

Engelska

Sida: 1 av 5

## Identify your competencies

Do you have experience in a profession and would like to know how you can use your professional experience in Sweden?

By doing a self-assessment, you can obtain an overview of what is required for the profession.

You do the self-assessment by filling in a form that is associated with a profession in the Swedish labour market. The answers are intended to support you, and you can use the self-assessment questionnaire in your meetings with an employment officer. The answers can make it easier for the Employment Service and for you to choose which of the Employment Service's measures is right for you. You may need support in finding out about how you can utilise your competencies in Sweden, or information about how to move on, complete your education, acquire job experience or carry out a validation.

The self-assessment questions are based on the requirements of various professions in Sweden. The answers are based on your knowledge and experience in the profession.

All your knowledge and experience count. You assess your own competencies.

This self-assessment covers qualifications for an insulation installer.

Use the levels described below to assess your experience and competencies. Doing this will ensure that you receive the best possible assistance from the Employment Service.

### You can identify your competencies based on the following levels:

#### 1: No experience

- Here, you might have theoretical knowledge, but no practical experience

#### 2: Some experience

- You have had a trial opportunity while in training

#### 3: A fair amount of experience

- You have references and employer's certificates relating to one year's work

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#### 4: Good experience

- You have several years of practical experience, and can relatively fast start working independently

#### 5: Substantial experience

- You should be able to be assessed straight away at a workplace as a supervisor, manager or expert
- You have experience of organising and developing operations, and of administration and management
- You have experience of communicating how work in the area is to be carried out, and can engage and motivate colleagues
- You have experience of allocating resources to different projects/groups/operational areas/colleagues

Use the space at the bottom of the form if you want to provide more details about your experiences. It may be that you have experience in the sector, but that there are no questions about that particular topic in the self-assessment questionnaire.

### Can you prove your knowledge and experiences in any way, with education or employment certificates, for instance?

The Employment Service can help you to translate and validate them.

Self-assessment form

### Insulation installer for heating, ventilation and sanitation

Personal characteristics that are important for the profession	1-5 (No experience – Substantial experience)				
1. I am good at interacting with customers	1	2	3	4	5
2. I can remain calm in a difficult situation.	1	2	3	4	5
3. I keep my workplace clean and tidy	1	2	3	4	5
Experience and competencies that are important for the profession	1-5 (No experience – Substantial experience)				

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4. I have experience of working and making decisions independently	1	2	3	4	5
5. I have experience of working together with others	1	2	3	4	5
6. I have experience of working as a supervisor	1	2	3	4	5
7. I understand the function of basic heating, ventilation and sanitation systems in domestic and industrial buildings	1	2	3	4	5
8. I understand the significance of insulation in different systems	1	2	3	4	5
9. I have experience of installing fire insulation according to drawings and descriptions	1	2	3	4	5
10. I have experience of insulation for cold installations	1	2	3	4	5
11. I have experience of installing heating and ventilation insulation according to drawings and descriptions	1	2	3	4	5
12. I can determine whether asbestos is present in insulation and take appropriate measures	1	2	3	4	5
13. I know how to handle insulation materials in an environmentally correct way	1	2	3	4	5
14. I know which type of safety equipment to use in conjunction with different tasks	1	2	3	4	5
15. I am familiar with rules for noise levels, noise propagation and sound-proofing using insulation	1	2	3	4	5
16. I have basic knowledge of fire fighting techniques	1	2	3	4	5
17. I can carry out basic electrical work	1	2	3	4	5
18. I have worked with installation of cellular rubber	1	2	3	4	5
19. Based on a drawing, I can independently collect materials, select mounting devices	1	2	3	4	5

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and install plastic sheeting and details					
20. I know how to install and fit prefabricated metal sheeting for rectangular and circular ventilation ducts	1	2	3	4	5
21. I know how to install and fit prefabricated metal sheeting on pipe insulation, and fit to curved/conical/other shapes	1	2	3	4	5
22. I have worked with installation of plastic sheeting and the most common fittings for pipe insulation	1	2	3	4	5
23. Based on drawings, I can independently produce and install metal sheeting fittings on pipes, ducts, vessels and cisterns	1	2	3	4	5
24. I can apply the most common industry finishes to sheeting surfaces	1	2	3	4	5
25. I have installed roof sheeting on cisterns and drums	1	2	3	4	5
26. I understand the symbols and terms used in drawings	1	2	3	4	5
27. Using drawings and descriptions, I can carry out insulation work independently	1	2	3	4	5
28. I have experience of documenting and describing my own work	1	2	3	4	5

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**If you wish to provide more details about your experience or knowledge, please add them here:**