



# Michael Winbow

CSS \* OFA III \* OHS

April 2022

Fraser Valley BC

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<https://freebirdsafetyservices.ca>

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

## PROFESSIONAL EXPERIENCE *(a detailed full list would take up another page.)*

### FreeBird Safety Services

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

September 2011 – Present

- ✓ COVID-19 Feb. 2020 to April 2022 Respirator Fit Testing for over 3000 Medical & Dental Doctors, Nurses, Hygienists, and support staff, coroners for BC Coroners Service, plus Paramedics (Fraser Valley) and Fire Fighters (Langley City), 25 City Workers for the City of Langley, 20 Pipefitters for Triple J Pipelines, roughly 100 other construction workers from various companies and Actor Alex Saxon from the Nancy Drew TV show / Ultra Productions Inc.
- ✓ First Dimension Glass Ltd., at the Deloitte Summit Office Tower 400 West George Vancouver, where Instructed all their workers, foremen and superintendent (about 60 people) in my own Personal Fall Protection Training Program, I also developed the companies OH&S Manual and Safety Program.
- ✓ Steelhead Construction, Developed the companies OH&S Manual and Safety Program
- ✓ Site Safety & First Aid for Bell Philips Safety Group at Molson Coors Brewery under construction, Chilliwack BC, and some smaller contracts whereas SBW (Smith Brother Wilson) was the Prime Contractor
- ✓ 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, 70-page student manual and a power point with 77 frames.
- ✓ Bredale Dairy Chilliwack BC. Commercial Barn project 600 cows. Recommended by a colleague and Worksafe BC to take over the OH&S responsibilities after a worker fell 35 feet off a roof. I came in after the fact and ad to rebuild the primes entire OH&S system they're by suspending the legal ramifications of the accident.
- ✓ Developed Large OH&S Programs and Manuals to a COR standard for over a dozen contractors.
- ✓ Requested by Jamac Painting and Sandblasting Ltd to conduct an external site inspection on the crew hired to refurbish the Alexandria Bridge north of Spuzzum BC
- ✓ BE Hydro Projects \* Upper Stave Lake Dam Spillway Gate Project Mission BC \* Hugh Keenleyside Dam Spillway Gates Project- Hydroelectric Navigation Lock and Hoist Crane refit Castlegar BC \* Run on River Project at Forest Kerr (6 hours out of Terrace BC)
- ✓ Developed from scratch and Instructing a Personal Fall Protection Training Program. With more curriculum then criteria set forth by the BCCSA. My 8.5-hour program has a 60-page Student Manual, and a 124 frame Power Point Presentation. Over 150 construction workers trained in 2.5 years.
- ✓ OFA III contract for the Consulate General of the Republic of Indonesia Vancouver Cultural Festival. As well I consistently get requests by both Prime Contractors and Colleagues for emergency substitution work as safety and first aid when regular employees fail to show. (a few to many for an actual list of)

## BEGINNING OF MY SAFETY PROFESSION

After BCIT, becoming a temp site safety and first aid level 3 was the way to start. Over the next few years, I did this for a number of Prime Contractors. Some of the most notable ones were:

- ✓ UFV in Chilliwack, BC for Stuart Olson
- ✓ Vancouver Casino Demo, Keefer and Main St.
- ✓ Cariboo Hwy 97 expansion 74 to 76-mile Domcor Safety
- ✓ Sub on call OFA III for Rimex rock truck rim manufactures Agassiz BC
- ✓ Two tours at Kearn Oil Sands out of Fort McMurray and once at Cenovus Energy out of the Cold Lake Air Weapons Range.
- ✓ La Galleria Abbotsford Reddale
- ✓ Chilliwack High School for Graham Construction
- ✓ Sears Vancouver, BC and Canuck Place Abbotsford, BC for Ledcor
- ✓ Loblaw, in both Burnaby & Langley, BC constructing No Frills

### 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 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, Class VI Forklifts and class VII Telehandlers, tampers, jumping jacks, and hand and power tools to count), 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 Outlook, Word, Excel, & PowerPoint. Internet Explorer, Chrome. Adobe Acrobat. In addition, I have created very informative [tool box talks that are auto visual](#) and actually reach workers for more productively then reading the sheets WorkSafe has put out.
- ✓ Designer of my own website <https://freebirdsafety.com> as well as a great command and knowledge on researching information required for task. 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.*

CNST 1100: Construction Safety Officer Training <a href="#">British Columbia Institute of Technology (BCIT)</a>	2011
Construction Safety Specialist (CSS) <b>2013-00158</b> <a href="#">British Columbia Construction Safety Alliance (BCCSA)</a>	2013
Occupation First Aid Level III <b>Cert.# 011644</b> <a href="#">Metro Safety Train8ngf</a>	Exp. Mar. 25, 2025
Standard First Aid <b>Cert.# 102530049</b> <a href="#">Alberta Health &amp; Safety Training Institute</a>	July 2021
Coronavirus (COVID-19): Action Plan for the Workplace <a href="#">The SafetyNet Network</a>	Mar 26, 2020
Supervising for Safety <a href="#">WorkSafe BC online</a>	2016
BC Hydro - Electrical Training (Trades and Fire Fighters).	Oct. 2017
BC Hydro - WPP Cat. A & B * Lock Out / Tag Out (LOTO)	July 2019
BC Hydro - Heritage & Archaeology Awareness	July 2019
BC Hydro - Working in and Around Water	July 2019
BC Hydro - Soil Management and Disposal (External).	July 2019
BC Hydro - Hazardous Waste Management	July 2019
BC Hydro - Spill Prevention and Response <a href="#">BC Hydro</a>	July 2019
Fall Protection for Construction <b>000011683402</b> <a href="#">360 Training</a>	Jan. 2017
Confined Space Entry C <b>000011672357</b> <a href="#">306 Training</a>	Jan. 2017
Electrical Safety <b>000011683417</b> <a href="#">306 Training</a>	Jan. 2017

Behaviour Based Safety **RTG-BBS-VI**

Jan. 2017

Alison

Powder Actuated Tools Operators Certification

April 2018

Simpson Strong-Tie

WHMIS 2015, Mental Health: Awareness, Pandemic Awareness

Musculoskeletal Disorders (MSDs): Awareness

Occupational and Environmental Cancer: Recognition and Prevention

Spring of 2016

Occupational Health, Safety and Environmental Management Systems

Violence in the Workplace: Awareness

Canadian Centre for Occupational Health and Safety (CCOHS) online

3M Qualitative Fit Testing Workshop

2013

3M

Principles of Health & Safety Management

Principles of Injury Management **8257**

2012

British Columbia Construction Safety Alliance (BCCSA)

COR Internal Auditor

British Columbia Construction Safety Alliance (BCCSA)

Traffic Control Person

This group will be recertified

British Columbia Construction Safety Alliance (BCCSA)

H2S Alive

ENFORM

Petroleum Safety Training (PST with CSTS)

2011

ENFORM

Handheld Fire Extinguisher Training

2011

British Columbia Institute of Technology (BCIT)

## 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 or 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. I 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 employment or a future contract or with your firm!***