Contents

ITA Exam Preparation: .................................................. 3
Preparing to write the Red Seal ........................................ 3

Exam Preparation Tips  Exam Anxiety .................................. 3

Accommodation: .......................................................... 3
Essential Skills: .......................................................... 4
Upgrading Resource Site ................................................. 4
Exam Scheduling: .......................................................... 4
All Trades: fee for service: ........................................... 4
Queens Printer: ............................................................ 4
Exams that require codebooks ........................................ 4
Red Seal.ca Resources .................................................. 5
BC Trade Publications – fee for purchase ....................... 5
Government of Canada ................................................ 5

All Trades: Practice Exam Questions - fee for service ........ 5
Red Seal Trades – Weblinks ............................................. 6
Appliance Service Technician ......................................... 7
AST .............................................................................. 7

Auto Refinishing .......................................................... 8
Baker ........................................................................... 8
Boilermaker .................................................................. 8
Bricklayer ..................................................................... 9
Cabinetmaker (Joinery) .................................................... 9
Carpenter ..................................................................... 10
Concrete Finisher ........................................................... 10
Construction Craft Worker ............................................ 11

Cooks ........................................................................... 11

PC1 ............................................................................ 11

PC2 ............................................................................ 11

PC3 ............................................................................. 11-12

Electric Motor Systems Technician (Winder Electrician) ................ 122
Electrical, Construction .................................................. 12
Electrician, Industrial ..................................................... 13
Floor Covering Installer ................................................. 133

Glazier .......................................................................... 144
Hair stylist ..................................................................... 14-15

Heavy Duty Equipment Technician (Mechanic) ...................... 15
Heavy Equipment Operator Technician ................................ 15

Trade Resources
Horticulturist, Landscape .......................................................... 166
Industrial Mechanic (Millwright) .............................................. 166-17
Instrumentation and Control .................................................. 177
Insulator (Heat and Frost) ....................................................... 188
Ironworker (generalist) ......................................................... 18
Ironworker (reinforcing) ....................................................... 18
Lather: .................................................................................. 199
Machinist / Millwright ............................................................. 19
Metal Fabricator (Fitter) ......................................................... 19-20
Mobile Crane Operator, Lattice Boom Friction Crane .............. 20
Mobile Crane Operator, Lattice Boom Hydraulic Friction Crane .. 20
Motor Vehicle Body Repairer (Automotive Collision Repair Technician) .................................................. 21
Motorcycle & Power Equipment Technician ......................... 21
Oil Heat System Technician (Oil Burner Mechanic) ................ 21
Painter and Decorator ......................................................... 21
Partsperson 3 ........................................................................ 22
Petroleum Installer / Service Technician ............................... 22-23
Plumber .................................................................................. 23-24
Power Line Technician ........................................................... 24
Professional Cook SEE Cook ................................................ 11
Recreational Vehicle Service Technician .............................. 23
Refrigeration .......................................................................... 24
Rig Technician ...................................................................... 25
Roof er ................................................................................... 25
Sheet Metal Worker .............................................................. 25
Sprinkler System Installer .................................................... 25-26
Steamfitter: ........................................................................... 26
Tilesetter ................................................................................ 26-27
Tool and Die Maker .............................................................. 27
Transport Trailer Technician ................................................. 27
Truck and Transport Mechanic (Commercial Transport Mechanic) .................................................. 28
Welder: .................................................................................. 288
ITA Exam Preparation:

ITA Resources page: [http://www.itabc.ca/exams/prepare-your-exams](http://www.itabc.ca/exams/prepare-your-exams)

Preparing to write the Red Seal


If you are taking an Interprovincial (Red Seal) examination, the Red Seal website offers a number of excellent resources to help you prepare. These resources include:

a. **National Occupation Analysis (NOA):** This document describes the skills and knowledge required to perform the duties of the trade. Each NOA consists of blocks; each block is divided into tasks and each task is divided into sub-tasks. Red Seal examination questions are specifically based on the NOA sub-tasks. [http://www.red-seal.ca/resources/n.4.1-eng.html](http://www.red-seal.ca/resources/n.4.1-eng.html)

b. **Interprovincial Red Seal Examination Preparation Information Guide:** This document describes how to use the NOA to prepare for your examination. From the NOA structure to study plans, it gives you a detailed approach to examination preparation. ([http://www.red-seal.ca/images/ATC-index-eng.html](http://www.red-seal.ca/images/ATC-index-eng.html))

c. **Examination Counselling Sheet:** The examination counselling sheet provides you with a breakdown or weighting of the percentage of questions for each topic area on the examination. Most Red Seal examinations have between 100 and 150 questions.

d. **Sample Question Library:** Sample questions on the Red Seal website show you the structure and phrasing of the types of questions you will be asked on the examination.

To find the Red Seal support material for your trade:

1. Go to: [www.red-seal.ca](http://www.red-seal.ca)
2. Click: Red Seal Examinations
3. Select: your trade name

![Exam Preparation Tips](image)

![Exam Anxiety](image)

(Click image to enlarge)

**Accommodation:**

ITA offers a variety of accommodations including translators, extended time, and readers to assist with understanding exam questions. Here is the link to further information and application: [http://www.itabc.ca/exams/accommodations-esl-disability-options](http://www.itabc.ca/exams/accommodations-esl-disability-options)
Essential Skills:

*ITA testing on site:*
http://www.itabc.ca/discover-apprenticeship-programs/ita-essential-skills

Construction trades Essential skills – various formats & focuses:
http://www.constructionessentialskills.ca/en/resources

Refresher Courses:
ATTI Ace Trades and Technical Institute: http://www.atticanada.com/red-seal/
Scroll down to the bottom of the page and click on Schedule of upcoming Red Seal and Apprenticeship Challenge Exam Refresher Courses with Ace to access the list of upcoming courses.

Upgrading Resource Site:
http://www.itabc.ca/refresher-courses-and-resources

Exam Scheduling:
Link to schedule an exam rewrite date:
http://www.itabc.ca/sites/default/files/docs/apply/forms/CS004.9%20IP%20CofQ%20Examination%20Application.pdf

2016 Exam schedule:

Service BC Offices:
If you can’t write your exam at one of these sessions, we can arrange for you to write your exam at one of the 60 Service BC offices around the province.

All Trades: Practice Exams:
http://www.examapps.com/
https://www.iptbooks.com/
http://trades.exambank.com/

Queens Printer:
Crown Publication BC: https://www.crownpub.bc.ca
Go to BC Trades + choose trade for more info

Exams that require codebooks
**Red Seal.ca Resources**

**Red Seal Website:**
[www.red-seal.ca](http://www.red-seal.ca)

You will find useful information that might help you prepare for your exam, including some sample questions:
[http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=202](http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=202)

**NOA by trade - A to Z:**
[http://www.red-seal.ca/resources/n.4.1_l.3st-eng.html](http://www.red-seal.ca/resources/n.4.1_l.3st-eng.html)

**IP guides:**
[http://www.red-seal.ca/resources/.3pg-eng.html](http://www.red-seal.ca/resources/.3pg-eng.html)

**BC Trade Publications – fee for purchase**
[https://www.crownpub.bc.ca/Product/Listing/13503_BC-Trades?WT.ac=hpsl_BCtrades](https://www.crownpub.bc.ca/Product/Listing/13503_BC-Trades?WT.ac=hpsl_BCtrades)

**Government of Canada**

(Lots of publications can enter key word such as ‘essential skills’)
[http://www12.esdc.gc.ca/sgpe-pmps/h.4m.2@-eng.jsp](http://www12.esdc.gc.ca/sgpe-pmps/h.4m.2@-eng.jsp)

**WorksafeBC**

**All Trades: Practice Exam Questions - fee for service**

**Inter-Provincial Red Seal Exam**

**IPT’s Training Manuals**
[https://www.iptbooks.com/](https://www.iptbooks.com/)

**Trade and Apprenticeship ExamBank**

**Red Seal Interprovincial Exam Preparation Courses**
# Red Seal Trades – Weblinks

<table>
<thead>
<tr>
<th>Agricultural Equipment Technician</th>
<th>Ironworker (Reinforcing)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appliance Service Technician</td>
<td>Ironworker (Structural/Ornamental)</td>
</tr>
<tr>
<td>Automotive Painter</td>
<td>Landscape Horticulturist</td>
</tr>
<tr>
<td>Automotive Service Technician</td>
<td>Lather (Interior Systems Mechanic)</td>
</tr>
<tr>
<td>Baker</td>
<td>Machinist</td>
</tr>
<tr>
<td>Boilermaker</td>
<td>Metal Fabricator (Fitter)</td>
</tr>
<tr>
<td>Bricklayer</td>
<td>Mobile Crane Operator</td>
</tr>
<tr>
<td>Cabinetmaker</td>
<td>Mobile Crane Operator (Hydraulic)</td>
</tr>
<tr>
<td>Carpenter</td>
<td>Motor Vehicle Body Repairer (Metal and Paint)</td>
</tr>
<tr>
<td>Concrete Finisher</td>
<td>Motorcycle Mechanic</td>
</tr>
<tr>
<td>Construction Craft Worker</td>
<td>Oil Heat System Technician</td>
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<td>Construction Electrician</td>
<td>Painter and Decorator</td>
</tr>
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<td>Cook</td>
<td>Partsperson</td>
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<tr>
<td>Drywall Finisher and Plasterer</td>
<td>Plumber</td>
</tr>
<tr>
<td>Electric Motor System Technician</td>
<td>Powerline Technician</td>
</tr>
<tr>
<td>Floorcovering Installer</td>
<td>Recreation Vehicle Service Technician</td>
</tr>
<tr>
<td>Gasfitter — Class A</td>
<td>Refrigeration and Air Conditioning</td>
</tr>
<tr>
<td>Gasfitter — Class B</td>
<td>Mechanic</td>
</tr>
<tr>
<td>Glazier</td>
<td>Rig Technician</td>
</tr>
<tr>
<td>Hairstylist</td>
<td>Roofer</td>
</tr>
<tr>
<td>Heavy Duty Equipment Technician</td>
<td>Sheet Metal Worker</td>
</tr>
<tr>
<td>Heavy Equipment Operator (Dozer)</td>
<td>Sprinkler System Installer</td>
</tr>
<tr>
<td>Heavy Equipment Operator (Excavator)</td>
<td>Steamfitter/ Pipefitter</td>
</tr>
<tr>
<td>Heavy Equipment Operator (Tractor-Loader-Backhoe)</td>
<td>Tilesetter</td>
</tr>
<tr>
<td>Industrial Electrician</td>
<td>Tool and Die Maker</td>
</tr>
<tr>
<td>Industrial Mechanic (Millwright)</td>
<td>Tower Crane Operator</td>
</tr>
<tr>
<td>Instrumentation and Control Technician</td>
<td>Transport Trailer Technician</td>
</tr>
<tr>
<td>Insulator (Heat and Frost)</td>
<td>Truck and Transport Mechanic</td>
</tr>
<tr>
<td>Ironworker (Generalist)</td>
<td>Welder</td>
</tr>
</tbody>
</table>
**Appliance Service Technician**

ITA Appliance Service Tech Homepage:  
[http://www.itabc.ca/program/appliance-service-technician](http://www.itabc.ca/program/appliance-service-technician)

ITA Program Outline:  
[http://www.itabc.ca/sites/default/files/program-information/Appliance%20Service%20Technician%20Outline%20Jan%202013_0.pdf](http://www.itabc.ca/sites/default/files/program-information/Appliance%20Service%20Technician%20Outline%20Jan%202013_0.pdf)

NOA Red Seal website:  
[http://www.red-seal.ca/trades/1ppl.3.1nc.2_t.2ch-eng.html](http://www.red-seal.ca/trades/1ppl.3.1nc.2_t.2ch-eng.html)

**Automotive Service Technician**

Red Seal website: National Occupational Analysis  

How to use the NOA as a study guide:  
[http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html](http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html)

Exam Counselling sheet:  
[http://www.red-seal.ca/trades/23_automotive_service_technician/.2x.1m_cs-eng.html](http://www.red-seal.ca/trades/23_automotive_service_technician/.2x.1m_cs-eng.html)

Sample questions: Red Seal  
[http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=23](http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=23)

Interprovincial Program Guide: Red Seal website  

Practice exam: Tradesecrets website  

Answer Key: Tradesecrets  

ITA program outline:  
[http://www.itabc.ca/sites/default/files/program-information/ast-1-4-sept-2015_0.pdf](http://www.itabc.ca/sites/default/files/program-information/ast-1-4-sept-2015_0.pdf)

ITA AST Homepage:  

List of Automotive Resources for Exam Prep / A great list of available support providers:  
[http://www.aa1car.com/library/training_resources.htm](http://www.aa1car.com/library/training_resources.htm)

Free resource w/questions and assignments:  

Measuring Tools and all things machining:  

WorksafeBC  

Purchase access to CDX Global for one year through Okanagan College bookstore:  
CDX Access Code 152.25

Red Seal  
[http://www.red-seal.ca/trades/autoservtech/2011n.4.1_4v.2rv.3.2w-eng.html](http://www.red-seal.ca/trades/autoservtech/2011n.4.1_4v.2rv.3.2w-eng.html)
**Auto Refinishing**

The Auto Refinishing home page includes the program outline which provides you with a full inventory for the trade, as well, here you’ll find the Exam table and guidelines to you prepare to write:

http://www.itabc.ca/program/automotive-painter-automotive-refinishing-technician

ITA Auto Refinishing Program Outline:

http://www.itabc.ca/sites/default/files/program-information/Automotive-Refinishing-Paint-Program-Outline-Dec-09.pdf

NOA Red Seal website:

http://www.red-seal.ca/trades/1.5t.4p.1.3nt-eng.html

Interprovincial (IP) Exam Table:


**Baker**

NOA Red Seal website:

http://www.red-seal.ca/trades/b.1k.2r-eng.html

Interprovincial (IP) Exam Table:


ITA Baker Homepage:

http://www.itabc.ca/program/baker

ITA Program Outline:


**Boilermaker**

ITA Boilermaker homepage:

http://www.itabc.ca/program/boilermaker-construction-boilermaker

ITA Program outline:


ITA practice exam:


NOA Red Seal website:


Practice questions:

http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=35

Exam Counseling Sheet:

http://www.red-seal.ca/trades/35_boilermaker/2x.1m_cs-eng.html

Boilermaker glossary of terms:

https://tradesecrets.alberta.ca/SOURCES/PDFS/glossaries/038_glossary.pdf

List of text books from Tradesecrets website:

https://tradesecrets.alberta.ca/SOURCES/PDFS/textbooks/038_textbooks.pdf

Study Guide (Newfoundland):


Exam apps:

http://www.examapps.com/#boilermaker/crg2

Exam Preparation Guide:

http://www.red-seal.ca/images/Assist_to_Can_Final.pdf
**Bricklayer**

ITA Bricklayer Homepage:
http://www.itabc.ca/program/bricklayer-mason

ITA Program Outline:
http://www.itabc.ca/sites/default/files/program-information/Bricklayer-Mason-Outline-Feb-2016.pdf

NOA Red Seal website:
http://www.red-seal.ca/trades/br.3ckl.1y.2r@-eng.jsp

Trades Training BC:
http://www.tradestrainingbc.ca/Trades/Construction-Trades/Bricklayer-Mason#

Red Seal – Exam Counselling Sheet:
http://www.red-seal.ca/tr.1d.2ecsl.3st@-eng.jsp?tid=36

Tradesecrets Alberta:
http://tradesecrets.alberta.ca/trades-occupations/profiles/001/resources/
http://tradesecrets.alberta.ca/trades-occupations/profiles/001/exams/
http://tradesecrets.alberta.ca/trades-occupations/profiles/001/

Technical Notes on Brick Construction / The Brick Industry:
http://www.gobrick.com/Technical-Notes

Masonry Detailing Series / team International Masonry Institute
http://imiweb.org/masonry-detailing-series/

Structural Details / Masonry Institute of BC
http://www.masonrybc.org/wall_details/structural-details-index.htm

Masonry Technical Manual / Masonry Institute of BC:
http://www.masonrybc.org/masonry-technical-manual

Metric Technical Manual / CCMPA:
http://ccmpa.ca/download/metric-technical-manual/

**Cabinetmaker (Joinery)**

ITA Cabinet Maker Homepage:
http://www.itabc.ca/program/cabinet-maker-joiner

ITA Program Outline:

NOA Red Seal website:
http://www.red-seal.ca/trades/c.1b.3n.2tm.1k.2r-eng.html

Interprovincial (IP) Exam Table:
**Carpenter**

ITA Carpentry home page
Includes the program outline which provides you with a full inventory for the trade, as well, here you’ll find the Exam table and guidelines to you prepare to write:

http://www.itabc.ca/program/carpenter

More from the ITA website (exams section):

http://integratedcarpentrytutorials.com/

Red Seal NOA – be sure to review sub text and key competencies:

http://www.red-seal.ca/trades/c.1rp.2nt.2r-eng.html

Exam counselling sheet:

http://www.red-seal.ca/trades/38_carpenter/.2x.1m_cs-eng.html

Sample questions from Red Seal website:

http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=38

This is from the Alberta apprentice site – there is a link to a practice IP exam with an answer key:

https://tradesecrets.alberta.ca/trades-occupations/profiles/002/resources/

This is the school in Surrey. It is a fee for service and is not an accredited ITA school:

http://www.atticanada.com/

ITA exam accommodations include extra time and readers:

http://www.itabc.ca/exams/accommodations-esl-disability-options

WorkSafeBC


**Concrete Finisher**

ITA Concrete Finisher Homepage:
http://www.itabc.ca/program/concrete-finisher-cement-mason

ITA Program Outline:


NOA Red Seal website:

http://www.red-seal.ca/trades/c.4ncr.2t.2_f.3n.3sh-eng.html

Interprovincial (IP) Exam Table:


Technical Notes on Brick Construction / The Brick Industry:

http://www.gobrick.com/Technical-Notes

Masonry Detailing Series / team International Masonry Institute
http://imiweb.org/masonry-detailing-series/

Structural Details / Masonry Institute of BC

http://www.masonrybc.org/wall_details/structural-details-index.htm

Metric Technical Manual / CCMPA:

http://ccmpa.ca/download/metric-technical-manual/

Trade Resources
**Construction Craft Worker**

ITA CCW Homepage:  
http://www.itabc.ca/program/construction-craft-worker-labourer

IT Program Outline:  

NOA Red Seal website:  
http://www.red-seal.ca/trades/c.4nst_cr.1ft_w.4rk-eng.html

Interprovincial (IP) Exam Table:  

**Cooks**

Totara Resource Library Overview:

http://www.itabc.ca/sites/default/files/program-information/totara/pc.png

**Work Safe BC**


**PC1**

ITA PC 1 Homepage:  
http://www.itabc.ca/program/professional-cook-1

Go2HR PC1:  
https://www.go2hr.ca/training/professional-cook-1-pc1

**PC2**

ITA PC2 Homepage:  
http://www.itabc.ca/program/professional-cook-2

ITA PC2 Program Outline  
http://www.itabc.ca/sites/default/files/program-information/pc2-program-outline-nov-2013.pdf

Go2HR PC2:  
https://www.go2hr.ca/training/professional-cook-2-pc2

**PC3**

ITA PC3 Homepage:  
http://www.itabc.ca/program/cook-professional-cook-3

ITA PC3 Program Outline:  
http://www.itabc.ca/sites/default/files/program-information/pc3-program-outline-feb-2016.pdf

Go2HR PC3:  
https://www.go2hr.ca/training/professional-cook-3-pc3

Red Seal NOA:  
http://www.red-seal.ca/trades/c.4.4k-eng.html
Exam Counselling Sheet:  
http://www.red-seal.ca/trades/54_cook/.2x.1m_cs-eng.html

Sample Questions:  
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=54

Cook – IP Table:  

 Electric Motor Systems Technician (Winder Electrician)

ITA Homepage:  
http://www.itabc.ca/program/electric-motor-systems-technician-winder-electrician

ITA Program Outline (Alberta Apprenticeship and Industry Training):  
http://tradesecrets.alberta.ca/trades-occupations/profiles/030/

NOA Red Seal website:  
http://www.red-seal.ca/trades/2l.2ct.3c_t.2ch-eng.html

Interprovincial (IP) Exam Table:  

Electrical, Construction

ITA Homepage:  
http://www.itabc.ca/program/electrician-construction

ITA Program Outline:  

Link from the ITA site – exams / refresher:  

Red Seal Website – NOA:  
http://www.red-seal.ca/trades/c.4nst_2l.2ct.3c-eng.html

Red Seal Exam Counselling Sheet:  
http://www.red-seal.ca/trades/51_construction_electrician/2x.1m_cs-eng.html

Red Seal Sample Question test:  
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=51

Tradesecrets resources including practice IP exam:  
https://tradesecrets.alberta.ca/trades-occupations/profiles/003/resources/

Electrical Refresher Course:  http://electricalexam.ca/
**Electrician, Industrial**

ITA IE Homepage: [http://www.itabc.ca/program/electrician-industrial](http://www.itabc.ca/program/electrician-industrial)

ITA Program Outline: [http://www.itabc.ca/sites/default/files/program-information/industrial-electrician-outline-march-2016_0.pdf](http://www.itabc.ca/sites/default/files/program-information/industrial-electrician-outline-march-2016_0.pdf)

Industrial Electrician: [http://www.red-seal.ca/trades/industrial-electrician-2011n.4.1_.4v.2rv.3.2w-eng.html](http://www.red-seal.ca/trades/industrial-electrician-2011n.4.1_.4v.2rv.3.2w-eng.html)

How to use the NOA as a study guide: [http://www.red-seal.ca/resources/sample_exam_questions.html?tid=123](http://www.red-seal.ca/resources/sample_exam_questions.html?tid=123)

NOA for Industrial Electrician: [http://www.red-seal.ca/trades/industrial-electrician-2011n.4.1_.4v.2rv.3.2w-eng.html](http://www.red-seal.ca/trades/industrial-electrician-2011n.4.1_.4v.2rv.3.2w-eng.html)

Sample questions: [http://www.red-seal.ca/samples/exam_questions/industrial-electrician-2011n.4.1_.4v.2rv.3.2w-eng.html?tid=123](http://www.red-seal.ca/samples/exam_questions/industrial-electrician-2011n.4.1_.4v.2rv.3.2w-eng.html?tid=123)

Trade Interprovincial Program Guide: [http://www.red-seal.ca/trades/123_industrial_electrician/3pg_3nd.2x-eng.html](http://www.red-seal.ca/trades/123_industrial_electrician/3pg_3nd.2x-eng.html)


Red Seal Interprovincial Exam Challenge Preparation Courses

Industrial Electrician “Red-Seal” Exam Preparation Course

(XELC 0790) $895  Online Delivery – Continuous Intake

Electrical Refresher Course [http://electricalexam.ca/](http://electricalexam.ca/)

**Floor Covering Installer**

ITA Floor Covering Installer Homepage: [http://www.itabc.ca/sites/default/files/program-information/industrial-electrician-outline-march-2016_0.pdf](http://www.itabc.ca/sites/default/files/program-information/industrial-electrician-outline-march-2016_0.pdf)

ITA Program Outline: [http://www.itabc.ca/sites/default/files/program-information/industrial-electrician-outline-march-2016_0.pdf](http://www.itabc.ca/sites/default/files/program-information/industrial-electrician-outline-march-2016_0.pdf)

NOA Red Seal website: [http://www.red-seal.ca/trades/fl.4.4rc.4v.2r.3ng-eng.html](http://www.red-seal.ca/trades/fl.4.4rc.4v.2r.3ng-eng.html)

Interprovincial (IP) Exam Table: [http://www.itabc.ca/sites/default/files/program-information/Floorcovering%20Installer%202012.pdf](http://www.itabc.ca/sites/default/files/program-information/Floorcovering%20Installer%202012.pdf)
Glazier

ITA Glazier Homepage:  
http://www.itabc.ca/program/glazier

ITA Program outline:  
http://www.itabc.ca/sites/default/files/program-information/Glazier%20PO%20May%2009%20RB.pdf

ITA practice exam:  

Red Seal Glazier Home:  
http://www.red-seal.ca/trades/gl.1z.3.2r-eng.html

NOC 7292:  

IP Red Seal Exam Preparation Course:  
http://www.fes-bc.org/courses/view/546

ITA Glazier IP – Tasks and related number of questions:  

Red Seal sample questions:  
http://www.red-seal.ca/s.1mpl.2Ex.1mQ.5.2st.3.4ns-@-eng.jsp?tid=93

The Fenestration Education Society of BC (FES-BC):  
http://www.fes-bc.org/index.php

Hairstylist

ITA Hairstylist Homepage:  
http://www.itabc.ca/program/hairstylist

ITA Program Outline:  

Exam breakdown by block percentage:  
http://www.red-seal.ca/trades/98_hairstylist/2x.1m_cs-eng.html (high level)

Exam breakdown by # of q's per task:  
http://www.itabc.ca/sites/default/files/program-information/Hairstylist-2011_1.pdf (very detailed)

Newfoundland’s Study Guide:  

Generic study tips (including links to videos) from Nova Scotia:  
http://nsapprenticeship.ca/apprentices/examinations/prepare-your-exam

Video: Getting Ready for the RS Exam:  
http://nsapprenticeship.ca/apprentices/examinations/prepare-your-exam/getting_ready_for_exam (by Nova Scotia)

Sample questions:  
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=93

Video: Using the NOA to prepare for exam:  
http://nsapprenticeship.ca/apprentices/examinations/prepare-your-exam/using_the_noa (by Nova Scotia)

Trade Resources
NOA:
http://www.red-seal.ca/docms/hair stylist_noa2011_eng.pdf (refer to this in conjunction with #2 document to narrow down what you need to study. Hit “ctrl+f” on your keyboard to quickly get to the sections you need to by searching for specific keywords/task names).
- Appendix A Tools and Equipment: http://www.red-seal.ca/docms/hair stylist_noa2011_eng.pdf pages 59 – 61 (please disregard the aesthetics related equipment – it’s not actually in the NOA anymore; likely not updated recently)
  - Appendix B: Glossary– page 62 on the above document
  - Appendix C: Acronyms– page 64 on the above document

Heavy Duty Equipment Technician (Mechanic)

ITA HDET Homepage:
http://www.itabc.ca/program/heavy-duty-equipment-technician

ITA Program Outline:
http://www.itabc.ca/sites/default/files/program-information/Heavy%20Duty%20Equipment%20Mechanic%20Program%20Outline%20Jan%202012%20RB.pdf

Red Seal HDET:
http://www.red-seal.ca/trades/hd.2t-eng.html

Exam Counselling Sheet:
http://www.red-seal.ca/trades/101_heavy_duty_equipment_technician/2x.1m_cs-eng.html

Get Ready for your Red Seal Exam
http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html

Sample Examination Questions:
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=101

HDET NOA:
http://www.red-seal.ca/trades/heavydutyequip tech/2014n.4.1_.4v.2rv.3.2w-eng.html

HDET Blocks & Task – BC to NOA

(Click image to enlarge)

Heavy Equipment Operator Technician

Recommended Reference Textbooks and other Resource Material

heo-outline-dec-201
4-pg332 to 339.pdf
Horticulturist, Landscape

ITA Horticulturist, Landscape Homepage:
http://www.itabc.ca/program/horticulturist-landscape

ITA Program Outline:

Red Seal NOA – be sure to review sub text and key competencies:
http://www.red-seal.ca/trades/l.1ndsc.1p.2-eng.html

Exam counselling sheet:
http://www.red-seal.ca/trades/403_landscape_horticulturist/.2x.1m_cs-eng.html

Get Ready for your Red Seal Exam
http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html

Trade National Occupational Analysis (NOA)
http://www.red-seal.ca/trades/403_landscape_horticulturist/.2x.1m_cs-eng.html

ITA exam accommodations include, extra time and readers:
http://www.itabc.ca/exams/accommodations-esl-disability-options

HortEducationBC:
http://www.horteducationbc.com/

Challenge:
http://www.horteducationbc.com/employers-info/challenge-exam

Exam, NOC, Red Seal Resources:
http://www.horteducationbc.com/resources

Industrial Mechanic (Millwright)

ITA Program Outline:

ITA Millwright Homepage:
http://www.itabc.ca/program/industrial-mechanic-millwright

National Occupational Analysis – Red Seal Website:

Sample questions: Red Seal Website:
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=124

Glossary of terms (Tradesecrets – Alberta Apprenticeship)

NOA Red Seal website:
http://www.red-seal.ca/trades/3nd.5str.3.1l_m.2c.1n.3c-eng.html

Interprovincial (IP) Exam Table:

Industrial Mechanic / Machinist
Foundation: http://www.cnc.bc.ca/programs-courses/Industrial_Mechanic_Machinist.htm
Apprenticeship: http://www.cnc.bc.ca/programs-courses/Industrial_Mechanic_Millwright_Apprenticeship.htm

Trade Resources
Millwright Learning Module Kit (all modules):
https://www.crownpub.bc.ca/product/listing/17225_Custom-Kits/?statesave=true

Thompson Rivers University:
Industrial Mechanic (Millwright)
http://www.tru.ca/trades/foundation/millwright.html

College of New Caledonia:
www.cnc.bc.ca/trades

Queens Printer Learning Modules:
https://www.crownpub.bc.ca/product/listing/17224_Millwright

Individual Learning Modules:
https://www.crownpub.bc.ca/product/listing/17226_Modules/?statesave=true

Line A Describe Safe Work Practices
Line B Describe the Machinist & Millwright Trades
Line C Identify Lubricants
Line D Read & Interpret Shop & Assembly Drawings
Line E Use Layout, Measuring & Testing Tools & Equipment
Line F Use Support Machines
Line G Use Engine Lathes
Line H Use Milling Machines
Line I Use Shapers
Line J Fit Bearings, Gaskets, Packing & Seals
Line K Use Fasteners
Line L Identify Common Metals
Line M Heat Treat Steel
Line N Solve Basic Gearing Problems
Line O Complete Machining & Millwrighting Projects

**Instrumentation and Control**

ITA Instrumentation and Control Homepage:
http://www.itabc.ca/program/instrumentation-and-control-technician-industrial-instrument-mechanic

ITA Program Outline:

NOA Red Seal website:
http://www.red-seal.ca/trades_.3ct-eng.html

Interprovincial (IP) Exam Table:

Trade Resources
**Insulator (Heat and Frost)**

ITA Insulator Homepage:  

ITA Program Outline:  

NOA Red Seal website:  
[http://www.red-seal.ca/trades/3ns.5l.1t.4r-eng.html](http://www.red-seal.ca/trades/3ns.5l.1t.4r-eng.html)

Interprovincial (IP) Exam Table:  

**Ironworker (Generalist)**

ITA Ironworker (Generalist) Homepage:  
[http://www.itabc.ca/program/ironworker-generalist-ironworker](http://www.itabc.ca/program/ironworker-generalist-ironworker)

ITA Program Outline:  

Red Seal Website: NOA  
[http://www.red-seal.ca/trades/132_ironworker_generalis/n2_n.4.1_.3nd.2x-eng.html](http://www.red-seal.ca/trades/132_ironworker_generalis/n2_n.4.1_.3nd.2x-eng.html)

Exam Counselling Sheet:  
[http://www.red-seal.ca/trades/132_ironworker_generalis/.2x.1m_cs-eng.html](http://www.red-seal.ca/trades/132_ironworker_generalis/.2x.1m_cs-eng.html)

Sample Questions:  
[http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=132](http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=132)

2006 NOA Sub-task to IPG Unit Comparison  

Interprovincial program guide:  
[http://www.red-seal.ca/trades/132_ironworker_generalis/.3pg_.3nd.2x-eng.html](http://www.red-seal.ca/trades/132_ironworker_generalis/.3pg_.3nd.2x-eng.html)

How to use NOA as a study guide:  
[http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html](http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html)

**Ironworker (Reinforcing)**

ITA Ironworker (Reinforcing) Homepage:  
[http://www.itabc.ca/program/ironworker-reinforcing](http://www.itabc.ca/program/ironworker-reinforcing)

ITA Program Outline:  
[http://www.itabc.ca/sites/default/files/program-information/Ironworker%20%28Reinforcing%29%20Outline%20July%202015.pdf](http://www.itabc.ca/sites/default/files/program-information/Ironworker%20%28Reinforcing%29%20Outline%20July%202015.pdf)

Red Seal Website: NOA  
[http://www.red-seal.ca/trades/255_ironworker_reinforcin/n2_n.4.1_.3nd.2x-eng.html](http://www.red-seal.ca/trades/255_ironworker_reinforcin/n2_n.4.1_.3nd.2x-eng.html)

Exam Counselling Sheet:  
[http://www.red-seal.ca/trades/255_ironworker_reinforcin/.2x.1m_cs-eng.html](http://www.red-seal.ca/trades/255_ironworker_reinforcin/.2x.1m_cs-eng.html)

Sample Questions:  
[http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=255](http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=255)
**Lather:**
ITA Lather Homepage:
http://www.itabc.ca/program/lather-interior-systems-mechanic-wall-and-ceiling-installer
ITA Program Outline:
BC Wall & Ceiling Association:
Red Seal NOA:
http://www.red-seal.ca/trades/latherintsysmech/2012n.4.1_.4v.2rv.3.2w-eng.html
Exam Counselling Sheet – Red Seal Website:
http://www.red-seal.ca/trades/136_lather_interior_systems_mechani_.2x.1m_cs-eng.html
Sample Questions – Red Seal website:
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=136
Trade secrets Website Resources:
https://tradescrets.alberta.ca/trades-occupations/profiles/017/resources/

**Machinist**
ITA Machinist Homepage:
http://www.itabc.ca/program/machinist
ITA Program Outline:
Red Seal Machinist IP preparation resources
http://www.red-seal.ca/trades/m.1ch.3n.3st-eng.html
College of New Caledonia:
www.cnc.bc.ca/trades
Machinist Foundation:
http://www.cnc.bc.ca/programs-courses/Industrial_Mechanic_Machinist.htm
Apprenticeship:
http://www.cnc.bc.ca/programs-courses/Machinist_Apprenticeship.htm

**Metal Fabricator (Fitter)**
ITA Program Outline: this is the curriculum
Exam weighing chart: ITA website (breakdown of exam)
National Occupational Analysis (NOA): Red Seal Website (pay particular attention to the sub tasks and the key competencies)
http://www.red-seal.ca/trades/metalfabfit/2012n.4.1_.4v.2rv.3.2w-eng.html
20 Practice Questions: Red Seal Website
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=145
Exam Counseling sheet: Red Seal website (breakdown of exam)
http://www.red-seal.ca/trades/145_metal_fabricator_fitte/.2x.1m_cs-eng.html

How to use the NOA as a study tool: Red Seal Website
http://www.red-seal.ca/resources/.2x.1ms_st.5dy-eng.html

Study guide from the Apprentice board in Newfoundland

Mobile Crane Operator, Lattice Boom Friction Crane

About the Crane Certification Getting Ready Guides:

ITA Mobile Crane Operator Lattice Boom Friction Crane Homepage:
http://www.itabc.ca/program/mobile-crane-operator-lattice-boom-friction-crane

ITA Program Outline:

Exam Weighing Chart: ITA Website

National Occupational Analysis: Red Seal Website pay particular attention to the sub tasks and key competencies
http://www.red-seal.ca/trades/mobilecrane_op/2013n.4.1_.4v.2rv.3.2w-eng.html

20 Practice questions: Red Seal website
http://www.red-seal.ca/impl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=148

How to use the NOA as a study tool: Red Seal Website
http://www.red-seal.ca/resources/.2x.1ms_st.5dy-eng.html

Exam Counseling sheet: Red Seal website
http://www.red-seal.ca/trades/148_mobile_crane_operator/.2x.1m_cs-eng.html

Study guide: BC Association for Crane Safety

Resource from NL Apprentice Board to assist with exam prep:

Fulford website: there are some excellent resources noted on page 25 - 27.
http://www.fulford.ca/crane/pdf/bccs_cwc_lfc_v2.pdf

Mobile Crane Operator, Lattice Boom Hydraulic Friction Crane

About the Crane Certification Getting Ready Guides:

ITA Mobile Crane Operator Lattice Boom Friction Crane Homepage:
http://www.itabc.ca/program/mobile-crane-operator-lattice-boom-hydraulic-crane

ITA Program Outline:
Motor Vehicle Body Repairer (Automotive Collision Repair Technician)

ITA Motor Vehicle Body Repairer Homepage:

ITA Program Outline:

NOA Red Seal website:
http://www.red-seal.ca/trades/mvbr-eng.html

Interprovincial (IP) Exam Table:

Motorcycle & Power Equipment Technician

ITA Motorcycle & Power Equipment Technician Homepage:
http://www.itabc.ca/program/motorcycle-mechanic-motorcycle-and-power-equipment-technician

ITA Program Outline:

NOA Red Seal website:
http://www.red-seal.ca/trades/m.4t.4rcycl.2_m.2ch-eng.html

Interprovincial (IP) Exam Table:

Oil Heat System Technician (Oil Burner Mechanic)

ITA Oil Heat System Technician Homepage:
http://www.itabc.ca/program/oil-heat-system-technician

NOA Red Seal website:
http://www.red-seal.ca/trades/.4.3lh.2.1t_t.2ch-eng.html

Interprovincial (IP) Exam Table:

Painter and Decorator

ITA Painter and Decorator Homepage:
http://www.itabc.ca/program/painter-and-decorator

ITA Program Outline:

NOA Red Seal website:
http://www.red-seal.ca/trades/p.1.3nt.2r_d.2c.4-eng.html

Interprovincial (IP) Exam Table:

Trade Resources
Partsperson 3

ITA Partsperson 3 Homepage:
http://www.itabc.ca/program/partsperson-3

ITA Program Outline:
http://www.itabc.ca/sites/default/files/program-information/Parts%20Person%203%20Final%20May%2009%20RB.pdf

NOA Red Seal website:
http://www.red-seal.ca/trades/p.1.3nt.2r_d.2c.4-eng.html

Interprovincial (IP) Exam Table:

Petroleum Installer / Service Technician

BRITISH COLUMBIA
Industry Training Authority: http://www.itabc.ca/
Petroleum Equipment Installer: http://www.itabc.ca/petroleum-equipment-installer
Petroleum Equipment Service Technician: http://www.itabc.ca/petroleum-equipment-serv-tech

WorkBC Labour Market Info:
- Petroleum Equipment Installer and Service Technician; WorkBC:
  https://www.welcomebc.ca/Work-or-Study-in-B-C/Job-profiles-for-immigrants/Petroleum-Equipment-Installer-and-Service-Technici

UA Piping Industry College of British Columbia: http://www.uapicbc.ca/
UA Petro Programs http://www.uapicbc.ca/?q=node/101
Petroleum Equip Install/Service Technician: http://www.UA Piping-Petro-Equip-Instal/Serv-Tech

ALBERTA
Alberta Trade Secrets http://tradesecrets.alberta.ca
An association consisting primarily of Active members who are contractors conducting business in the tank and piping industry
- PMH—Petroleum Mechanic Helper
- PM1—Service & Maintenance (Includes Precision Testers)
- PM2—Underground Installations & Removals
- PM3—Aboveground Installations
- Challenge Process http://cpcaonline.com/

Cathodic Protection Technician
Level 1 http://tradesecrets.alberta.ca/trades-occupations/profiles/2101/
Level 2 http://tradesecrets.alberta.ca/trades-occupations/profiles/2102/

Canadian Petroleum Contractors Association (C.P.C.A.) http://cpcaonline.com/

Trade Resources
Programs: [http://cpcaonline.com/training/]
- PMH – PETROLEUM MECHANIC HELPER
- PM1 – SERVICE AND MAINTENANCE
- PM2 – UNDERGROUND INSTALLATION
- PM3 – ABOVEGROUND INSTALLATION

C.P.C.A. Jurisdiction option that offer PMH, PM1, PM2, PM3 and Challenge Process
- British Columbia - BCPCA – British Columbia Petroleum Contractors Association
- Saskatchewan - SRPCA – Saskatchewan Retail Petroleum Construction Association
- Manitoba - MPCA – Manitoba Petroleum Contractors Association
- Ontario - OPCA – Ontario Petroleum Contractors Association
- Quebec - AEPQ – Association des Entrepreneurs pétroliers du Québec

Plumber

ITA Plumber Homepage: [http://www.itabc.ca/program/plumber]
This is a link to a practice exam: [http://tradesecrets.alberta.ca/SOURCES/PDFS/exams/006_exams/006_IP_PracticeExam.pdf]
Answer key: [https://tradesecrets.alberta.ca/SOURCES/PDFS/exams/006_exams/006_IP_answerkey.pdf]

Links from the Red Seal website:

How to use the NOA as a study guide: [http://www.red-seal.ca/resources/.2x.1ms_st.5dy-eng.html]
NOA for Plumbing: [http://www.red-seal.ca/trades/plumbers/2010n.4.1_.4v.2rv.3.2w-eng.html]
20 sample questions: [http://www.red-seal.ca/s.1mpl2.2x.1mQ.5.2st.3.4ns-eng.html?tid=181]
Link to Trade Interprovincial Program Guide-Red Seal website: [http://www.red-seal.ca/trades/181_plumber/.3pg_.3nd.2x-eng.html]

PLUMBER - BLOCK AND TASK WEIGHTING

(Double click image to enlarge)

**Power Line Technician**
ITA Homepage:  
[http://www.itabc.ca/program/power-line-technician](http://www.itabc.ca/program/power-line-technician)
ITA Program Outline:  
NOA Red Seal website:  
[http://www.red-seal.ca/trades/p.4w.2rl.3n.2_t.2ch-eng.html](http://www.red-seal.ca/trades/p.4w.2rl.3n.2_t.2ch-eng.html)
Interprovincial (IP) Exam Table:  

**Recreational Vehicle Service Technician**
ITA Homepage:  
[http://www.itabc.ca/program/recreation-vehicle-service-technician](http://www.itabc.ca/program/recreation-vehicle-service-technician)
ITA Program Outline:  
[http://www.itabc.ca/program/recreation-vehicle-service-technician](http://www.itabc.ca/program/recreation-vehicle-service-technician)
NOA Red Seal website:  
[http://www.red-seal.ca/trades/rvst-eng.html](http://www.red-seal.ca/trades/rvst-eng.html)
Interprovincial (IP) Exam Table:  

**Refrigeration and Air Conditioning Mechanic**
ITA Refrigeration and Air Conditioning Mechanic Homepage:  
ITA Program Outline:  
Red Seal Website:  
[www.red-seal.ca](http://www.red-seal.ca), under your trade  
[http://www.red-seal.ca/trades/r.1cm-eng.html](http://www.red-seal.ca/trades/r.1cm-eng.html)
Prepare for your exam, including some sample questions:  
[http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=202](http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=202)
Exam Counselling Sheet:  
[http://www.red-seal.ca/trades/202_refrigeration_and_air_conditioning_mechanic/2x.1m_cs-eng.html](http://www.red-seal.ca/trades/202_refrigeration_and_air_conditioning_mechanic/2x.1m_cs-eng.html)
Sample Questions:  
[http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=202](http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=202)
**Rig Technician**

ITA Rig Technician Homepage:  
http://www.itabc.ca/program/rig-technician

Most of my references are from Alberta. (NAIT & SAIT)  
Crown Publications – Rig Tech modules  
https://www.crownpub.bc.ca/product/listing/13651_3rd-Period#/?statesave=true

Drilling Data Handbook ISBN # 978271089715 (can be purchased from NAIT)  
Trades Exambank.com – Rig Tech practice exams  
http://trades.exambank.com/rigtech.html

**Roofers**

ITA Homepage:  
http://www.itabc.ca/program/roofer

ITA Program Outline:  
http://www.itabc.ca/sites/default/files/program-information/roofer-damper-and-waterproofer-2012_0.pdf

NOA Red Seal website:  
http://www.red-seal.ca/trades/r.4.4f.2r-eng.html

Interprovincial (IP) Exam Table:  

**Sheet Metal Worker**

ITA Homepage:  
http://www.itabc.ca/program/sheet-metal-worker

ITA Program Outline:  

Red Seal website:  
http://www.red-seal.ca/trades/sh.2.2t_m.2t.1l-eng.html

Interprovincial (IP) Exam Table:  

**Sprinkler System Installer**

ITA Homepage:  
http://www.itabc.ca/program/sprinkler-system-installer

ITA Program Outline:  
http://www.itabc.ca/sites/default/files/program-information/sprinkler-system-installer-outline-may-2015_0.pdf

NOA – National Occupational Analysis for your trade: Red Seal website  

How to use the NOA as a study guide: Red Seal website  
http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html

Trade Resources
Sample questions: Red Seal website
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=221

Exam weighing chart:
http://www.red-seal.ca/trades/221_sprinkler_system_installer/.2x.1m_cs-eng.html

Interprovincial Program Guide:
http://www.red-seal.ca/trades/sprinklersysinstal/2016.3pg_.4v.2rv.3.2w-eng.html

Program Outline: ITA website:
http://www.itabc.ca/sites/default/files/program-information/sprinkler-system-installer-outline-may-2015_0.pdf

Steamfitter:

ITA Steamfitter / Pipefitter Homepage:
http://www.itabc.ca/program/steamfitter-pipefitter

ITA Program Outline:

Exam table ITA website:

National Occupational Analysis (NOA) Red Seal website:
http://www.red-seal.ca/trades/steamfitpipefit/2010n.4.1_.4v.2rv.3.2w-eng.html

How to use the NOA as a Study Guide:
http://www.red-seal.ca/resources/.2x.1ms_st_.5dy-eng.html

Trade Interprovincial Program Guide: Steamfitter Red Seal website:
http://www.red-seal.ca/trades/230_steamfitter_pipefitter/.3pg_.3nd.2x-eng.html

Preparing for your Red Seal exam: Red Seal website:
http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html

20 Sample Questions Red Seal website:
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=230

Alberta Tradesecrets also has some great resources. Here is a link to look at:
https://tradesecrets.alberta.ca/trades-occupations/profiles/0074/exams/

Here is a practice exam from Tradesecrets website:

and an answer key for the above practice exam:

Here is a link to the Red Seal website – NOA for your trade:
http://www.red-seal.ca/trades/steamfitpipefit/2010n.4.1_.4v.2rv.3.2w-eng.html

Tilesetter

ITA Tilesetter Homepage:
http://www.itabc.ca/program/tilesetter

ITA Program Outline:
http://www.itabc.ca/sites/default/files/program-information/Tilesetter%20Program%20Outline-March%202011%20RB.pdf

NOA Red Seal website:
http://www.red-seal.ca/trades/t.3l.2s.2tt.2r-eng.html
Interprovincial (IP) Exam Table:

Trowel Trades Training Association
http://www.ttta.ca/contact_Brick_Tile.html

SAIT
http://www.sait.ca/about-sait/schools/school-of-construction/centres-of-excellence.php

**Tool and Die Maker**

ITA Tool and Die Maker:
http://www.itabc.ca/program/tool-and-die-maker

ITA Program Outline:

NOA Red Seal website:
http://www.red-seal.ca/trades/t.4.4l_d.3.2_m.1k.2r-eng.html

Interprovincial (IP) Exam Table:

**Transport Trailer Technician**

ITA Transport Trailer Technician:
http://www.itabc.ca/program/transport-trailer-technician

ITA Program Outline:

NOA Red Seal website:
http://www.red-seal.ca/trades/transptrailertech/2013n.4.1_.4v.2rv.3.2w-eng.html

Preparing for Red Seal Exam:
http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html

Sample Questions: Red Seal Website
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=242

Exam Counseling Sheet: Red Seal Website
http://www.red-seal.ca/trades/242_transport_trailer_technician/2x.1m_cs-eng.html

Glossary of Terms: Tradescrets

Interprovincial (IP) Exam Table:

TTM – IP Answer Key: TTM – IP – Practical Exam Trades – Math Workbook
Truck and Transport Mechanic (Commercial Transport Mechanic)

ITA Truck and Transport Mechanic Homepage:
http://www.itabc.ca/program/truck-and-transport-mechanic

ITA Program Outline:

National Occupational Analysis: Red Seal Website – review the Sub tasks and key competencies

Exam Weighing Chart:
http://www.red-seal.ca/trades/243_truck_and_transport_mechanic/2x.1m_cs-eng.html

How to use the NOA as a study guide:
http://www.red-seal.ca/resources/g.2tr.2.1dy-eng.html

Practice questions: Red Seal website
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=243

Interprovincial program guide: Red Seal Truck & Transport Mechanic
http://www.red-seal.ca/trades/243_truck_and_transport_mechanic/3pg_3nd.2x-eng.html

Practice Exam: Tradesecrets (Alberta Gov’t site)

Answer Key:

Glossary of terms: Truck & Transport Mechanic (Tradesecrets Alta Gov’t)

ITA Practice Exam:

Welder

Red Seal Website:
http://www.red-seal.ca/trades/w.2ld.2r-eng.html

Red Seal Exam Counselling Sheet:
http://www.red-seal.ca/trades/weld/2x.1m_c.4.5ns.2t_sh.2.2t-eng.html

Red Seal Sample Question test:
http://www.red-seal.ca/s.1mpl.2.2x.1mQ.5.2st.3.4ns-eng.html?tid=250

Red Seal course materials from the Canadian Welding Bureau – for purchase:
www.cwbgroup.org/store/course-materials/red-seal-program

Welder Block and Task Weighting – BC to NOA

(Double lick image to enlarge)