

Heat and Frost Insulator Indigenous Pre Employment Class

Hosted by Local 119 Heat and Frost Insulators

February 2nd-March 27th 2026

444 Quebec Street, Regina

This class will introduce you to the insulation trade and provide you with the skills and certifications needed to start in the insulation trade with confidence.

During this class you will learn, and leave with the following skills and certifications:

- Basic trade math
- Material identification
- Tool use/care/identification
- Basic metal layouts
- Hands on experience installing insulation and cladding
- Rights and Responsibilities
- SCOT
- WHIMIS 2015
- MEWP certificate
- Fall Protection
- Confined Space

Scan to see eligibility requirements



Heat and Frost Insulators install and maintain insulation and cladding on mechanical systems, like pipes, ducts, and tanks to control temperature, prevent energy loss, and protect workers and equipment. From commercial buildings to industrial sites, insulators play a key role in safety, efficiency, and environmental protection. It's hands on, high impact work that demands skill, precision, and pride.

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