

Insulator (Heat and Frost)

On-the-Job Checklist



	Level 1	Page 1/2
Red Seal Tasks	On-The-Job Duties	Completed
Performs safety-related functions	Inspect & perform a positive & negative field test before wearing a respirator	☐
	Report hazards, near misses & incidents immediately	☐
Uses & maintains tools & equipment	Replace & report worn, damaged or defective tools	☐
	Operate ladders, platforms, lifts, baskets & scaffolds	☐
Organizes work	Organize & prioritize daily tasks	☐
	Sort, place, store & secure materials on site	☐
Uses communication & mentoring techniques	Participate in safety & information meetings	☐
Performs routine trade practices	Take measurements using measuring tapes & chalk lines	☐
	Grind, pin & weld substrate	☐
Prepares for installation of insulation in industrial applications	Determine types, sizes & thickness of insulation	☐
	Calculate laps, lock-formed seams & easy edges	☐
Insulates piping & fittings	Cut insulation & fabricate pipe fittings	☐
	Measure & cut vapour barrier & wrap insulated pipe	☐
Prepares for installation of insulation in commercial applications	Determine type, location & size of insulation materials	☐
	Set up work area	☐
Insulates plumbing & mechanical piping systems	Cut pre-formed & flexible insulation	☐
	Apply adhesives & tapes to seams & joints	☐
Installs fire stop systems	Identify fire rating of structures & their materials	☐
	Arrange for inspection & verification of fire stops	☐
Installs fireproofing	Prepare intumescent & endothermic wrap	☐

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	Level 1	Page 2/2
Red Seal Tasks	On-The-Job Duties	Completed
Prepares for asbestos abatement	Determine level of risk according to the classification of asbestos abatement	☐
	Identify & apply temporary seal for asbestos capsulation	☐
	Determine disposal method of contaminated waste	☐
	Locate requirements for decontamination for high risk removals	☐
	Determine location of negative air machines & establish levels	☐
Performs asbestos removal procedures	Maintain asbestos removal equipment	☐
	Verify vehicle transporting asbestos has warning placards	☐
	Follow personnel decontamination procedures	☐
Performs maintenance & repair	Prepare & apply encapsulant	☐
	Design & build permanent enclosure around asbestos	☐
Performs lead abatement & mould remediation	Re-establish worksite to original condition	☐
	Test area to ensure successful mould remediation	☐

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	Level 2	Page 1/2
Red Seal Tasks	On-The-Job Duties	Completed
Performs routine trade practices	Take field measurements using trammel points & levels	☐
	Determine actual dimensions	☐
	Paint substrate around welded pins	☐
Prepares for installation of insulation in industrial applications	Determine types & sizes of cladding	☐
	Develop transitions, tees & flashing	☐
Insulates tanks, vessels & equipment	Fabricate head segments, manways & supports	☐
	Trowel & brush vapour barrier onto insulation	☐
Prepares for installation of insulation in commercial applications	Calculate the amount of materials needed for project	☐
	Mark layout using dividers, squares, tape measures, calculators & knives	☐
Insulates plumbing & mechanical piping systems	Secure cladding, jacketing & finishes to installed insulation	☐
Insulates mechanical ducting	Secure rigid or flexible insulation to mechanical ducting	☐
	Create ASJ, RFFRK, tar paper, mastics & weatherproof membrane barriers	☐
Insulates mechanical equipment	Cut lags & score rigid fiberglass (rigid board, flexible blankets/batts)	☐
	Wrap insulated equipment with ASJ, RFFRK, tar paper, mastics & films	☐
Insulates for soundproofing	Wrap or cover insulated pipe with sound deadening materials	☐
	Select sound deadening materials & fasteners	☐
	Fill & fasten acoustic material to the support structure (Not common core)	☐
	Gain knowledge of installing acoustic panels on walls & ceilings (Not common core)	☐
Installs underground insulating systems	Secure cellular glass, urethane, nano-like materials to piping system	☐
	Calculate volume of insulation required for underground systems	☐

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	Level 2	Page 2/2
Red Seal Tasks	On-The-Job Duties	Completed
Sprays sealers, coatings & spray-on insulation	Cover air vents, piping, electrical panels & trays & finished products	☐
	Assemble spray equipment & inspect substrate	☐
	Lay out, fasten & secure anchor points	☐
	Spray material evenly applying multiple layers & apply patch coats	☐
Installs insulation for refractory systems	Install cushioning blankets	☐
	Provide air space & install reflective material & insulation	☐
	Cover insulated components with cladding, protective jacketing & finishes	☐
Installs insulation for cryogenic systems	Install insulation with staggered joints & secure insulation	☐
	Cut films, laminates, metals, mastics & sealants	☐
	Cover insulated components in cryogenic applications	☐

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On-the-Job Checklist



	Level 3	Page 1/1
Red Seal Tasks	On-The-Job Duties	Completed
Performs routine trade practices	Calculate layout dimensions of removable covers & insulation blankets	☐
	Identify type of insulation, thickness, jacketing, fasteners & vapour barrier	☐
Prepares for installation of insulation in industrial applications	Calculate amount of insulation & cladding required	☐
	Mark gores, head segments, transitions, tees, flashing & end caps	☐
Insulates piping & fittings	Cut & shape cladding, jacketing & finishes	☐
Insulates tanks, vessels & equipment	Install laterals, flashing & inspection port	☐
Prepares for installation of insulation in commercial applications	Create template for commercial applications	☐
Insulates mechanical ducting	Shape cladding, jacketing & finishes for insulated mechanical ducting	☐
Insulates mechanical equipment	Secure cladding, jacketing & finishes to installed insulation	☐
Installs removable covers	Fabricate hard covers	☐
	Fit covers in the field	☐
Insulates for marine applications (Not common core)	Gain knowledge of installing & securing wire mesh or perforated metal over insulation	☐
	Gain knowledge of selecting appropriate PPE based on asbestos abatement classification	☐

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Insulator (Heat and Frost) On-the-Job Checklist



	Level 4	Page 1/1
Red Seal Tasks	On-The-Job Duties	Completed
Uses communication & mentoring techniques	Give supportive & corrective feedback	☐
Performs routine trade practices	Calculate layout dimensions of insulation, protective finishes & cladding/jacketing	☐
	Identify type of coating, types of sealants & scope of work	☐
Prepares for installation of insulation in industrial applications	Determine fastening system for installing insulation	☐
	Create template for industrial applications	☐
Insulates piping & fittings	Apply sealant to seams & secure cladding	☐
Installs fire stop systems	Identify the penetrating components & their characteristics	☐
	Fill voids with damming materials & fasten fire stop materials	☐
Installs removable covers	Install fastening devices for hard covers	☐
	Secure covers	☐
Installs fireproofing	Apply protective covering over fireproof material	☐

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Information Regarding the Checklist

Saskatchewan Apprenticeship and Trade Certification Commission's (SATCCs) On-The-Job Checklist provides a complete list of trade-specific Red Seal tasks for apprentices to complete under the supervision of a journeyman. This work should be completed prior to attending the technical training level under which the duties are listed (e.g. Level 1 completed prior to attending Level 1 technical training).

Completing this checklist will ensure that apprentices are exposed to the full scope of a particular Red Seal trade throughout their apprenticeship program. It will also help prepare apprentices for each level of technical training by performing work on-the-job relating specifically to topics covered later on. The trade-specific tasks listed have been reviewed by certified journeymen in Saskatchewan for their accuracy and have been set to an appropriate skill level.

An apprentice spends approximately 85% of their apprenticeship term training on-the-job. It is both the apprentice and the employer's or journeyman's responsibility to supervise an apprentice's practical skills development during their program.

To promote transparency and consistency, this document aligns with the 2018 Insulator Red Seal Occupational Standard (Employment and Social Development Canada).

A complete version of the Occupational Standard can be found at www.red-seal.ca

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All work performed in this checklist is to be done under the supervision and guidance of a certified journeyman

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