

Självskattningsformulär
Isoleringsplåtslagare
Engelska

Identify your competencies

Do you have experience from 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 Arbetsförmedlingen and for you to choose which of Arbetsförmedlingen's measures is right for you. You may need support in seeing how you can utilise your competencies in Sweden, information about how to move on, to complete of your education, job experience or a validation.

The self-assessment's questions are based on the requirements of various professions in Sweden. The answers are based on your knowledge and experience from 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: Limited experience

- You have had a trial opportunity while in training.

3: Fair amount of experience

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

4: Considerable experience

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

5: Extensive experience

- You should be able to be assessed straight away at a workplace as a supervisor, manager or expert.

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- 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

Answer on a scale from 1 No experience to 5 Extensive experience.

Question	Personal characteristics that are important for the profession	1	2	3	4	5
1.	I am good at interacting with customers					
2.	I can remain calm in a difficult situation					
3.	I keep my workplace clean and tidy					

Question	Experience and competencies that are important for the profession	1	2	3	4	5
4.	I have experience of working and making decisions independently					
5.	I have experience of working together with others					
6.	I have experience of working as a supervisor					
7.	I understand the function of basic heating, ventilation and sanitation systems in domestic and industrial buildings					
8.	I understand the significance of insulation in different systems					

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Question	Experience and competencies that are important for the profession	1	2	3	4	5
9.	I have experience of installing fire insulation according to drawings and descriptions					
10.	I have experience of insulation for cold installations					
11.	I have experience of installing heating and ventilation insulation according to drawings and descriptions					
12.	I can determine whether asbestos is present in insulation and take appropriate measures					
13.	I know how to handle insulation materials in an environmentally correct way					
14.	I know which type of safety equipment to use in conjunction with different tasks					
15.	I am familiar with rules for noise levels, noise propagation and sound-proofing using insulation					
16.	I have basic knowledge of fire fighting techniques					
17.	I can carry out basic electrical work					
18.	I have worked with installation of cellular rubber					
19.	Based on a drawing, I can independently collect materials, select mounting devices and install plastic sheeting and details					
20.	I know how to install and fit prefabricated metal sheeting for rectangular and circular ventilation ducts					
21.	I know how to install and fit prefabricated metal sheeting on pipe insulation, and fit to curved/ conical/other shapes					
22.	I have worked with installation of plastic sheeting and the most common fittings for pipe insulation					
23.	Based on drawings, I can independently produce and install metal sheeting fittings on pipes, ducts, vessels and cisterns					

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Question	Experience and competencies that are important for the profession	1	2	3	4	5
24.	I can apply the most common industry finishes to sheeting surfaces					
25.	I have installed roof sheeting on cisterns and drums					
26.	I understand the symbols and terms used in drawings					
27.	Using drawings and descriptions, I can carry out insulation work independently					
28.	I have experience of documenting and describing my own work					

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