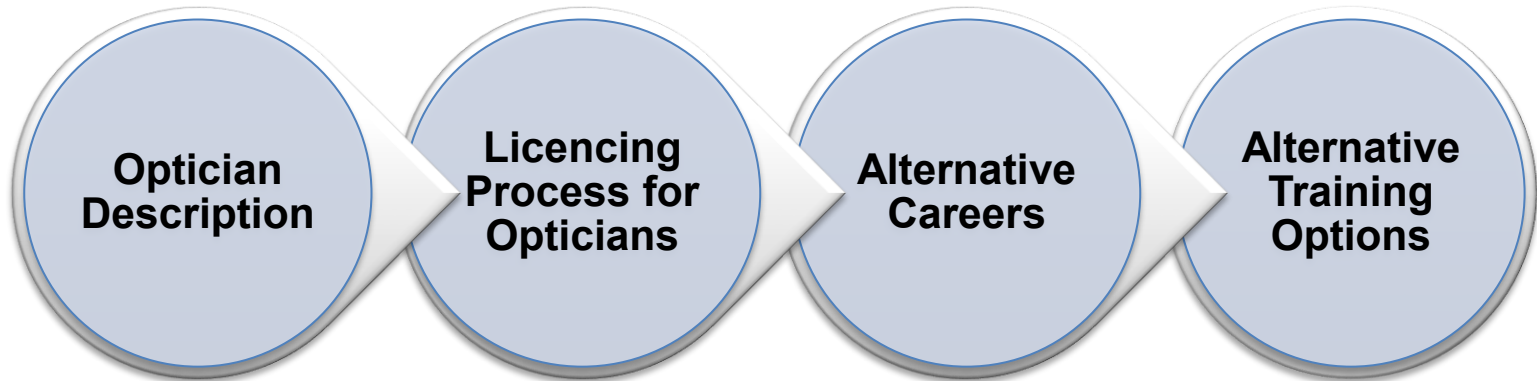


Optician

Foreign Credential Recognition, Alternative Careers,
and Training Options

Career Development Manitoba



What Roles Do Opticians in Canada Perform?



Opticians

[NOC website](#)



Job Duties

This group performs some or all the following duties:

- Obtain specifications for eyeglasses or contact lenses from prescription prepared by ophthalmologist or optometrist or by analyzing client's eyeglasses or contact lenses and take necessary measurements including the curvature of the eyes, the accurate position of the pupils and bridge width, using optical measuring devices.
- Advise clients on eyeglasses selection by giving information on different products such as lens materials, frames, tints and anti-reflection coating.
- Adjust contact lenses and inform client on use and care.
- Grind, polish, cut and edge lenses or have them made by a laboratory before inserting them into the frame.
- Adjust finished eyeglasses to fit client.
- May supervise or manage the activities of other opticians or student opticians.

Opticians

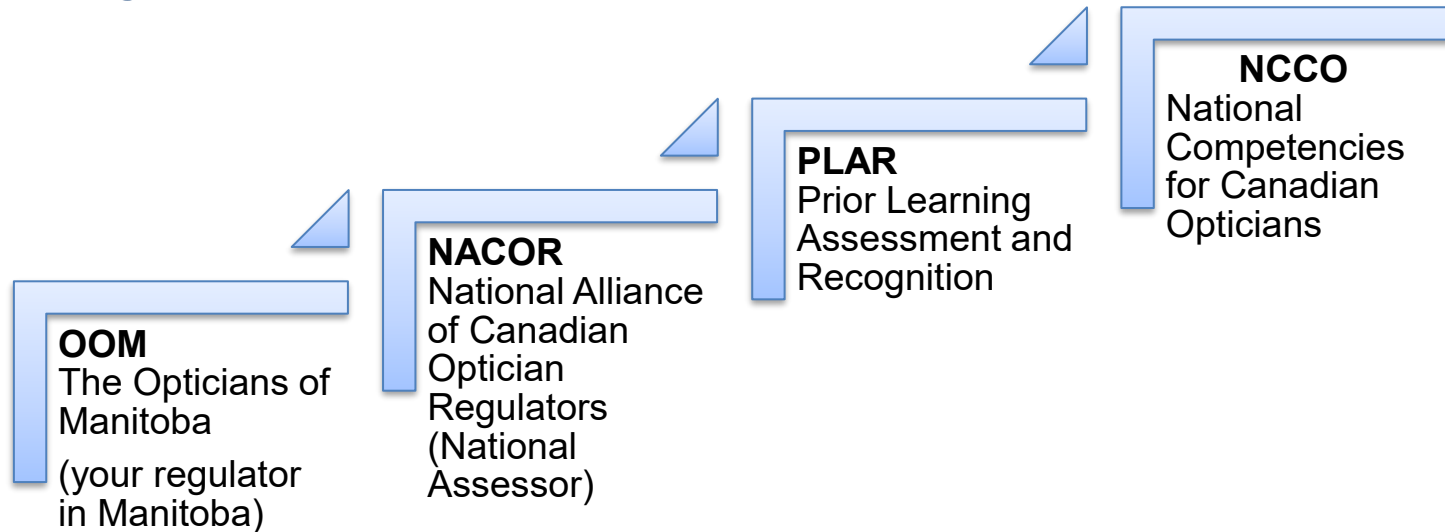
[NOC website](#)



Employment requirements

- Completion of a two- or three-year college program in ophthalmic dispensing or optical sciences is required.
- Licensing by a regulatory body for opticians is required in all provinces.
- Licensing requirements for scope of practice and protected titles related to the sale or dispensing and fitting of contact lenses vary by province.

Acronyms



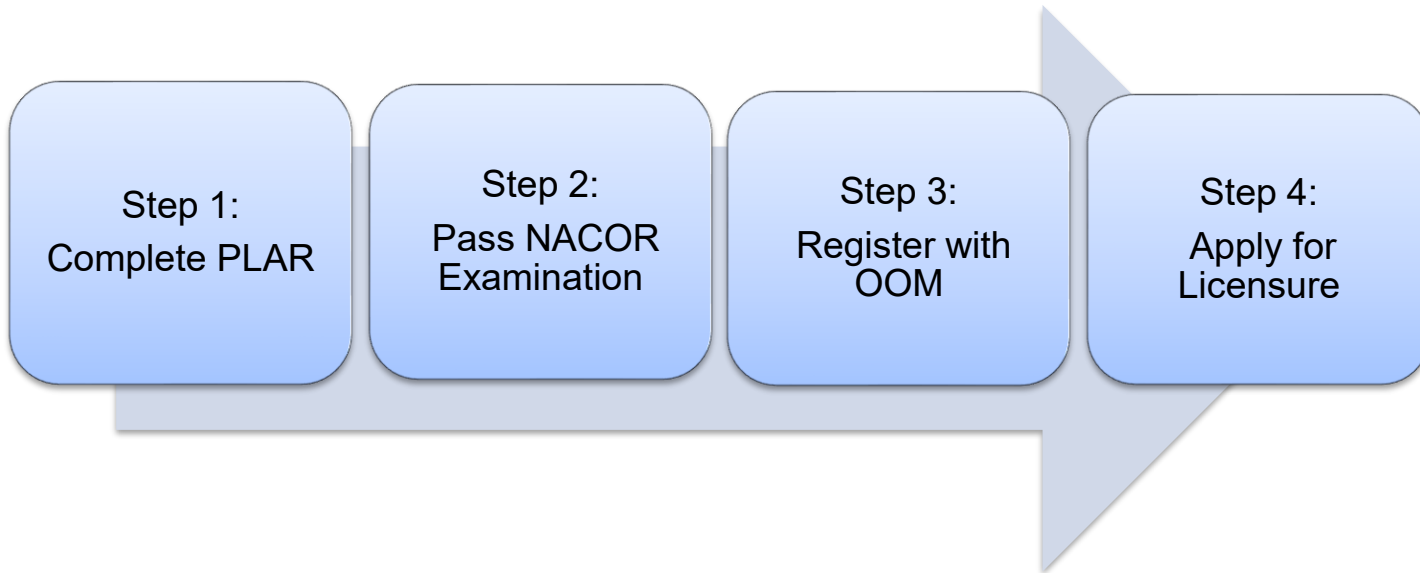
OOM's Recommendation: Review the following documents prior to registration process

PHIA Training-
Personal Health
Information Act

OOM Code of
Ethics

OOM Professional
Standards of
Practice

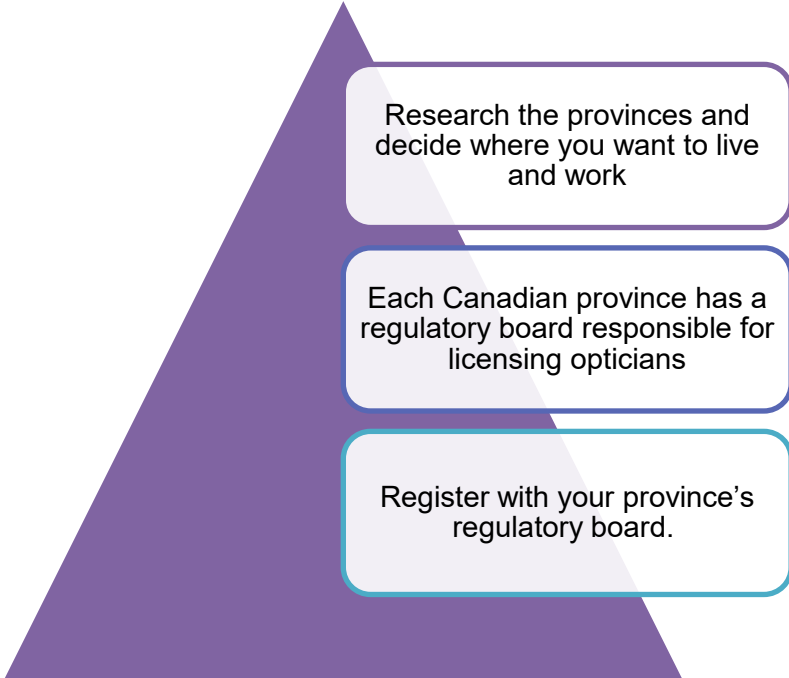
Optician Licensure Pathway



Steps in Completing the PLAR Process

- STEP 1:** Pick a Province
- STEP 2:** Application and Document Review
- STEP 3:** Professional Practice Bridging Modules
- STEP 4:** PLAR Competency Gap Analysis (CGA)
- STEP 5:** CGA Results and Bridging Modules
- STEP 6:** National Exams and Provincial Registration

STEP 1: Pick a Province



Research the provinces and decide where you want to live and work

Each Canadian province has a regulatory board responsible for licensing opticians

Register with your province's regulatory board.

STEP 2: Application and Document Review

Apply for PLAR through the regulatory body in your province of choice.

Submit your application form and documents for approval.

PLAR application form is available through:
<https://nacor.ca/step-by-step-plar-process/>

Requirements in Manitoba:

Required Documents – Internationally Educated:

- Completed application form
- One passport-sized photo
- Transcripts or formal education
- Additional documents (may be provided if you have them) – Professional examination results, letters of registration or licensure from outside of Canada, ICES, IQAS or WES, and or language proficiency.

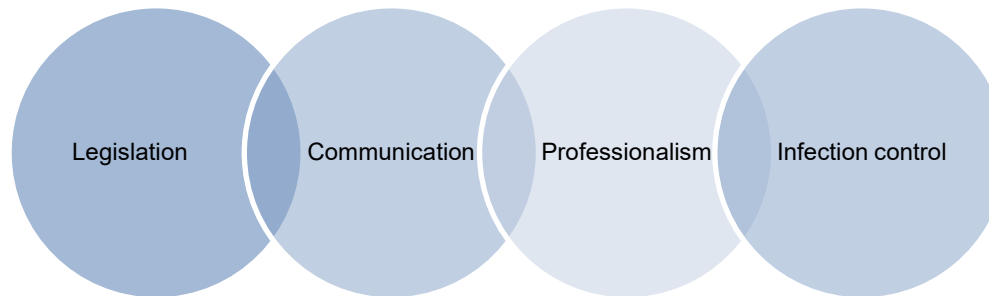
Required Documents – Work Experience:

- Completed application form
- One passport-sized photo
- Details of work experience
- Letter of personal reference and professional competency – from current and/or former employers(s) verifying work experience.

[Step-by-Step PLAR Process](#)

STEP 3: Professional Practice Bridging Modules

- All PLAR candidates must complete - Professional Practice bridging modules.
- These modules focus on key areas of Canadian opticianry practice, including but not limited to:



- Each module includes both interactive and theoretical components and concludes with a short post-test that must be successfully completed.

STEP 4: PLAR Competency Gap Analysis (CGA)

- PLAR also includes an online skills assessment, called the Competency Gap Analysis (CGA).
- CGAs will help determine any gaps in your knowledge that you need to improve on.
- CGA is a supervised assessment taken remotely online; because this assessment is virtual, you can complete the CGA from outside of Canada.
- All PLAR candidates are required to complete the Eyeglasses and Low Vision CGA.
- Candidates who have applied for contact lenses will be required to complete the Contact Lens CGA.

STEP 5: CGA Results and Bridging Modules

- CGA produces computer-generated score card used to determine gaps in knowledge and skills
- Letter will be sent to candidate and regulatory body regarding reason and decision and next steps
- If gaps area identified, candidate is required to complete additional bridging module(s) and do a post-test
- Bridging modules are self-study can be done at your own pace
- \$100 fee plus applicable taxes for each post-test; post-test pass mark is 80%; can re-take if not successful (\$100 plus taxes per re-take)
- If no gaps are identified, candidate will be eligible to proceed immediately

[Bridging Modules](#)

Step 6: National Exams and Provincial Registration

- To become a licensed optician in Canada, all candidates must pass the [National Examinations for Canadian Opticians](#).
- The National Exams are practical examinations used by provincial regulators to assess competence. There are two national exams, one for eyeglasses and one for contact lenses.
- After successful completion of the National Examination(s), candidates become eligible to apply for registration to independently practice as an optician in the province they applied to work in.

Bridging Module Courses

- Legislation
- Communication
- Professionalism
- Infection Control
- Equipment Use Eyeglasses
- Equipment Use Contact Lenses
- Anatomy and Pathology
- Optics
- Critical Thinking
- Dispensing Eyeglasses Courses 1 & 2
- Dispensing Contact Lenses C 1 & 2
- Developing Refractive Specifications
- Refraction
- Intake interview needs assessment
- Screening Tests
- Low Vision
- PLAR Bridging Post-Test Application
- Courses in French

Details can be found on: <https://nacor.ca/bridging-module-courses/>

Frequently Asked Questions

1. What happens if I fail PLAR?

A: *PLAR is not for you to pass or fail. It determines if you meet competences required to be an Optician in Canada.*

2. How long do I have to complete the bridging modules?

A: *You have one year to complete the bridging modules from the date they are assigned to you.*

3. After I complete PLAR, how long do I have to challenge the national examination(s)?

A: *PLAR candidates must pass the NACOR exam and apply for registration within three (3) years of completing any assigned bridging.*

4. Where can I get more info on becoming an Optician in Canada?

A: *Visit the Become an Optician website for more information.
(<https://becomeanoptician.com/>)*

Frequently Asked Questions:

5. What do I need to take the CGA?

A: *The CGA is completed online and is a supervised assessment. You will need a computer with camera, microphone, and a good internet connection*

6. Can I complete any part of the PLAR process from outside Canada?

A: *Yes, you can complete the document review and CGA from outside of Canada.*

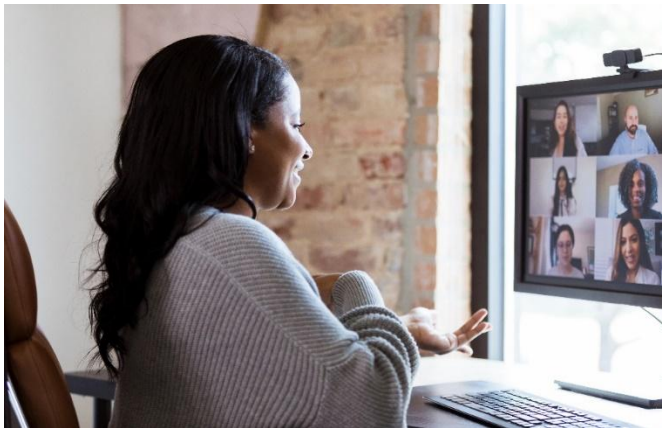
7. After I complete PLAR, do I have to take the national examination(s) before I can become licensed?

• **A:** *Yes, passing the national examination(s) is required in all Canadian provinces, except Quebec.*

8. Can I take national examination(s) outside Canada?

• **A:** *No, the national examination(s) are practical exams and candidates are required to attend in person.*

Getting Stared with the Licensed Optician Process



Attend a **FREE Optician Information Session**

- Register online at Manitoba Start's website under the events section

[Becoming Opticians: International Candidates](#)

The Opticians of Manitoba (OOM)



OOM General Office
Phone: 204.222.8404
Toll free: 1.855.345.3715
Fax: 204.222.5296
Email: oom@optm.ca

215-1080 Portage Avenue
Winnipeg, Manitoba
R3G 3M3 Canada
Hours: 8:30-4:30 PM
Monday to Friday



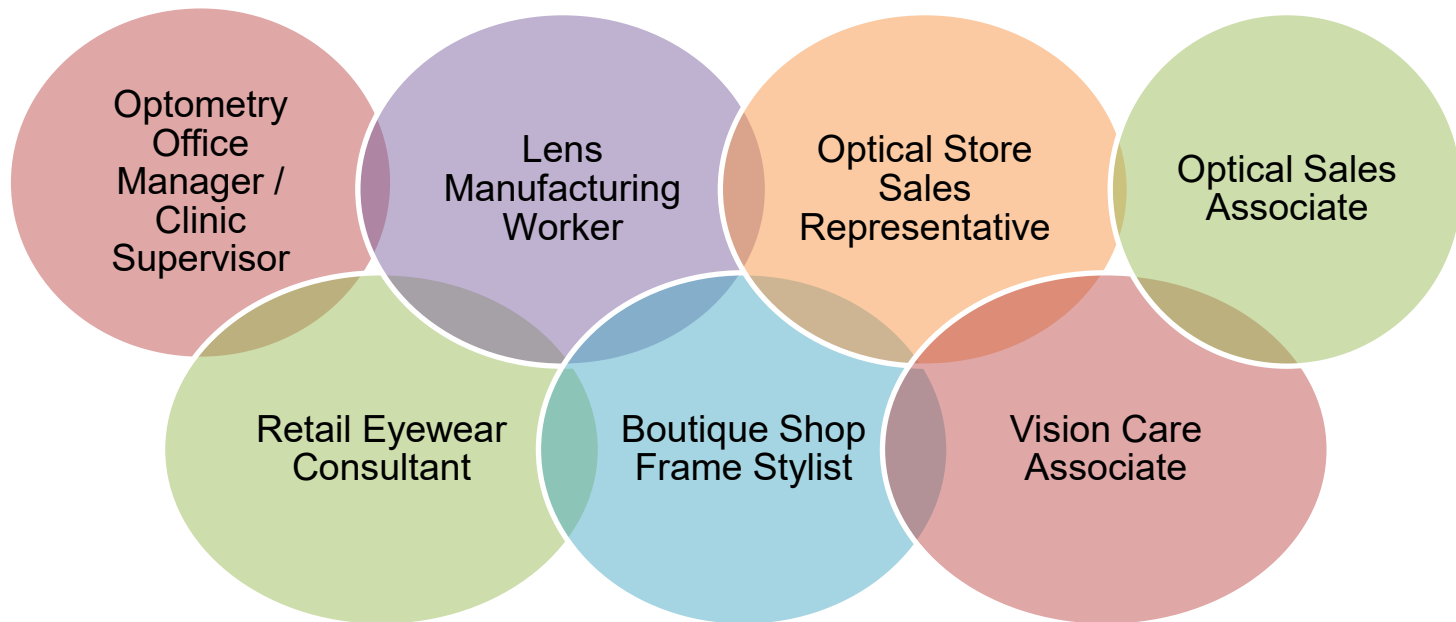
Online: optometrists.mb.ca

Alternative Careers for Opticians



Career Development Manitoba

Manitoba



For more information visit [NOC website](#)

Additional Resources

[Canadian Optometry Programs](#)

Alternative Training Options

Optical-specific customer service courses through the Opticians Association of Canada (OAC)

Optical programs with built-in customer service training through Northern Alberta Institute of Technology (online, accessible from Manitoba)

Optical industry training programs (private / online)

Optician Development Program: employer-based training through optical chains

General customer service training (used by optical employers in Manitoba) through Manitoba colleges

English Language Proficiency

- There are no English language requirements for registration and licensing with OOM.
- However, it is recommended that you have a Canadian Language Benchmark (CLB) level 7 or higher in all four skills (speaking, listening, reading, and writing) in English.
- This will increase your chance of success with the registration and licensing process.

Career Planning Can Help You

Enter the workforce

Plan for education

Deal with changing workplace demands

Anticipate trends or changes

Upgrade or maintain your skills

Develop skills for managing your career

Reflecting on Barriers and Strengths



Setting Short and Long-term Goals

Set SMART Goals
What? When?
How?

**How much time do
you have
to complete
each step?**

**What resources
might you need?
Who can help?**

Career and Education Plan

Name and Client ID: Priya Sandu (141362)

Short Term Goal 1

Retail Sales Associate - Optical Store

Short Term Goal 2

Lens Manufacturing Woker

Long Term Goal

Optician

Achieving and
Maintaining Long-Term
Employment

- Maintaining long term employment and Career Management – An ongoing process:
 - a. Continuous learning – develop new skills or refine existing skills
 - b. Professional development – take courses, attend workshops, read, network, volunteer
 - c. Balancing work and life – reflect on values, priorities and life circumstance
- Other: Complete licensure process to become a Professional Optician

Researching Post
Secondary Training

- Research education and training options Date: Apr 16, 2026
- Identify post-secondary institution Date: Apr 18, 2026
- Verify admissions requirements Date: May 20, 2026
- Research funding options (Employment MB, SEED Recognition Counts, Student Aid, etc.) Date: Apr 18, 2026
- Other: Review PLAR requirements Date: Jun 1, 2026

Qualification
Recognition

- Research your regulated profession or trade Date: Feb 14, 2026
- Contact regulatory body Date: Feb 14, 2026
- Identify necessary requirements (language level, transcript, syllabus, etc.) Date: Feb 16, 2026
- Research Funding Options (Immigrant Access fund, Employment MB, SEED Recognition Counts, MB Student Aid, bursaries, financial institutions, etc.). Date: Feb 18, 2026
- Other: Schedule meeting with SEED Date: Mar 20, 2026

Skill
Development

- Research job specific training (First Aid/CPR, fork lift, security guard license, etc.) Date: Mar 10, 2026
- Complete computer assessments sent by facilitator/coach; consider computer training Date: Mar 20, 2026
- Consider volunteering (visit www.volunteermanitoba.ca) Date: Mar 10, 2026
- Language assessment at WELARC Date: Mar 12, 2026
- Obtain Driver's license Date: Apr 10, 2026
- Other: Find related volunteer positions Date: Mar 20, 2026

Job Search
Preparation

- Complete Career Development Workshop at Manitoba Start Date: Feb 16, 2026
 - Finalize marketing materials (resume, cover letter, references) Date: Feb 18, 2026
 - Apply for Security Clearance Checks (criminal record check, child abuse registry, adult abuse registry, immunizations record) Date: May 20, 2026
 - Other: Date: Mar 1, 2026
- Prepare a list of employers to apply after finalizing resume and cover letter with Career Coach.

Career Development Manitoba



If you require additional information about Foreign Credential Recognition, please contact a Foreign Credential Recognition Navigator at fcr@manitobastart.com

If you are not currently a Manitoba Start client, register with us:

- Call front desk at 204-944-8833
- Visit in person
- Complete our online [registration form](#) to receive career development support.

Good luck with your career planning and work search!