You MUST match the EA indicators of attainment of stage 1 competencies against your work experiences. You must functionally achieve the *kind* of mapping given in the table below:

EA element of competency	Indicator of Attainment	Achieved by (example experience from placement)
2.2 Fluent application of engineering techniques, tools and resources	h) Safely applies laboratory, test and experimental procedures appropriate to the engineering discipline.	The second of my work projects involved safely taking representative samples of coke and iron ore from conveyor belts and analysing the size distribution in the laboratory. This required planning and communication with plant operators, safe plant isolation and work procedures, and correct laboratory analysis procedures including sample size reduction and sieve operation.
List relevant elements of competency here.	List relevant indicator of attainment here.	List the aspect of your experience that corresponds to the indicator of attainment.