



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](#)

mwinbow@freebirdsafetyservice.ca

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



Metro Vancouver to the Fraser Valley of BC



Certification * Training * Recommendations



**Some courses and training taken
do not have certificates or diplomas issued.**

**Knowledge-Based Courses Only
Online from**



- [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](#)



Construction Safety Specialist *



Occupational First Aid * OFA III



CNST 1100



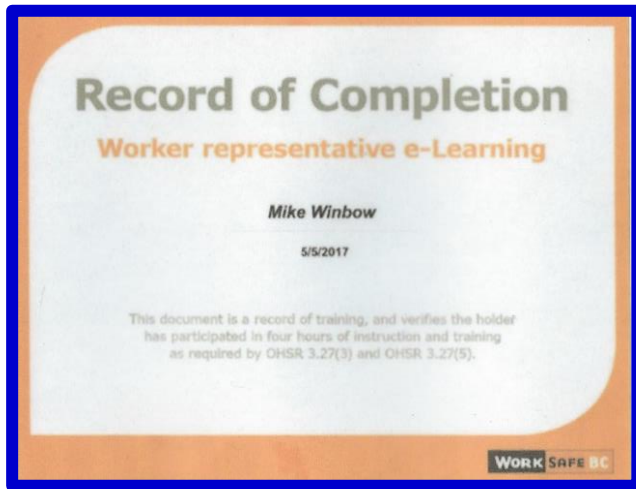
Standard First Aid * Alberta



Supervising for Safety



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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



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Training from BC Hydro.

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

Certification of completion

This is to certify that
Mike Winbow

has successfully completed
BC Hydro Electrical Safety for Trades

BC Hydro

10/31/2017

BC Hydro
Power smart

Electrical Safety for Trades

CERTIFICATE OF COMPLETION

This is to certify that
Mike Winbow

Has successfully completed
Heritage & Archaeology Awareness

BC Hydro
Power smart

Date: 7/3/2019

Heritage & Archaeology Awareness

CERTIFICATE OF COMPLETION

This is to certify that
Mike Winbow

Has successfully completed
Working In and Around Water

BC Hydro
Power smart

Date: 7/3/2019

Working in and Around Water

CERTIFICATE OF COMPLETION

This is to certify that
Mike Winbow

Has successfully completed
Hazardous Waste Management

BC Hydro
Power smart

Date: 7/2/2019

Hazardous Waste Management

Certification of completion

This is to certify that
Mike Winbow

has successfully completed
BC Hydro Electrical Safety Training for Fire Fighters - 15 min

BC Hydro

10/31/2017

BC Hydro
Power smart

Electrical Safety for Fire Fighters

CERTIFICATE OF COMPLETION

This is to certify that
Mike Winbow

Has successfully completed
Soil Management and Disposal (External)

BC Hydro
Power smart

Date: 7/2/2019

Spill Management and Disposal

CERTIFICATE OF COMPLETION

This is to certify that
Mike Winbow

Has successfully completed
Spill Prevention and Response

BC Hydro
Power smart

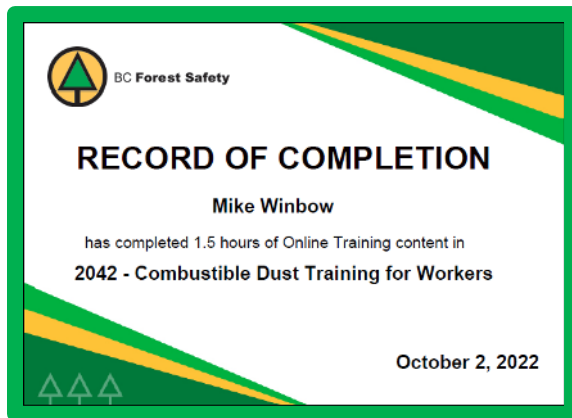
Date: 7/3/2019

Spill Prevention and Response



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The British Columbia Forest Safety Council Training Online Courses



Combustible Dust Training



Blast Hazards and Safety



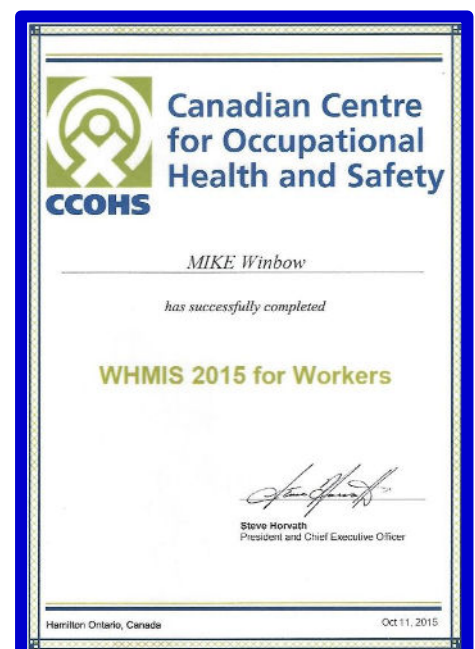
Resource Road Driving



Hazard Identification, Inspection & Investigation



Behaviour Based Safety



WHMIS 2015



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Confined Space Entry



Fall Protection for Construction



Electrical Safety



Powder Actuated Tool Operators Certification

PST Petroleum Safety Training CSTS-09 Construction Safety Training System

ENFORM The Safety Association for Canada's Upstream Oil and Gas Industry
5055 - 11 Street NE, Calgary, Alberta, Canada T2E 8N4
tel 403.516.8000 fax 403.516.8166
Registration, Certification and Enrollment Services: 1.800.667.5557
Certificate of Recognition: 1.800.667.5557 ext 3

Official Record of Training
COPY OF OFFICIAL DOCUMENT

Issued: August 29, 2012

Michael Winbow
Student ID Number: 2265245

Program	Status	Completion	Expires
Petroleum Safety Training (PST with CSTS)	Passed	November 22, 2011	N/A
H2S Alive	Passed	October 05, 2011	October 04, 2014
Petroleum Safety Training (PST)	Passed	September 20, 2006	N/A

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1.800.677.5557 www.enform.ca



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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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Heather Valentino

Local Guide · 149 reviews · 67 photos



★★★★★ a month ago

Mike!! What an absolute pleasure to work with you today!! Not only did you get the job done but you did it in a caring and mindful manner. I totally recommend your services!! I will stay in touch!!



Shelley Nicholson

2 reviews



★★★★★ a month ago

FreeBird Safety was an excellent choice, professional, prompt and so qualified. It made our project seamless and safe. Would highly recommend Mike to anyone. Thank you for everything!!!



Dave

Local Guide · 88 reviews · 112 photos



★★★★★ a month ago

Mike is full of knowledge and leads a safety oriented life and I really appreciated his patience.



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Recommendations

Yellow Pages Reviews

FreeBird Safety Services ★ 5/5

Phone Number



★★★★★ By olds9831

November 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.

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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63A Clipper St
Coquitlam, BC
Canada, V3K 6X2

1 (888) 965-5228
(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.dynamiforecue.com