

Step 1: Prepare to register with Helmets to Hardhats Canada

Welcome to H2H! Before you begin, you will need a tentative plan, including:

- What Province you will be located in?
- The date you are ready to start your new career?
- Trade of choice?
- Proof of enduring relationship to Canada
- An update resume

We encourage you to learn about **Canada's 14 Building Trades Unions and 60+ occupations** offered to decide on a trade that will suit your skillset and desired lifestyle. Some trades have specific educational requirements, such as the completion of Grade 11 or 12 high school Math, English or Science. A Professional Education Diploma (P.E.D.) is mandatory for the province of Quebec.

Now is also a good time to see what support you are eligible for through **provincial grants and scholarships**.

Step 2: Register for your Helmets to Hardhats Account

When you are ready to deploy into your second career and create an account with H2H, you must fill in ALL mandatory information blocks and complete the registration process in one sitting.

You must ensure you use and confirm your PERSONAL email address as part of the registration process, DO NOT use your military-affiliated email address.

During the first part of the registration process, you will receive an email that you must confirm to continue with registration. If you do not receive one, check your Spam or Junk inboxes.

Step 3: Account Verification

Once registered, a Helmets to Hardhats Career Advisor will be assigned to you and will review your application while checking for any missing documentation. They will ensure you are eligible for the Helmets to Hardhats program by checking your COPR. You can also include letters of recommendations, certificates and photos of documents. Please upload your resume in Word or PDF format, a [Resume Template](#) is available here.

Step 4: Welcome Email

You will receive an official welcome email from your H2H Career Advisor. If there is missing documentation you will be asked to provide the document and when all documentation is received your account will be approved. Your Career Advisor will then schedule a phone call with you to begin developing your pathway into the skilled trades. It is also a time to raise questions about the process and how the unionized construction industry works.

Step 6: Start Applying

A list of current opportunities is updated regularly on the H2H website. If a posting interests you, you can apply directly or flag it to your H2H Career Advisor.

We encourage you to check our [Career Opportunities](#) page often to build your second career in the construction industry.

Step 7: Keep in touch

Let us know when you find a second career through Helmets to Hardhats! We want to share your success story!

If you require further assistance, please reach out to:

support@helmetstohardhats.ca