



Mabel Campos

📞 (317) 555-1234 ✉️ mabel.campose@example.com

🌐 linkedin.com/in/mabelcampos 📍 1234 Elm Street, Indianapolis, IN 46201

SUMMARY

Dedicated health professional with hands-on experience in emergency response and safety operations within industrial environments. Strong grasp of OSHA regulations, first aid protocols, and wellness principles enhances ability to engage effectively with employees and management in fostering a culture of safety. Always eager for continuous learning, it's essential to improve workplace health standards while efficiently addressing safety concerns. Strong advocate for health and well-being, consistently supporting associates through daily interactions. Committed to excellence, while skilled at managing critical situations and guiding individuals toward appropriate resources.

EXPERIENCE

Health and Safety Coordinator

January 2024 - Present

Wellness Solutions Inc.

Fort Wayne, IN

Oversees safety protocols as Health and Safety Coordinator, leading initiatives that prioritize employee wellbeing. Works closely with the site management to bolster safety training and address all related concerns across an organization with over 200 personnel.

- Collaborated with management to enhance safety communication and training programs across the workforce.
- Independently assessed workplace injuries, administering timely first aid and prioritizing quick referrals to medical providers.
- Facilitated weekly meetings focused on promoting safety practices and increasing awareness of potential risks across job functions.
- Documented first aid interventions meticulously, ensuring organizational compliance with all safety regulations.
- Boosted employee morale via effective coaching, creating an environment where safety measures are prioritized and trusted.
- Streamlined workers' compensation processes by developing clear return-to-work strategies tailored to individual needs.

Emergency Medical Technician (EMT)

June 2020 - December 2023

City Rescue Services

Indianapolis, IN

Served as EMT, executing essential medical responses in high-pressure situations alongside diverse healthcare teams, focusing on both technical skill and compassionate patient care.

- Provided immediate emergency medical care, demonstrating composure and efficiency in challenging scenarios.
- Contributed collaboratively with paramedics and hospital staff to streamline patient care and maintain open lines of communication throughout transport.
- Mentored new EMT recruits, sharing best practices and enhancing overall team expertise.
- Engaged in community education initiatives, presenting vital first aid skills and emergency preparedness strategies at public events.
- Conducted regular inspections of medical equipment, ensuring all tools met rigorous safety standards and remained operationally ready.
- Developed accurate incident documentation that facilitated improved reviews and identified potential areas of systemic improvement.

LEADERSHIP & AWARDS

- Dean's List - Indiana University, 2022-2024
- Excellence in Community Service Award - City Rescue Services, 2023

EDUCATION

Associate's Degree in Emergency Medical Services

2024

Indiana University GPA: 3.8

Indianapolis, IN

Coursework: Emergency Medical Response, First Aid, Safety Regulations, CPR Training

CERTIFICATIONS

- Basic Life Support (BLS) 📅 2023
- Emergency Medical Technician (EMT) 📅 2020
- First Aid and CPR Instructor Certification - American Heart Association 📅 2023

TECHNICAL SKILLS

- **Safety Certifications:** BLS, EMT, CPR Instructor
- **Medical Equipment:** AED, Oxygen Equipment, Stretchers

- **Evaluation Tools:** Incident Reports, Safety Audits, Assessments
- **Communication Tools:** Microsoft Teams, Zoom, Slack
- **Regulatory Knowledge:** OSHA Standards, Safety Compliance, Workers Compensation
- **Training Programs:** Safety Drills, First Aid Courses, Ergonomics Coaching
- **Emergency Response Systems:** 911 Systems, Communication Devices, Radio Systems
- **Documentation Systems:** Digital Records, Health Logs, Incident Log
- **Health Database Software:** CareTracker, EMR Systems, HealthWare
- **Assessment Methodologies:** Health Evaluations, Risk Analysis, Occupational Exams

SKILLS

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|------------------------------|-------------------------------|-------------------------|-----------------------|
| • First Aid & CPR | • Microsoft Office Suite | • Community Outreach | • Safety Training |
| • OSHA Compliance | • Emergency Response Planning | • Risk Management | • Employee Engagement |
| • Incident Reporting | • Team Coordination | • Medical Documentation | • Injury Prevention |
| • Health & Wellness Advocacy | • Training Facilitation | • Crisis Intervention | |

PROFESSIONAL AFFILIATIONS

- Member, Health and Safety Committee, Wellness Solutions Inc.
- Volunteer, Community Health Fair, Indianapolis, IN

LANGUAGES

- English (Native)
- Spanish (Proficient)

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST