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## Technical Training Resource List

This information is for counselling purposes only. As technical training resources are updated frequently, **apprentices are advised not to purchase any items listed below until after meeting their instructor on the first day of class.** The resources listed below may be purchased from the technical training provider offering the program.

### A. Required for Technical Training

#### For All Three Periods

1. [Trade Course Outline](#)
2. Occupational Health and Safety Regulations - General Safety Regulations - Occupational Health and Safety Act, Chemical Hazard Regulations, First Aid
3. Institutional Note Packages and reference material.
4. For third period
  - Interprovincial Standards Red Seal Program “Insulator (Heat and Frost)” [National Occupational Analysis \(NOA\)](#).