

Clara Strickland

☎ (302) 555-7194 ✉ clara.strickland@example.com 💼 linkedin.com/example/clarastrickland 📍 Newark, DE 19711

SUMMARY

Construction safety professional with eight years of field experience supporting mechanical construction and industrial operations. Leads **onsite safety oversight** for crane setup, installation work, utility connections, and related field activities. Conducts inspections, identifies hazards, reviews **job hazard analyses, pre task plans**, permits, and safety documentation before high risk work begins. Maintains accurate safety records, tracks corrective actions, and communicates practical expectations with contractors, workers, and project leadership. Applies **OSHA construction standards** through clear coaching, safety meetings, incident review support, and consistent documentation. Microsoft Office supports reporting and compliance follow through. Career growth reflects increasing ownership of contractor coordination, field observations, and safety performance. Prepared to contribute dependable field judgment, clear communication, and disciplined safety operations in demanding construction environments.

EXPERIENCE

Safety Manager, Mechanical Construction Safety January 2022 - Present
Atlantic Mechanical Safety Group *Newark, DE*

Lead onsite safety operations for complex **mechanical construction** projects with multiple contractor teams. Scope includes field inspections, crane operations, installation work, **utility connections**, safety documentation, corrective actions, contractor coaching, and reporting for project leadership.

- Led **crane setup** reviews for mechanical projects, preventing unsafe starts through documented field controls.
- Conducted field inspections across active work areas, documenting hazards and assigning **corrective actions**.
- Reviewed **job hazard analyses**, permits, and pre task plans before high risk work began.
- Coordinated installation activities with contractors, keeping safety expectations clear during changing field conditions.
- Maintained **safety reports** and shared field trends with project leadership for timely decisions.
- Coached workers and contractors on OSHA construction requirements through practical site discussions.

Safety Specialist, Construction Operations March 2018 - December 2021
Delaware Industrial Contractors *Dover, DE*

Supported daily safety operations across construction work areas, assisting with observations, incident reviews, safety meetings, contractor communication, training records, compliance files, and **Microsoft Office** reporting for field teams.

- Performed **daily safety observations** across construction areas, recording conditions for supervisor review.
- Assisted **incident reviews** by organizing facts, follow up actions, and supporting documentation.
- Delivered **safety meetings** that connected project procedures with changing field conditions.
- Maintained inspection, training, and **compliance records** for reliable project documentation.
- Supported contractor communication during shifting site conditions and active construction work.
- Prepared safety reports with **Microsoft Office tools** for consistent leadership updates.

PROJECTS

Mechanical Construction Safety Review 📅 2024

A field review initiative focused on turning inspection findings into clear corrective actions. Practical documentation helped contractors address hazards before work advanced.

Contractor Safety Documentation Program 📅 2021

A documentation improvement effort organized inspections, training records, permits, and corrective actions. Clear files gave project teams a steadier basis for daily decisions.

LEADERSHIP & AWARDS

- Recognized by project leadership for dependable field safety coordination during complex mechanical construction work.
- Selected as a trusted resource for contractor coaching, safety documentation, and practical hazard discussions.
- Commended for clear reporting that helped leadership follow corrective actions and field safety trends.

EDUCATION

Bachelor's Degree in Occupational Safety 2018
University of Delaware GPA: 3.5 *Newark, DE*
Coursework: OSHA standards, hazard analysis, industrial hygiene, construction safety

CERTIFICATIONS

- OSHA 510 Construction Safety and Health 📅 2021
- Construction Safety Training 📅 2018

TECHNICAL SKILLS

- **OSHA Compliance:** OSHA construction standards, OSHA 510, compliance reviews
- **Safety Documentation:** Safety records, inspection reports, compliance records
- **Hazard Assessment:** Hazard recognition, hazard analysis, risk review
- **Construction Planning:** Job hazard analyses, pre task plans, work permits
- **Field Inspections:** Safety inspections, daily observations, field audits
- **Mechanical Construction:** Crane setup, installation work, utility connections
- **Corrective Actions:** Action tracking, issue closure, compliance follow up
- **Incident Review:** Incident investigation, fact gathering, review support
- **Contractor Management:** Contractor coordination, worker coaching, site communication
- **Microsoft Office:** Microsoft Word, Microsoft Excel, Microsoft Office

SKILLS

- | | | | |
|-----------------------|---------------------------|----------------------|---------------------------|
| • Construction Safety | • Contractor Coordination | • Corrective Actions | • Pre Task Plans |
| • OSHA Standards | • Microsoft Office | • Crane Safety | • Hazard Recognition |
| • Hazard Analysis | • Incident Investigation | • Safety Meetings | • Mechanical Construction |
| • Safety Inspections | • Safety Documentation | • Permit Review | |

PROFESSIONAL AFFILIATIONS

- Construction safety peer network focused on OSHA standards, field learning, and practical hazard recognition.
- Occupational safety community supporting continued development in inspections, contractor coordination, and compliance documentation.

LANGUAGES

- English (Native)
- Spanish (Intermediate)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST