



Michael Winbow
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February 2019
Revision with additional content
Text in Bright Blue are links online

****Over 30 Years of General Construction Experience * Available Immediately****

PROFESSIONAL EXPERIENCE

FreeBird Safety Services

OH&S Professional
Construction Site Safety * Occupational First Aid level 3

January 2011 – Present

- ✓ Commissioned to Design and Instruct a Site-Specific Personal Fall Protection & AWP Genie Articulating Z45/25 course for a major shopping malls team of maintenance workers. In depth 8-hour combination course.
- ✓ Site Safety & First Aid for Bell Philips Safety Group at Molson Coors Brewery under construction, Chilliwack BC
- ✓ Designed and Authored an OH&S Manual for over a dozen Prime Contractors. Over 500 pages on font 10-11
- ✓ Instructor of a Personal Fall Protection Training Program That's Designed and Authored by myself. With more curriculum then criteria set forth by the BCCSA. 8.5-hour Course, 60-page student Manual, and a 124 frame Power Point Presentation. Over 100 construction workers trained in 2 years.
- ✓ Qualitative Respirator Fit Testing. Well over 500 workers tested by myself over the years.
- ✓ Site Safety & First Aid, Implemented the OH&S Manual & Program that I Author, Designed, & Coordinated at La Galleria Abbotsford BC 135 workers, 6 story low-rise with 2 story arcade underground, multimillion-dollar project. 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

2006 – 2008

Shop Foreman

Aldergrove & Vancouver Island.

- ✓ 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 Manual Development & Program Coordination, Fully WorkSafe BC Compliant and Insured, Site & Equipment Inspections, Full Site Safety Presentations, Joint Health and Safety Committees, Extensive Record Keeping, Risk & 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 Safety-First Aid Stations, Signage, Notice Boards, Protective Coverings. Needs for the Site Safety & First Aid Office.

Other Skills

- ✓ Operation of various equipment: (AWPs, skid steer, small excavators, forklifts, zoom boom, little shop styles, tampers, jumping jacks, and hand and power tools), Over 30 years in Construction, 10 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

- ✓ Great verbal and written communication skills. Lead full site safety meetings with confidence, as well as JHSC meetings, Orientations including New and Young Workers. Strong interpersonal skills with good relationship building skills to create and support excellent working relationships and great customer service. Listening, understanding, and responding. Flexibility and Organizational attributes to make things less stressful for others. 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 <https://freebirdsafetyservices.ca> as well as a great command knowledge and 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.

EDUCATION / CERTIFICATION * *Bold and Italic Red* text are certifications. Others are general courses.

A visual confirmation of my [Certification and Accreditations are online here including some Recommendations](#)

CNST 1100: Construction Safety Officer Training British Columbia Institute of Technology (BCIT)	2011
Construction Safety Specialist (CSS) 2013-00158 British Columbia Construction Safety Alliance (BCCSA)	2013
Supervising for Safety WorkSafe BC online	2016
BC Hydro Electrical Training BC Hydro	Oct. 2017
Fall Protection for Construction 000011683402 360 Training	Jan. 2017
Confined Space Entry C 000011672357 306 Training	Jan. 2017
Electrical Safety 000011683417 306 Training	Jan. 2017
Behaviour Based Safety RTG-BBS-VI Alison	Jan. 2017
Occupational First Aid Level 3 * OFA III GCC-318435 WorkSafe T Solutions	Current till 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 Canadian Centre for Occupational Health and Safety (CCOHS) online	Spring of 2016
3M Qualitative Fit Testing Workshop 3M	2013
Principles of Health & Safety Management Principles of Injury Management 8257 British Columbia Construction Safety Alliance (BCCSA)	2012

COR Internal Auditor
British Columbia Construction Safety Alliance (BCCSA)

Traffic Control Person
British Columbia 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
British Columbia Institute of Technology (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 to strategically placed water stations. These would be mounted on portable safety stands I constructed. I would deliver the water, ice cold, before the crew even shows up in the morning for work. During the hot seasons I'll bring in a small fridge with a good freezer so I could make ice for the water jugs. I take care of the crew.

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 with pictures, and a paper file.*

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

