

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 a heating, ventilation and sanitation fitter.

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

English

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

Heating, ventilation and sanitation fitter

Personal characteristics that are important for the profession	1-5 (No experience – Substantial experience)				
Service and communication					
1. I listen to the customer and carry out work according to the customer's needs	1	2	3	4	5
2. I offer my professional opinion	1	2	3	4	5

English

Stress					
3. I can work with multiple tasks	1	2	3	4	5
4. I organise my work so that I have as much control over it as possible	1	2	3	4	5
5. I am flexible if the work requires it	1	2	3	4	5
6. Cooperation and independent work	1	2	3	4	5
7. I can accept constructive criticism from my colleagues	1	2	3	4	5
8. I can accept constructive criticism from a manager	1	2	3	4	5
9. I can plan my work using a flexible approach	1	2	3	4	5
10. I can plan, carry out and follow up my work independently	1	2	3	4	5
11. I can ask for help if the work requires it	1	2	3	4	5
Experience and competencies that are important for the profession	1-5 (No experience – Substantial experience)				
12. I have experience of working and making decisions independently	1	2	3	4	5
13. I have experience of working together with others	1	2	3	4	5
14. I have experience of working as a supervisor	1	2	3	4	5
15. I have measured, produced and installed pipes and components in various types of heating, ventilation and sanitation installations	1	2	3	4	5
16. I have carried out basic operations and maintenance tasks in heating, ventilation and sanitation installations	1	2	3	4	5
17. I have carried out basic fault detection and service tasks in heating, ventilation and sanitation installations	1	2	3	4	5
18. I am familiar with system structure for smaller heating, ventilation and sanitation installations	1	2	3	4	5

English

19. I have knowledge about safety equipment in water and heating installations	1	2	3	4	5
20. I have worked with installations according to manufacturer instructions and recommendations	1	2	3	4	5
21. I have carried out pressure and leakproofness tests and commissioning of heating, ventilation and sanitation installations and indirect cooling systems according to applicable regulations	1	2	3	4	5
22. I understand the cooling process and the functions of the most common components	1	2	3	4	5
23. I can join copper pipes using soft and hard soldering	1	2	3	4	5
24. I can use gas welding to join steel pipes using the backhand welding and forehand welding techniques, according to the situation	1	2	3	4	5
25. I can use gas cutting equipment and other equipment for cutting and making of holes	1	2	3	4	5
26. I know how to maintain gas welding equipment	1	2	3	4	5
27. I have basic knowledge of fire fighting techniques	1	2	3	4	5
28. I can determine whether asbestos is present in insulation	1	2	3	4	5
29. I know which type of safety equipment to use in conjunction with different tasks	1	2	3	4	5
30. I can work according to applicable safety regulations	1	2	3	4	5
31. I have basic skills in electrics and electronics	1	2	3	4	5
32. I have knowledge about methods for energy and power calculation and, with the help of handbooks, and I can make simple power consumption calculations for buildings	1	2	3	4	5

English

33. I can also read and understand installation documentation, and create simple sketches and drawings to aid in installation work	1	2	3	4	5
34. I can use drawing scales to work with working and technical drawings	1	2	3	4	5
35. I understand the symbols and terms used in drawings	1	2	3	4	5
36. Using drawings and descriptions, I can carry out fitting work independently	1	2	3	4	5
37. I have experience of documenting and describing my own work	1	2	3	4	5

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