When a person is born they start from zero, at the sign that contains the ascendant, which is the 1st house or place. This is a 1st house profection year.

When they turn one year old the profection moves to the next sign in zodiacal Order, which is the 2nd whole sign house.

The profection jumps one sign per year for each year of the native's life, and each sign repeats every 12 years.