

# Carmen Ann Shafer, CSP, CHST, CRIS

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## Education

M.S. in Occupational Safety and Health Management from Indiana State University, December 2003

B.S. in Building Construction Management from Purdue University, December 1997

## Certifications

EPA Accredited Trainer: Certified Renovator . Initial (2010 to Present)

OSHA 10 and 30-Hour General Industry Instructor (2010 to present)

NCCER Core Instructor, Project Management, and Site Safety Trainer (2009)

American Heart Association CPR, First Aid and AED Instructor (2009)

Construction Risk Insurance Specialist (CRIS) Certification, (2007 to present)

EPA AHERA Asbestos Supervisor, (2007)

Virginia Dept. of Environment Responsible Land Disturber (2006)

EPA Lead Inspector/Risk Assessor, (2006)

ACE Construction Quality Management for Contractors (2005 to present)

Certified Safety Professional (CSP) Certification, (2005 to Present)

Associate Safety Professional (ASP) Certification, (2005)

Safety Management Training Course, AGC of America, (2004)

OSHA 10 and 30 Hour Construction Instructor (2000 to present)

Community First-Aid, CPR, Bloodborne Pathogen, AED Instructor, Red Cross (1998 to present)

## Industry Experience

Shafer Safety Solutions, LLC . Owner/President

01-08 to Present

- Provide safety consulting services to members of the construction industry including risk management, program development, training, safety audits, and accident investigation.
- Provide training for trades people, supervisory and management personnel including but not limited to OSHA Requirements, Safety Management, and Risk Management.
- Conduct property insurance risk management and life safety surveys
- Develop site specific safety programs for a variety of project sites.
- Inform clients of current and upcoming safety issues that may affect their business

Grunley-Walsh, LLC . Corporate Safety Manager

06-05 to 04-08

- Developed and administered corporate safety and substance abuse programs including administering saliva instant tests to personnel and providing substance abuse training
- Managed field-level safety personnel and work with project staff to improve project safety
- Managed site specific safety programs on a variety of sites including federally funded projects
- Directly managed site safety at several airport projects
- Conducted safety training for company and subcontractor personnel
- Assisted with project startup safety processes including writing technical proposals, bidding process, and writing project-specific safety plans
- Informed personnel of new and/or changing safety management issues
- Audited each project on a regular basis for safety performance
- Investigated accidents, manage workers compensation claims, and maintain the OSHA 300 Log
- Engaged in risk management processes including contract language development, claim management, and hazard assessments

AGC of Indiana, Inc. . Asst. Director of Safety & Health

07-00 to 06-05

- Consulted member contractors concerning safety and health issues on projects including, but not limited to, water and wastewater treatment plants, medical facilities, pharmaceutical plants, airport construction and general commercial construction.
- Taught a variety of safety and health courses in the workplace including, but not limited to: OSHA 10-Hour and 30-Hour, Fall Protection, Scaffolding, Excavation, Confined Spaces, Forklift Operator, CPR, First Aid, and Bloodborne Pathogens to both field and management employees
- Continually developed of new training presentations in Microsoft PowerPoint
- Audited member construction sites for safety and health issues throughout Indiana
- Assisted members in development of safety and health programs appropriate to their needs
- Assisted members with owner training and safety program requirements
- Organized and managed member safety meetings on a monthly and quarterly basis
- Organized and managed AGC of Indiana's Annual Safety Awards Program
- Represented members in the IOSHA inspection and hearing process
- Informed members of new or changing safety regulations and safety management techniques

Indiana University/Purdue University of Indianapolis . Associate Faculty

08-04 - 05-05

- Taught introduction to mechanical systems course to undergraduate students in the Construction Engineering Technology and Architectural Technology programs at Indiana University/Purdue University of Indianapolis Campus.

Lauth Property Group . Project Coordinator

01-99 to 07-00

- Managed multiple commercial tenant finish construction projects, both new construction and retrofit projects
- Assisted clients with the design and value engineering of new projects to meet their present and future needs
- Worked with property management, development department, and construction managers to set design standards for new properties
- Assisted other Project Managers with completion of punchlist items on shell buildings
- Provided safety training, jobsite safety audits, and maintained the OSHA 200 Injury & Illness Log

Arnold, Dugan & Meyers Construction Co. . Safety Engineer

01-98 to 12-98

- Administered safety program for company, specifically for commercial concrete construction (parking garages), municipal projects, and wastewater treatment plants.
- Maintained and updated safety and Hazard Communication program, creating an online searchable version for jobsite use
- Implemented and maintained ongoing training program including CPR & First Aid training and weekly toolbox talks using multimedia format
- Assisted Project managers with pre-construction operations including, but not limited to: estimating, bidding, scheduling, and contract management
- Assisted in the development of new software trademarked *RealLabor*
- Audited each project on a weekly basis for safety performance
- Evaluated superintendent safety performance on a monthly basis
- Investigated accidents, administered the company's substance abuse testing program, managed workers' compensation claims, and maintained the OSHA 200 Log

**Professional Associations**

Chair ANSI A10.38 . 2010 to Present

ANSI A10 Committee Member . 2009 to Present

Mid Ohio Valley Safety Council Board Member . 2009 to Present  
 Toastmasters International . Member 2007 to present – VP of Public Relations NIH Evening Speakers Club – 2007-2008, Sergeant at Arms Marietta Toastmasters – 2008-2009, President Marietta Toastmasters – 2009 to Present  
 Washington Metro Area Construction Safety Association . 2005 to 2008  
 Mid-Atlantic Construction Safety Conference . Planning Committee Member - Speakers . 2005 to 2007  
 Associated General Contractors of America . National Safety and Health Committee . 2003 to present – Steering Committee Scribe – 2005 to present, Vice-Chair Performance Committee – 2007 to present  
 American Society of Safety Engineers (ASSE) . Member 2001 to present

## Professional Presentations

The Business of Safety Planning for Safety Excellence+MEC Workplace Safety and OSHA Compliance Conference, October 2010  
 Construction Safety Planning+Build Safe Construction Safety Conference, February 2009  
 Business of Safety+, Build Safe Construction Safety Conference, February 2009  
 The Business of Safety+Ohio Small Business Development Center Lunch and Learn, September 2008  
 Focus 4 Hazards+Mid Ohio Valley Safety Council, September 2008  
 Update on Health and Safety of Women in Construction+ACCSH Diversity Workgroup, September 2008  
 First Things First . Pre-Construction Safety Planning+ASSE 2007 PDC in Orlando, FL, June 2007  
 The Business of Small Business Forum . Part V Safety and Health Issues in Small Construction Firms+ Department of Labor Directorate of Cooperative and State Programs, May 2007  
 Fall Protection+Washington Metropolitan Area Transit Authority, June 2006  
 Bloodborne Pathogens+Dulles International Airport Construction Safety Meeting, March 2006  
 Water Mist Fire Suppression Systems+, Construction Industry Coalition Council Forum, November 2005  
 adders and Aerial Lift Safety+, American Society of Safety Engineers CIASSE Professional Development Conference April 2005.  
 Scaffolding Safety+, American Society of Safety Engineers CIASSE Professional Development Conference April 2005.  
 Multi-Employer Safety Requirements+NAWIC Region 4 Forum, April 3, 2004.  
 OSHA 10-Hour Construction Safety Training+, Purdue University Construction Engineering Management Department, April, 2003.  
 OSHA Inspection Process+, Purdue University Building Construction Management Department, August 21, 2001  
 Construction Site Safety+, Purdue University Building Construction Management AGC Student Chapter, April 18, 2001  
 Site Safety+, Indiana Water Pollution Control Center Inspection Course, January 30, 2001

## Published Work

Sustainable Safety Practices+, *Commonwealth Contractor*, March 2009  
 Reconstruction Safety: Plan for Safety Excellence+, *Professional Safety*, December 2008.  
 What's In It for Me? . Training the Adult Learner+, *State of the ARC Building Solutions*, 2003-2004  
 Reprinted *Indiana Constructor Magazine*, June/July 2004  
 Moley Moley Says Call Before You Dig, It's the Law!+*Indiana Constructor Magazine*, June/July 2003  
 Lead the Way to Safety+, *State of the ARC Building Solutions*, 2002-2003  
 AGC of Indiana Strong on Safety+, *F.W. Dodge Midwest Construction Magazine*, October 2002  
 OSHA's New Steel Erection Policy and How it Applies to the GC and CM+Co-Authored with Jim Brown, AGC/I Director of Safety & Health, *Indiana Constructor Magazine*, June/July 2002  
 No Gift or Not to Gift+, *Indiana Constructor Magazine*, June/July 2002  
 Responsibility, Risk, and Risk Transfer+, *Indiana Constructor Magazine*, June/July 2001  
 Scaffolding Sanity+, *Indiana Constructor Magazine*, June/July 2001  
 AGC/I Safety Services Can Benefit Your Firm+, *Indiana Constructor Magazine*, June/July 2001  
 The Top 10 Reasons Safety is Good for Your Business+, *Indiana Constructor Magazine*, June/July 2001  
 reprinted 2001/2002 *State of the ARC Building Solutions*  
 Safety and Technology+, *Indiana Constructor Magazine*, February/March 2001