



International Training Institute
For the Sheet Metal and Air Conditioning Industry

WHAT IS SHEET METAL?



Sheet metal is...

The term “sheet metal” refers to any metal that can be formed into flat pieces of varying thicknesses. Using specialized tools, sheet metal workers cut, roll, bend, and shape these pieces to make a wide variety of objects such as:

- Ductwork
- Airplane wings
- Car bodies
- Refrigeration units
- Medical tables and storage units
- Building facades
- Steel sheets
- Tubing
- Signs

Metals used in the sheet metal industry include [cold rolled steel](#), [mild steel](#), tin, nickel, titanium, aluminum, brass, and copper.

Sheet metals come in flat pieces or coils and are measured by their thickness or gauge. Very thin pieces of metal are called foil or leaf; thick metals are called plate.