Choosing a trade: question sheet for job shadowing

Questions to ask tradespeople and employers about physical demands, downturns, automation and moving between provinces, with space for their answers.

NAME

DATE

TRADE

PERSON I SPOKE TO (ROLE, YEARS IN THE TRADE)

DATE

Question	What they said
Physical demands: what does a typical day involve (lifting, heights, confined spaces, weather)?	
Downturns: is the work tied to new construction, or to maintenance and repair that continues in a slowdown?	
Automation: which tasks are already done by machines or software, and which still need hands-on troubleshooting?	
Is the trade compulsory in my province?	
Can I move between provinces with this certificate?	

WHAT I LIKED

WHAT WORRIES ME

NEXT PERSON TO ASK

SOURCES (CHECKED 2026-11-27)

Statistics Canada's study Automation and Job Transformation in Canada: Who's at Risk? (The Daily, June 29, 2020) found that 10.6% of Canadian workers were at high risk of automation-related job transformation in 2016, before COVID-19, and 29.1% were at moderate risk.
https://www150.statcan.gc.ca/n1/daily-quotidien/200629/dq200629d-eng.htm (checked 2026-11-27)
Statistics Canada notes the estimates are largely based on whether tasks can technically be automated; financial, legal and institutional factors, skill shortages and demand mean a high risk of automation does not necessarily imply a high risk of job loss.
https://www150.statcan.gc.ca/n1/daily-quotidien/200629/dq200629d-eng.htm (checked 2026-11-27)
ESDC says completing an apprenticeship in a Red Seal trade allows you to work anywhere in Canada.
https://www.canada.ca/en/services/jobs/training/support-skilled-trades-apprentices/become-apprentice.html (checked 2026-11-27)