handling Systems					
Task C-9 Prepares installation site C-9.01 Performs on-site measurements C-9.02 Performs demolitions for renovations C-9.03 Installs penetrations and sleeves C-9.04 Installs supports and bases C-9.05 Installs hangers, cables, braces and brackets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	<input type="text"/>
Task C-10 Installs and connects chimneys, breeching and venting to exhaust appliances and mechanical equipment C-10.01 Installs chimney C-10.02 Connects appliances or mechanical equipment to chimney and breeching C-10.03 Installs high efficiency appliances and mechanical 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 C-11 Installs air handling system components C-11.01 Installs air handling equipment C-11.02 Installs sheet metal ducts and fittings C-11.03 Installs dampers C-11.04 Installs fire and fire/smoke dampers C-11.05 Installs registers, grilles, diffusers and louvers C-11.06 Installs terminal boxes C-11.07 Installs coils C-11.08 Installs system component accessories C-11.09 Installs plenums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16	
Task C-12 Installs material handling system components C-12.01 Installs pneumatic and gravity material handling system components C-12.02 Installs mechanized material handling system components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	

	● 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-13 Applies thermal insulation, lagging, cladding and flashing C-13.01 Applies thermal insulation to components C-13.02 Applies lagging and cladding to components C-13.03 Applies flashing to components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
Task C-14 Performs leak testing, air balancing and commissioning C-14.01 Performs leak tests C-14.02 Performs testing, adjusting and balancing (TAB) C-14.03 Participates in the commissioning of air and material handling systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	
Total number of questions for this section:				41	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?
D – Installs Roofing and Specialty Products					
Task D-15 Installs metal roofing and cladding/siding systems D-15.01 Lays out roof and walls D-15.02 Installs insulation, isolation material and building envelope components D-15.03 Installs roofing and cladding/siding system components D-15.04 Seals exposed joints D-15.05 Installs decking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	
Task D-16 Installs exterior components D-16.01 Prepares surface D-16.02 Fastens exterior components	<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 D-17 Installs specialty products D-17.01 Installs stainless steel specialty products D-17.02 Installs non-stainless steel specialty products D-17.03 Installs marine products (Not Common Core)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="text"/>
Total number of questions for this section:				10	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 Maintenance and Repair					
Task E-18 Performs scheduled maintenance E-18.01 Performs maintenance inspections E-18.02 Services components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="text"/>
Task E-19 Repairs faulty systems and components E-19.01 Diagnoses system faults E-19.02 Repairs worn or faulty components	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="text"/>
Total number of questions for this section:				7	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 120	MY EXPECTED TOTAL <input data-bbox="1734 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.