



What is a heat and frost insulator?

Heat and frost insulators play a fundamental role in our lives. They are essential to every industrial, institutional and commercial construction project. They apply insulation materials to plumbing, heating, cooling and refrigeration systems, as well as piping equipment and pressure vessels, to reduce the passage of heat, cold, sound or fire. Their work also helps to preserve our environment. By ensuring proper insulation, heat and frost insulators significantly reduce greenhouse gas emissions, cutting back on pollution and saving energy. It's not surprising that their work earns them great pay, great respect and great opportunities.

Do you have what it takes?

The trade welcomes all men and women who are dedicated, hard-working and eager to start learning. The educational requirements to start work as a heat and frost insulator vary depending on where you live, but most provinces and territories require:

- a high school diploma (or equivalent), and
- a minimum age of 18 years.

Heat and frost insulators are skilled and smart people. They need to be good with their hands and able to think quickly. Here are some of the other key traits and aptitudes that successful heat and frost insulators share:

- an eye for detail,
- the ability to work independently as well as part of a team
- the ability to work with machinery, hand tools and power tools
- an appreciation for working both indoors and outdoors
- the ability to work at heights
- a basic understanding of geometry

What's in it for you?

In addition to the satisfaction of knowing that you will be protecting and improving the lives of all Canadians, here are some other key perks of the trade:

- Pride of work—you'll be helping to build major Canadian construction projects
- Low cost of education—you can learn on the job, or through an apprenticeship program that lets you earn while you learn
- Short period of study—within a year, you'll be working in the field
- Travel and mobility—the industry is project based, so if you're interested in travel, the trade can take you across Canada and around the world
- On-the-job variety—every job is different, and you'll learn something new each day
- Teamwork and camaraderie—men and women in the trade work together to do the best job possible
- Great pay—certified heat and frost insulators earn high wages and can earn benefits

Career possibilities

The heat and frost insulation industry has something for everyone. If you love working with your hands, you can spend your career working as a certified heat and frost insulator—a journeyman. As a journeyman, you can earn high wages and benefits. Wages vary across Canada.

With experience and additional training, you can move into supervisory roles, including those of site foreman, general foreman or project manager. In these roles, you can earn an even higher salary.

If you're interested in a career as a heat and frost insulator, now is the time to get started. Due to Canada's aging workforce and construction booms in the institutional and industrial sectors, there are good job opportunities.



Getting started

To be certified as a heat and frost insulator, you usually need to complete a four-year apprenticeship program. An apprenticeship is a way to learn job skills while you work and earn wages. It combines classroom study with on-the-job experience under the supervision of a journeyman heat and frost insulator. Once you successfully complete the on-the-job and technical training, and examinations required by the program, you are awarded a journeyman certificate.

Apprenticeship training for heat and frost insulators is voluntary in all provinces and territories, except Quebec. In Quebec, heat and frost insulators are required to register in an apprenticeship program before they can begin work in the trade. Most heat and frost insulation apprentices start out on the job, working for an insulation contractor. After they gain some practical experience, they register in an apprenticeship program.

As an apprentice, you earn while you learn and are paid by the hour while working on the job site. An apprentice's wage starts at about 60% of a journeyman's hourly rate, and increases throughout your apprenticeship until you reach the full rate.

For more information on becoming a heat and frost insulator, visit www.heatandfrostinsulators.ca today. Your future is your business. Aim high.

Aim High

Want a career that has it all?
Become a Heat and Frost Insulator!