



# Certification Training Recommendations

**Mike Winbow**



**Mike Winbow** *CSS, OFA III, OH&S Professional - General Construction*

**Owner of the Sole Proprietorship**

**[FreeBird Safety Services](#)**

**[OH&S Developer and Coordinator](#)**

**[Site Safety and First Aid](#)**

**[Respirator Fit Tester & Fall Protection Instructor](#)**

**[Over 1500 Online Safety Training Courses](#)**

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**Metro Vancouver and Fraser Valley**

**(604) 226-5933**





**FREEBIRD SAFETY**



**Mobile Safety Center**  
First Aid Treatment Room  
Fall Protection Training  
Respirator Fit Testing



**Occupational Health & Safety**  
Construction Site Safety  
Occupational First Aid III  
OH&S Programs & Manuals

Owner Operator  
Mike Winbow

**604 226-5933**

**[freebirdsafetyservices.ca](http://freebirdsafetyservices.ca)**





Metro Vancouver to the Fraser Valley of BC



# Certification \* Training \* Recommendations



## Occupational First Aid \* OFA III



## CNST 1100



## Standard First Aid \* Alberta

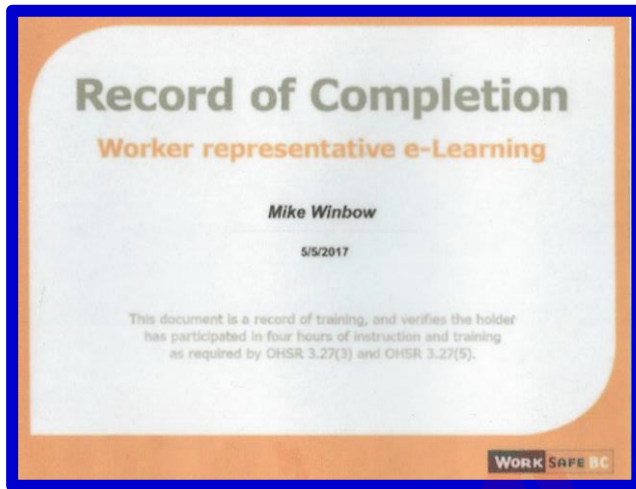


## Supervising for Safety



# Certification \* Training \* Recommendations

Some courses and training noted in my resume do not have certificates or diplomas issued.



Joint Health and Safety Committee



Principles of Health & Safety Management



COVID-19 Action Plan



Principles of Injury Management



Respirator Protection Awareness



Qualitative Respirator Fit Testing





# Certification \* Training \* Recommendations

## Training from BC Hydro.

In addition, I have also received my WPP Cat. A  
& B \* Lock Out / Tag Out



## Hazardous Waste Management



## Electrical Safety for Fire Fighters



## Spill Management and Disposal



## Spill Prevention and Response



## Electrical Safety for Trades



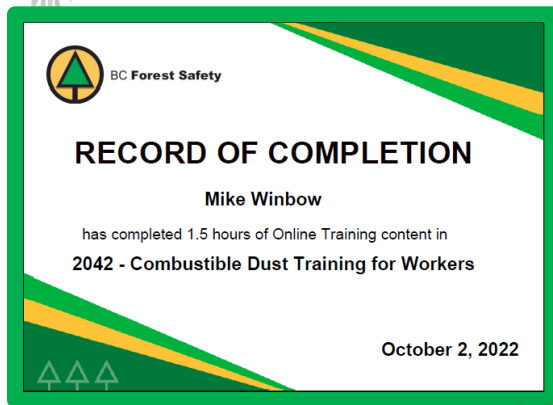
## Heritage & Archaeology Awareness



## Working in and Around Water



# Certification \* Training \* Recommendations



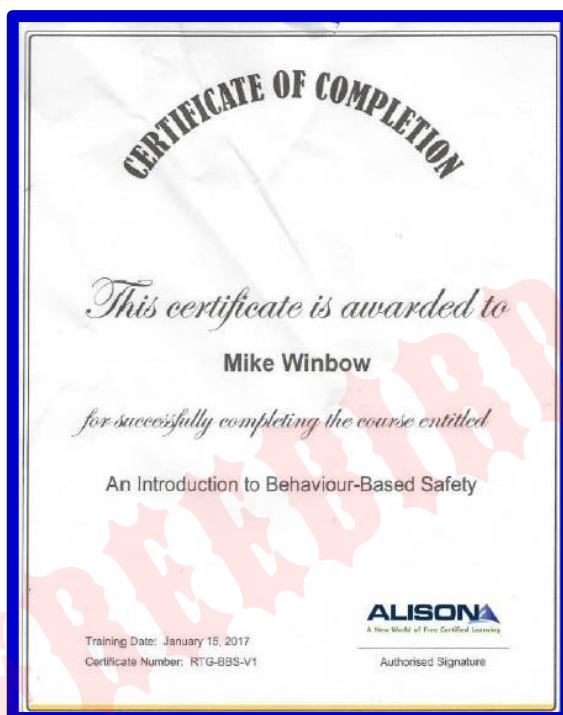
**Combustible Dust Training**



**Resource Road Driving**



**Blast Hazards and Safety**



**Behaviour Based Safety**



**WHMIS 2015**



# Certification \* Training \* Recommendations



**Confined Space Entry**



**Fall Protection for Construction**



**Electrical Safety**



**Powder Actuated Tool Operators Certification**







# Certification \* Training \* Recommendations

## Recommendations

### [Google Maps Reviews](#)

#### FreeBird Safety Services [📍](#)

12118-95A Ave., Surrey, BC V3V 1P8

[View reviews for this business](#)



**Raj Kang**

★★★★★ Apr 26, 2020

Very Professional and great help.

#### FreeBird Safety Services [📍](#)

12118-95A Ave., Surrey, BC V3V 1P8



**Deen Ticehurst**

★★★★★ Dec 2, 2020

Our team had a mask fitting before taking on a job at the hospital. We chatted about our specific challenges and got some terrific info regarding decontamination. Absolute wealth of knowledge, genuinely cares about keeping you safe.

#### FreeBird Safety Services [📍](#)

12118-95A Ave., Surrey, BC V3V 1P8



**Bryanna Guilbeault**

★★★★★ Nov 18, 2017

Had the pleasure getting my personal fall protection training with some coworkers today with Mike. He was informative, welcoming and patient with our group when we had questions or issues. The small group sizes made the experience more personable and I'm happy that our company chose him to train us. I would definitely recommend him if you're looking for training.

#### FreeBird Safety Services [📍](#)

12118-95A Ave., Surrey, BC V3V 1P8



**Ivy Yu**

★★★★★ May 28, 2020

We just had a mask fitting done yesterday and Mike was wonderful. He was very informative and he made it very enjoyable. We definitely recommend FreeBird Safety Services.

#### FreeBird Safety Services [📍](#)

12118-95A Ave., Surrey, BC V3V 1P8



**Bill Williams**

★★★★★ Oct 4, 2016

This is a very well written and organized section of a safety manual. I have spoken to the company owner who I find very knowledgeable, experienced and has a passion for safety and the worker's well being that is second to none. I will definitely be contracting this company to handle our safety program.

#### FreeBird Safety Services [📍](#)

12118-95A Ave., Surrey, BC V3V 1P8



**John Fitzgerald**

★★★★★ Nov 23, 2018

Mike is a far safety professional on the construction site. He believes more about educating a worker in the safer way to conduct a task rather than handing out disipline. With his experience and knowledge he is somebody you want on your team.



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## Recommendations

### Yellow Pages Reviews

FreeBird Safety Services ★ 5/5

Phone Number



★★★★★ By olds9831

November 23, 2018

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Helpful 0 > Report



★★★★★ By drywall112244

August 27, 2016

One of the Best safety guys Ive seen in 35 years on the job

This guy is one of the best CSOs I have ever worked with. The last job I was on in Abbotsford he packed out water every day so my crew and others didn't have to walk down 6 flights of stairs. He really knew his stuff to. Such a sham the company he was working for at that time didn't have enough respect for him or us. Hope to see you on another site soon Mike

Helpful 0 > Report

Letters I received from Dynamic Rescue, the company who instructs the BCIT, CNST 1100, CSO Training Program after I hosted the class fieldtrip at a site I was on in Abbotsford

Hey Mike;

Dynamic Rescue is really appreciative of your company allowing us to visit the site yesterday.

I would like to say how impressed I was with the cleanliness and organization of the site. There were a few things such as your emergency and information stations that I have never seen employed on a construction site before....nice touch. Also liked how well you build relationships with the workers and place so much value on them. Great examples for the aspiring CSO.

Looking forward to seeing you again and learning more!

Best regards  
Rick Critchlow

Sent from my iPhone





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Coquitlam, BC  
Canada, V3K 6X2

1 (888) 965-5226  
(604) 522-0228  
(604) 522-0229

July 29, 2016


Mike Winbow  
FreeBird Safety Services  
3271 Saanich Street  
Abbotsford, BC  
V3K 6X2

Dear Mike,

I would like to personally convey my thanks to you for enabling the students to visit your worksite in Abbotsford. Students always appreciate a site tour.

Thank you for accommodating the students participating in the CSO Program at BCIT from May 30 to June 10, 2016.

Sincerely yours,

  
John Dennis

Dynamic Rescue Systems Group of Companies  
BCIT

[www.dynamicrescue.com](http://www.dynamicrescue.com)