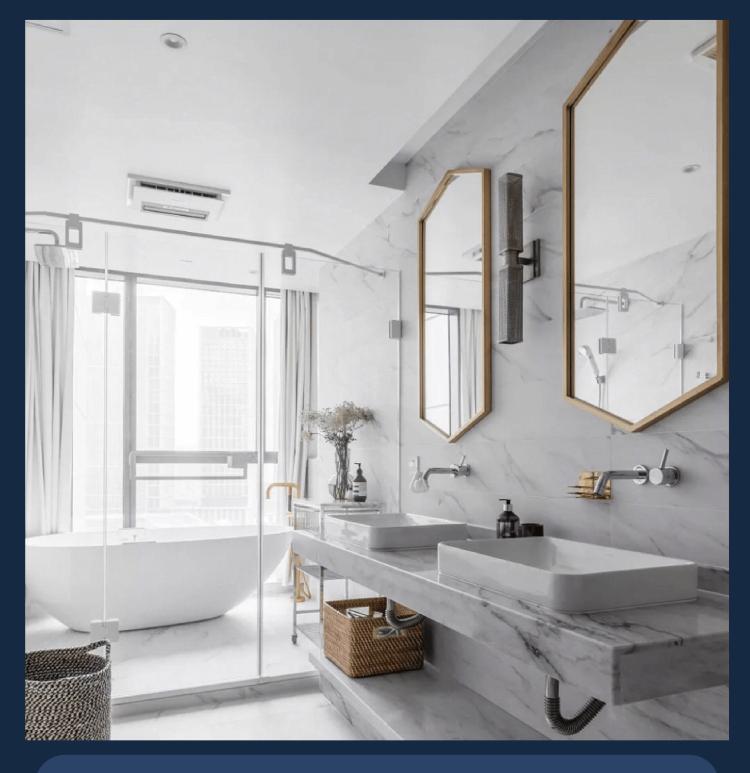
Block C: Plumbing Fixtures and Appliances





Plumbing Apprenticeship Program Level 2 Series

Block C: Plumbing Fixtures and Appliances

BC Plumbing Apprenticeship, Level 2

SKILLED TRADES BC

BC PIPING ARTICULATION AND CURRICULUM SUBCOMMITTEE; ROD LIDSTONE; AUDREY CURRAN; AND PAUL SIMPSON

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Block C: Skilled Training BC. (2025). Block C: Plumbing Fixtures and Appliances (Rev. ed.; adapted by Rod Lidstone, the BC Articulation Curriculum Subcommittee, & TRU Open Press). TRU Open Press, Thompson Rivers University. https://c-plumbfixappliance-bcplumbingapprl2.pressbooks.tru.ca/
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In the field, there are many similarities or overlaps with the work of plumbers and gas fitters. Many plumbing and heating contractors employ both plumbers and gas fitters as well as tradespeople with dual certifications.

Upon completion of a Plumbing Apprenticeship, a plumber can receive cross-program credit for a portion of the Gas fitter apprenticeship. As such, training in fuel gas has been incorporated into all levels of the Plumbing Apprenticeship.

Block C of the Plumbing Apprenticeship Program Level 2 Series focuses on the installation of plumbing fixtures and appliances, providing apprentices with the essential skills to complete these tasks accurately and efficiently. This section equips apprentices with the knowledge required to install various plumbing fixtures and appliances, ensuring they can complete installations to industry standards and meet the needs of different plumbing systems.

Plumbing Apprenticeship Program Level 2 Series

The Plumbing Apprenticeship Program Level 2 Series offers comprehensive training materials designed to build on foundational skills and knowledge. The series is divided into four main blocks, each focusing on critical areas of plumbing systems and installations.

Block A: Fuel Gas Systems (https://a-fuelgas-bcplumbingapprl2.pressbooks.tru.ca/)

A-1: Gas Fired Appliances

A-2: Gas Codes Regulations and Standards

A-3: Gas Appliance and Building Air Requirements

A-4: Technical Instruments and Testers

Block B: Heating and Cooling Systems (https://b-heating-bcplumbingapprl2.pressbooks.tru.ca/)

B-1: Types of Heating and Cooling Systems

B-2: Hydronic Heating and Cooling Generating Equipment

B-3: Hydronic Heat Transfer Units

B-4: Hydronic Heating Piping and Components

Block C: Install Fixtures and Appliances (https://c-plumbfixappliance-bcplumbingapprl2.pressbooks.tru.ca/)

C-1: Plumbing Fixtures and Trim

C-2: Plumbing Appliances

Block D: Drainage Systems (https://d-drainagesystems-bcplumbingapprl2.pressbooks.tru.ca/)

- D-1: Sanitary Drain, Waste and Vent Systems
- D-2: Planning and Installation of DWV Systems
- D-3: Storm Drainage Systems
- D-4: Test and Drainage Systems
- D-5: Drainage System Maintenance and Repairs

Plumbing Apprenticeship Program Overview and Upcoming Resources

- Plumbing Apprenticeship Program Level 1 Series is coming soon to TRU Open Press in 2025–2026!
- Plumbing Apprenticeship Program Level 3 Series (https://collection.bccampus.ca/ search/?q=%22pl3%22) can be found in the BCCampus Open Collection (https://collection.bccampus.ca/).
- Plumbing Apprenticeship Program Level 4 Series (https://bccampus.ca/projects/archives/zedcred-z-degrees/ztc-open-educational-resources-for-trades/) can be found in the BCCampus Open Collection. (https://collection.bccampus.ca/) (Block F: Commission and Service will be available soon.)

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The current Standards and Regulation in BC can be obtained at the WorkSafeBC (http://www.worksafebc.com) website: http://www.worksafebc.com

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Symbol Legend



Important Information



Potentially Toxic/ Poisonous Situation



Required or Optional Resources



Potentially Flammable Situation



Complete a Self-Test



Possibly Explosive Situation



Use Protective Equipment



Potential Electric Shock

Acknowledgments

The development of the Piping Trades Learning Guides was a collaborative effort driven by a commitment to excellence in trades education. These guides were created to support apprentices and journeypersons in mastering the skills and knowledge essential to the piping trades. This achievement would not have been possible without the dedication and expertise of Skilled Trades BC and the Piping Trades Articulation Committee, whose leadership and guidance have been instrumental in shaping high-quality training resources. We extend our sincere gratitude for their contributions and ongoing stewardship in advancing the piping trades.



The Open Press

The Open Press combines TRU's open platforms and expertise in learning design and open resource development to support the creation and reuse of open educational resources, while encouraging open scholarship and research.

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Starting December 1, 2022, Industry Training Authority was officially renamed to SkilledTradesBC. Hear more in this video from SkilledTradesBC CEO, Shelley Gray, on what this means for the trades industry and British Columbians. Closed captioning and transcripts are available with this video, Introducing Skilled Trades (https://www.youtube.com/watch?v=OQgwdP0rNog) (2022) on YouTube.



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Glossary

angle stop

A small shutoff valve installed at the water supply stub to control water flow to a fixture. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

architectural drawings

Drawings that provide room dimensions, fixture arrangements, and building materials, serving as a primary reference for rough-in work. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

back lip

The rear edge of a bathtub that is supported by a horizontal ledge to provide stability and prevent movement. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

backflow preventer

A plumbing device designed to prevent contaminated water from flowing back into the clean water supply. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

backing

Support materials (e.g., plywood, lumber, metal) installed behind finished walls to secure fixtures like lavatories and shower curtain rods. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

backsiphonage

When dirty water flows backward into clean water pipes by accident. This can happen if water pressure drops, like when a water main breaks or a lot of water is used at once. It can let harmful stuff, like bacteria or chemicals, get into the drinking water supply. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

beer cabinets

A refrigeration unit used to store and cool beer, sometimes equipped with a glass rinser for preparing glasses before pouring. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

booster heater

A device that raises water temperature, often used in high-temperature dishwashers to ensure proper sanitization. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

carrier arms

Metal brackets used to support wall-hung fixtures, ensuring they are securely attached to the wall structure. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

carriers

Steel frames used to provide additional support for fixtures such as wall-hung water closets, especially for persons with disabilities. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

cartridge faucets

A type of faucet that control the flow of water using a cartridge inside. The cartridge is a small, replaceable part that moves to let water flow in or out when you turn the handle. These faucets are easy to use and can help control both the temperature and the amount of water that comes out. (Section C-1.1 (#chapter-chapter-1))

centrelines

Reference lines used in plumbing rough-in to accurately position piping and fixture supports. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

clearance

The minimum space required between fixtures and walls or other structures, as regulated by codes and specifications. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

close-coupled

A type of toilet where the tank and the bowl are joined closely together as one unit. The water tank sits right on top of the bowl, making it compact and easy to install. (Section C-1.1 (#chapter-chapter-1))

closet flange

A fitting that connects the water closet to the waste pipe, ensuring a secure connection. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

clothes washer

(Washing Machine); A household appliance that washes laundry using water, detergent, and an internal agitation mechanism. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

composite stone

A strong material made by mixing crushed natural stone with glue or resin. It looks like real stone but is made in factories and is often used for countertops, floors, and walls. (Section C-1.1 (#chapter-chapter-1))

compression faucets

A type of faucet that works by turning the handles to press down on washers inside the faucet. This creates a seal that stops the water from flowing. When you turn the handle, it lifts the washer to allow water to flow, and when you turn it back, the washer closes to stop the water. These faucets are commonly found in older sinks. (Section C-1.1 (#chapter-chapter-1))

compression fitting

A plumbing connection method that uses a nut and ferrule to create a watertight seal on supply lines. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

corrosion

When metals slowly get damaged or worn away because of reactions with air, water, or other substances. A common example is rust forming on iron when it gets wet. (Section C-1.1 (#chapter-chapter-1))

dielectric union

A specialized plumbing fitting that prevents galvanic corrosion between different metal pipes. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

dishwasher

An electrical and mechanical appliance that cleans dishes by spraying them with hot water and detergent, followed by rinsing and drying cycles. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

dishwasher drain hose

A flexible tube that connects a dishwasher to a drainage system to remove wastewater. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

diverter valve

A valve in a combination tub-shower fixture that directs water either to the tub spout or the showerhead. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

drain pan

A shallow tray placed beneath a water heater to collect and direct water from leaks or pressure relief discharge. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

Drainage, Waste, and Vent (DWV) System

A network of pipes that remove wastewater and provide ventilation to prevent sewer gases from entering buildings. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

drop ear

A type of shower arm fitting with mounting ears for secure attachment to wall framing. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

drop-ear fitting

A fitting used to anchor the showerhead securely to the wall, often with a female iron pipe thread (FIP). (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

electric immersion elements

A heating element inside a water heater that converts electrical energy into heat to warm water. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

electrical drawings

Diagrams showing the layout of electrical lines, outlets, and fixtures to prevent conflicts with plumbing installations. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

escutcheons

A decorative cover or plate used in plumbing to hide gaps or holes around pipes, faucets, or other fixtures. It helps make the area look neat and clean by covering the space where a pipe or fixture meets the wall or surface.

Escutcheons are often used in sinks, showers, and toilets to improve the appearance and prevent water from leaking behind the fixture. (Section C-1.1 (#chapter-chapter-1))

fire stop rating

A classification system indicating how long a barrier (e.g., firewall, floor) can prevent the spread of fire. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

fixture

A plumbing device, like a sink or toilet, that uses water. (Section C-1.1) (#chapter-chapter-1)

fixture supply tubes

(Also known as supply risers, supply connectors or supply lines); The flexible pipes that bring water from the main water supply to a plumbing fixture, like a sink, toilet, or shower. They connect the fixture to the water lines, allowing water to flow in and out. These tubes are usually made of materials like copper, stainless steel, or plastic, and they are designed to be easy to install and connect to the fixture. (Section C-1.1 (#chapter-chapter-1))

flanged drain

A type of sink drain connection where a flat, circular rim (flange) helps secure the drain to the sink. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

flushometer valves

A special valve used in public bathrooms instead of a regular toilet tank. It releases a strong burst of water to flush the toilet or urinal quickly and refills right away, so it can be used often without waiting. Direct-flush valves are a "tankless" design that uses water pressure from the supply line rather than a tank of water to flush the fixture (Figure 10, Section C-1.1 (#chapter-chapter-1))

garbage disposal

(Garburator); A device installed under a kitchen sink that uses a motorized grinder to break down food waste into a slurry that can be washed down the drain. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

gasket

A sealing material used to prevent leaks between two surfaces, such as between a faucet and sink. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

grey water or process water

Used water from sinks, showers, bathtubs, and washing machines. It is not dirty like toilet water and can sometimes be cleaned and reused for things like watering plants or flushing toilets. (Section C-1.1 (#chapter-chapter-1))

High-efficiency toilets (HET)

Toilets that use less water to flush but still work just as well as regular toilets. They help save water and lower water bills. (Section C-1.1 (#chapter-chapter-1))

ice maker

A device that automatically produces ice cubes, commonly found in refrigerators or as standalone units. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

isometric drawing

A three-dimensional technical drawing that illustrates the layout, connections, and travel path of plumbing pipes. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

laundry box

A recessed box that simplifies connections for washing machine supply lines and drainage. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

lavatories

Sinks with running water used for washing hands and face, usually found in bathrooms. (Section C-1.1 (#chapter-chapter-1))

locknut

A threaded fastener used to secure plumbing fixtures and fittings in place. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

master mixing valve

A device that blends hot and cold water to deliver tempered water at a safe temperature to fixtures. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

mechanical drawings

Plans that depict the layout of supply piping, waste and vent lines, and other mechanical systems within a building. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

mortar base

A continuous bed of mortar used to support the bottom of certain types of bathtubs, such as jetted tubs and whirlpools. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

notching

In construction, means cutting a small section out of wood or another material to help pieces fit together properly. It is often done to make space for pipes, wires, or to join beams and boards securely. (Section C-1.1 (#chapter-chapter-1))

overflow gasket

A seal placed on the back of the bathtub overflow opening to prevent leaks. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

P-trap

A U-shaped pipe that prevents sewer gases from entering a home by trapping water. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

pedestal basin

A type of sink supported by a freestanding pedestal that conceals plumbing connections. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

perimeter lip (tiling flange)

A raised edge on a bathtub or shower base that sits behind the finished wall to prevent water from seeping behind the unit. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

piping layout drawing

A detailed plan showing the exact placement of pipes, fittings, and connections needed for plumbing installations. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

plumber's putty

A pliable sealing compound used to create watertight seals around drains and fixtures. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

pop-up drain assembly

A drain mechanism with a pivot rod that allows the stopper to be raised or lowered using a lift rod. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

pressure-assist

A toilet system that uses compressed air to create a stronger flush. As the tank refills, a vessel captures and compresses air, which helps push the water into the bowl more quickly. This results in a more powerful and efficient flush, using less water while improving cleaning performance. (Section C-1.1 (#chapter-chapter-1))

reclaimed water

Water that has been used before and cleaned so it can be used again for things like watering plants, flushing toilets, or washing streets. It is not for drinking, but it helps save fresh water. (Section C-1.1 (#chapter-chapter-1))

reverse osmosis

A water purification process that removes contaminants by forcing water through a semipermeable membrane. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

reverse trap

A special type of plumbing pipe that helps prevent bad smells or gases from coming back into a building. It works by trapping a small amount of water in the pipe, but instead of the water being higher, like in a regular trap, it's lower. This helps keep the pipes clear and stops odors from escaping. (Section C-1.1 (#chapter-chapter-1))

rough-in

The initial stage of plumbing installation before walls and floors are finished. (Section C-1.1) (#chapter-chapter-1)

rough-in documentation

Manufacturer-provided specifications detailing fixture dimensions, pipe connection points, and installation guidelines. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

seismic restraint kit

A set of straps and brackets used to secure a water heater to a structural component to prevent movement during an earthquake. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

self-rimming basin

A sink with a built-in lip or rim that rests on the countertop, requiring minimal installation support. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

shower pipe riser

A vertical pipe that connects to the shower arm and directs water to the showerhead. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

silicone caulking

A flexible sealant used to waterproof joints and seams, especially in synthetic materials where putty may cause staining. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

siphon jet

A part of a toilet that helps flush water quickly and powerfully. It pushes water through a small opening to create suction, which helps remove waste from the bowl. (Section C-1.1 (#chapter-chapter-1))

solenoid valve

An electrically controlled valve that regulates the flow of liquids or gases in appliances such as washing machines and dishwashers. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

specification sheet

A document that includes technical details about a fixture, including rough-in dimensions and installation requirements. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

standpipe

A vertical section of pipe for washing machine drainage, ensuring proper waste disposal. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

steam shower

A self-contained shower unit with an integrated steam generator for steam bathing. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

stop valve

A shutoff valve used to control the flow of water to an appliance, such as a dishwasher or clothes washer. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

storage tank water heater

A water heater that continuously stores and heats a supply of water in a cylindrical tank. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

structural drawings

Plans that indicate load-bearing elements of a building, ensuring that plumbing modifications do not weaken the structure. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

tankless water heater

(Also called on-demand water heaters); A water heating system that heats water on demand without storing it in a tank. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

thermal expansion

A small tank installed in a water heating system to absorb excess pressure caused by thermal expansion of water. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

thermostat

A device that controls the temperature of a water heater by regulating the activation of heating elements. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

threaded flange

A type of drain flange with threads that allow for a secure connection to plumbing fittings. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

trapway

The curved pipe at the bottom of a toilet or sink that helps carry away water and waste. It also keeps a little bit of water inside to stop bad smells from coming back up. (Section C-1.1 (#chapter-chapter-1))

tub-filler valve

A valve used to blend hot and cold water, controlling the flow to a bathtub or shower. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

ultraviolet (UV) sterilizers

A water purification device that uses UV light to kill bacteria and viruses. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

vacuum relief valve

A valve that prevents a water heater tank from collapsing due to negative pressure caused by backsiphonage. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

vacuum-assist

A system in some toilets that helps the flush work more powerfully. It uses air pressure to help pull the waste and water down the drain quickly, using less water. (Section C-1.1 (#chapter-chapter-1))

vitrified porcelain

Also known as vitreous china; a type of very strong and smooth ceramic material made by heating special clay at a very high temperature. This process makes it hard, waterproof, and glass-like, so it doesn't absorb water and is very durable. It is often used for making sinks, toilets, and tiles. (Section C-1.1 (#chapter-chapter-1))

waste and overflow fittings

Plumbing components that connect the bathtub drain to the trap, preventing overflow. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

waste condensate

Water that forms when warm air touches a cold surface, like the water droplets on a cold drink. In buildings, this water comes from air conditioners, refrigerators, or pipes and is usually drained away as waste. (Section C-1.1 (#chapter-chapter-1))

water closets

Another name for toilets, which are used for flushing away waste. (Section C-1.1 (#chapter-chapter-1))

water-hammer arrestor

A device installed on water supply lines to absorb shock and prevent noise caused by the sudden closing of valves. (Section C-2.2 (#chapter-c-2-2-plumbing-appliance-installation))

weir

The top edge of the water inside a toilet or sink drain trap (the trapway's highest point). It helps control the flow of water and keeps some water in the trap to block bad smells from coming back up. (Section C-1.1 (#chapter-chapter-1))

whirlpool tub

A bathtub equipped with jets that mix air and water to create a massaging effect. (Section C-2.1 (#chapter-c-2-1-types-of-plumbing-appliances))

wing back elbow

A pipe fitting with mounting wings that allows secure attachment to a backing board, commonly used for shower and tub spouts. (Section C-1.2 (#chapter-c-1-2-fixtures-and-trim-installation))

Plumbing Apprenticeship & Trade Resources in BC

A successful career in plumbing requires a strong foundation of skills, knowledge, and workplace safety awareness. Below are key resources to support plumbing apprentices in BC, including educational pathways, trade certifications, workplace safety guidelines, and mental health and wellness support.

Plumbing Apprenticeship & Certification Resources

- **SkilledTradesBC Plumbing Apprenticeship (https://skilledtradesbc.ca/plumber)** Overview of plumbing training, certification requirements, and apprenticeship pathways in British Columbia.
- Red Seal Program Plumber (https://www.red-seal.ca/eng/trades/plumbers/overview.shtml) National certification program with exam prep guides and trade mobility information.
- BC Building Codes & Standards (https://www.bccodes.ca/) Official building and plumbing codes for British Columbia.

Workplace Safety & Regulations

- WorkSafeBC (https://www.worksafebc.com/en) Essential safety resources for plumbers, including:
 - Health & Safety WorkSafeBC (https://www.worksafebc.com/en/health-safety)
 - Report Unsafe Working Conditions (https://www.worksafebc.com/en/contact-us/departments-and-services/health-safety-prevention)
 - Report a Workplace Injury or Disease (https://www.worksafebc.com/en/claims/report-workplace-injury-illness)
 - Submit a Notice of Project Form (https://www.worksafebc.com/en/for-employers/just-for-you/submit-notice-project)
 - Get Health and Safety Resources (Videos, Posters, Publications, and More) (https://www.worksafebc.com/en/resources-health-safety)
 - Search the OHS Regulations (and Related Materials) (https://www.worksafebc.com/en/law-policy/ occupational-health-safety/searchable-ohs-regulation)
 - Conduct an Incident Investigation (https://www.worksafebc.com/en/health-safety/create-manage/incident-investigations/conducting-employer-investigation)
- CCOHS: OHS Answers Fact Sheets Plumber (https://www.ccohs.ca/oshanswers/occup_workplace/plumber.html) Safety guidelines and best practices for plumbers in various work environments.

Financial Supports

• **Financial Support (SkilledTradesBC)** (https://skilledtradesbc.ca/financial-support) — Information about grants, tax credits, Canada apprentice loans, employment insurance, and the Indigenous Skills and Employment Training

- (ISET) program.
- StudentAidBC (https://studentaidbc.ca/) Complete post-secondary education through student loans, grants, and scholarships. There is also programs that help with loan repayment.
- WorkBC (Government of BC) (https://www.workbc.ca/find-loans-and-grants/students-and-adult-learners/ services-apprentices-and-employers) — Services for apprentices and employers.

Mental Health & Wellness Support

- HealthLink BC Mental Health and Substance Use (https://www.healthlinkbc.ca/mental-health-and-substanceuse) — HealthLink BC resources for mental health and wellness support.
- Here2Talk (https://here2talk.ca/) Free and confidential counseling services available to all post-secondary students registered at a BC school.
- Help Starts Here (https://helpstartshere.gov.bc.ca/) A database with over 2,500 listings of services related to mental health and substance use supports.
- Hope for Wellness Helpline (https://www.hopeforwellness.ca/) 24/7 online chat and phone line with experienced and culturally competent counselors available to all Indigenous people in Canada.
 - First Nations Health Authority Mental Health Supports Info Sheet [PDF] (https://www.fnha.ca/Documents/ FNHA-mental-health-and-wellness-supports-for-indigenous-people.pdf) by First Nations health Authority — List of culturally safe services for Indigenous people.
- HeretoHelp BC (https://www.heretohelp.bc.ca/) Mental health resources, including videos, articles, and support services in BC.
- BC Construction Industry Rehabilitation Plan (https://www.constructionrehabplan.com/) Mental health and substance use services for CLRA and BCBT members and their families.
- Virtual Mental Health Supports (Government of BC) (https://www2.gov.bc.ca/gov/content/health/managingyour-health/mental-health-substance-use/virtual-mental-health-supports) - Virtual services are available for British Columbians who are experiencing anxiety, depression, or other mental health challenges.

Crisis Support

- Interior Crisis Line Network Call 1-888-353-2273 (tel:+1-888-353-2273) for 24/7 emotional support, crisis intervention, and community resource information.
- Talk Suicide Chat Service (https://talksuicide.ca/) An alternative if calling is difficult; available for crisis intervention.
- 310Mental Health Support Call 250-310-6789 (tel:+1-250-310-6789) for emotional support, information, and resources specific to mental health.
- 1-800-SUICIDE Call 1-800-784-2433 (tel:+1-800-784-2433) if you are experiencing feelings of distress or despair, including thoughts of suicide.
- Opioid Treatment Access Line Call 1-833-804-8111 (tel:+1-833-804-8111) between 9 am and 4 pm to connect with a doctor, nurse, or healthcare worker who can prescribe opioid treatment medication that same day.
- KUU-US Crisis Response Service Call 1-800-588-8717 (tel:+1-800-588-8717) for culturally-aware crisis support for Indigenous peoples in BC.
- Alcohol and Drug Information and Referral Service Call 1-800-663-1441 (tel:+1-800-663-1441) to find resources and support.



Emergency Services - For life-threatening situations, call 911 or visit your nearestemergency department.

Version History

This page provides a record of changes made to this learning resource, Plumbing Apprenticeship Level 2, Block C (https://c-plumbfixappliance-bcplumbingapprl2.pressbooks.tru.ca/). Each update increases the version number by 0.1. The most recent version is reflected in the exported files for this resource.

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