# YOUR CAREER IN SHEET METAL

The sheet metal industry needs highly skilled and motivated workers. Through courses offered at state-of-the-art training centers, you can get the high quality education and training designed to put you on the path to a rewarding career. As an apprentice, you participate in both on-the-job training and classroom study, allowing you to gain practical experience while learning the technical aspects of the industry.

It's time to reconsider the skilled construction trades. In fact, an education as a skilled union craftsperson has never looked more appealing.

Keep reading to learn more or contact your local training center today.

### INTERNATIONAL TRAINING INSTITUTE'S HEADQUARTERS

8403 Arlington Blvd., Suite 100 Fairfax, VA 22031

Tel (703) 739-7200 Fax (703) 683-7461



InternationalTrainingInstitute



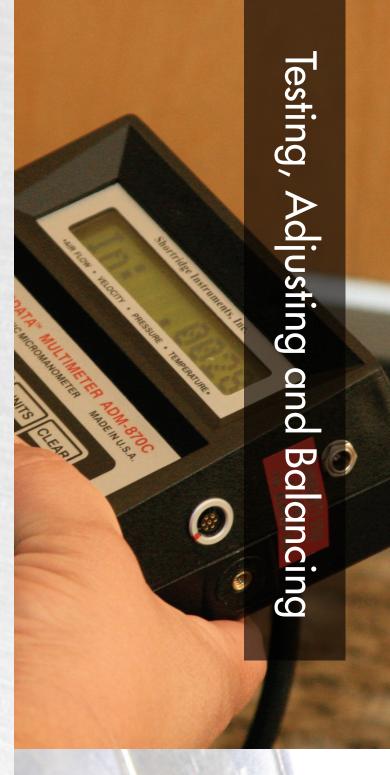
iTisheetmetal

www.sheetmetal-iti.org









The Other Side of Higher Education

## BEING A SHEET METAL APPRENTICE

When you enter an apprenticeship, you agree to work in an on-the-job training program and attend specialized classes for between four and five years. As an apprentice, you:

- Earn a good salary while learning your trade – a salary that increases as your skills and knowledge increase
- Pay little to no tuition costs or fees
- Receive books and other educational material free of charge
- Learn from instructors who have hands-on experience in the sheet metal industry
- Put everything you learn to work right away—your career begins with your apprenticeship
- Graduate without student loan debt





#### WHAT IS TESTING, ADJUSTING AND BALANCING (TAB)?

Testing, adjusting, and balancing (TAB) is an important part of air and water delivery systems. TAB technicians make sure that air and water are delivered efficiently, quietly, and safely throughout a building.

As a TAB technician, you will be responsible for working on air and water delivery systems to meet the specifications outlined by the design engineer. If you like math and the idea of working on complex systems and solving problems, TAB is a good career choice for you.

Opportunities in this field include:

- Energy management
- Indoor air quality
- Building systems commissioning
- Sound and vibration testing
- Life safety control systems
- HVAC installation or system controls
- System design
- Project management or facility management
- Clean room work or certification.

#### **REQUIREMENTS**

As with any other field, there are some basic requirements for a career in the sheet metal industry. You'll need a high school or GED diploma, and in some parts of the U.S. and Canada, you might have to take a written exam and/or complete a personal interview.

Other skills needed include:

- Good physical condition
- Above average mechanical and math skills
- Good eye-to-hand coordination
- Understanding of spatial relationships
- Understanding of how patterns are used to create metal forms
- Excellent work and study habits
- Ability to work well in teams
- Solid reasoning skills
- Problem solving capability
- Enjoy working with your hands
- Reliable and responsible

