



Michael Winbow
Construction Site Safety & First Aid Attendant
CSS, OFA III, OH&S Developer & Coordinator
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Over 30 Years of General Construction Experience * Available Immediately

PROFESSIONAL EXPERIENCE

FREEBIRD SAFETY SERVICES

OH&S Professional

January 2011 – Present

Construction Site Safety * Occupational First Aid level 3

- Site Safety & First Aid for the Bell Philips Safety Group at Molson Coors Brewery under construction, Chilliwack BC
- Designed OH&S Manual for Prime Contractor 0720485 BC Ltd Surrey BC. And working with WE BC Pro/Westward Electric BC on another OH&S Manual.
- Designing, Authoring, and Instructing my own curriculum for a Personal Fall Protection Training Course that supersedes the criteria set forth by the BCCSA. 8.5-hour Course, 60-page student Manual, and a 106 frame Power Point Presentation with over 45 minutes of imbedded videos
- Assorted contracts conducted for Qualitative Respirator Fit Testing, as well as Designing and Authoring Multiple OH&S Manuals structured to a COR standard and exceeding 750 pages.
- Site Safety & First Aid, Implemented the OH&S Manual and Program that I Author, Designed, Developed & Coordinated La Galleria Abbotsford BC 135 workers, 6 stories up-2 underground, multimillion-dollar project that is a block long. In 13 months on site there were over 155,000 working hours of trades on my watch and only 82 minor injuries (day to day cuts and MSD common in construction)
- Site Safety & First Aid HMI Management CSO/ OFA III BC Hydro @ Hugh Keenleyside Dam in Castlegar, BC and @ Stave Lake Falls Dam Restoration Project. Coordinated all the safety duties at night for a 10-hour shift, Tail Board meeting, any rescues if needed, Inspections, official log reports, and paperwork, etc.
- OFA III Forrest Kerr / Alta Gas 6 hours out of Terrace, BC on Alaska border
- Site Safety & First Aid, Loblaw, Burnaby & Langley, BC
- Site Safety, Cold Lake Air Weapons Range for Cenovus Energy
- Site Safety, Kearl Oil Sands For AC&T Construction & Krupp
- Site Safety & First Aid Ledcor Group @ Sears Vancouver, BC and Canuck Place Abbotsford, BC
- Site Safety & First Aid Graham Construction @ Chilliwack High School
- Site Safety & First Aid Stuart Olson Dominion @ UFV Chilliwack, BC

FREEBIRD HOUSE OF STONE

Contractor

June 2002 – January 2011

GVRD -- Fraser Valley, BC

- Developed and implemented an OH&S Program, Overseen all installation of products. Installation of Masonry, Hardscaping products and General Construction, customer service, working with engineers and project managers.

Cultured Stone at various Manufacturing Plants

Shop Foreman

2006 – 2008

ALDERGROVE & VANCOUVER ISL.

- Masonry Manufacturing Plant: In charge opening and closing shop, all employees, mixing and manufacturing of all products, customer service and sale, filling of contractor orders

DEMONSTRATED SKILLS

Construction Safety

- OH&S Development & Coordination, Fully WORKSAFE BC Compliant and Insured, Site & Equipment Inspections, Tool Box & Tail Gate Meetings, Joint Health and Safety Committees, Extensive Record Keeping, Hazard Assessments, Formulating Safe Work Procedures, New Employee Orientations, Young Employee Training, Office & FA Room Setups, Incident & Accident Investigations, Formulating complete OH&S programs to a COR Standard.
- Construction of Safety Devices such as Guardrails of various different styles exceeding WorkSafe BC standards, Safety Fencing and Barriers, Safety Stands & Portable Stations, Signage, Notice Boards, Protective Coverings. Needs for the Site Safety & First Aid Office.

Other Skills

- Operation of various equipment: (skid steer, small excavators, forklifts, zoom boom, little shop styles, tampers, jumping jacks, and hand and power tools), Over 30 years in Construction, 7 years OH&S, 10 Years in the Masonry Trade with

all aspects of and including Concrete Work, 5 Years Landscaping & Hardscaping Residential and Commercial, 7 Years General Residential, Commercial, and industrial Construction

Communication and Competencies

- Good verbal and written communication skills. Lead site and orientation meetings with confidence. Strong interpersonal skills with good relationship building skills to create and support excellent working relationships and great customer service. Listening, understanding, and responding. Flexibility. Organizational awareness. Results oriented. Service oriented. Teamwork. Cooperation. Analytical and problem-solving skills.

Computer Skills

- Good Computer Program Knowledge, Microsoft Office 2016 including Word, Excel, & PowerPoint. Internet Explorer, Chrome. Adobe Acrobat. And movie maker programs for tool box talks.
- Designer of my own website <http://www.freebirdsafetyervices.ca> as well as a great command knowledge on where to find information relevant to task on the internet. Web site design (Word Press)
- iAuditor internet app and website tool. Ability to design site or industry specific reports with visual aids. Daily, Weekly, Monthly, Quarterly or Annual inspection tools,
- Designed an Excel program for tracking injuries, accidents, incidents, good acts, BBOs (Behavioural Based Observations) or any other trend, calculated weekly, quarterly then yearly.
- Networking for better service in the OH&S culture
- If I need to train for a new programming system, I am able to comprehend and implement that new program with little to no supervision or training.

EDUCATION / CERTIFICATION * *Actively working towards my* BCNCSO designation

CNST 1100: Construction Safety Officer Training BCIT	2011
Construction Safety Specialist (CSS) BC CONSTRUCTION SAFETY ALLIANCE (BCCSA)	2013
Supervising for Safety WorkSafe BC Online	2016
BC Hydro Electrical Training BC Hydro	Oct. 2017
Fall Protection for Construction 360 training	Jan. 2017
Confined Space Entry C 306 training	Jan. 2017
Electrical Safety 306 training	Jan. 2017
Behaviour Based Safety Alison	Jan. 2017
Occupational First Aid Level 3 OFA III WorkSafe T Solutions	Current Through July 27, 2020
WHMIS 2015, Mental Health: Awareness, Pandemic Awareness Musculoskeletal Disorders (MSDs): Awareness Occupational and Environmental Cancer: Recognition and Prevention Occupational Health, Safety and Environmental Management Systems Violence in the Workplace: Awareness CCOHS (Canadian Centre for Occupational Health and Safety) online	Spring of 2016
3M Qualitative Fit Testing Workshop 3M	2013

Principles of Health & Safety Management Principles of Injury BC CONSTRUCTION SAFETY ALLIANCE (BCCSA)	2012
COR Internal Auditor CERTIFICATE 8803 BC CONSTRUCTION SAFETY ALLIANCE (BCCSA)	
Traffic Control Person BC CONSTRUCTION SAFETY ALLIANCE (BCCSA)	This group will be recertified
H2S Alive ENFORM	
WPP Cat. A & B * Lock Out / Tag Out (LOTO) BC HYDRO	2012
Petroleum Safety Training (PST with CSTS) ENFORM	2011
Handheld Fire Extinguisher Training BCIT	2011

PERSONAL CHARACTERISTICS

- Self-Motivated, Organised, Resourceful, Respectful, Reliable, Dedicated and Passionate, Able to Communicate Fully with the Working Personal and Think on the Fly, Well Versed in WorkSafe BC Regulations, Excellent Rapport with WorkSafe BC Occupational Safety Officers.
- Very Empathetic to the crew's needs. I have even been known to pack over 20, 5-gallon pails of water and deliver it top strategically placed water stations on portable safety stands before the crew even shows up in the morning to start work. I even bought a small fridge with a good freezer so I could make ice for the water jugs in summer. I take care of my people

NOTABLE ATTRIBUTES

ToolBox Talks *These are my own creations. Instead of reading words off a page, I create mini movies of 10 minutes of so. It keeps workers more engaged and always has a suggestive meaning to work safer.*

Personal Fall Protection System Trainer *This is a course I designed and wrote myself. 121 frame power point presentation, a 60-page student manual, and a duration of 8.5 hour*

Qualitative Respirator Fit Testing CSA Standard Z94.4-02 *I just don't wave a smoke generator in a worker's face. I take them through a short course on how to do a self-check, break a mask down, clean, store, and explanation of substances as to why they need this.*

External Site Safety Inspections *Very detailed, by way of two different styles. 1 being an app called iAuditor and a template I built myself or, 2 a hand checked document as equally detailed, and a paper file.*

Thank you for your time and any consideration you may have for a future contract or employment with your firm!

