

**John W. Cook**

24 Valley View Avenue  
St. Albans, WV 25177  
(304) 993-1040 (cell)  
(304) 722-3235 (home)  
johnwcook1000@hotmail.com

**Career Objective:** To work in oil and gas as a safety professional.

**Background:**

- Working knowledge of OSHA Code of Federal Regulations (1910 and 1926)
- Federal/State Safety Enforcement, Oil and Gas, and Construction experience
- Excellent training, development, and delivery skills
- Excellent understanding of worker’s comp system and case management of injuries

**Education:**

M.S., Adult and Technical Education (Training and Development Emphasis)	Marshall University May 1999
M.S., Safety	Marshall University May 1995
B.A., Psychology	Marshall University May 1994

**Employment:**

<b>Federal Occupational Safety and Health Administration (OSHA)</b> Compliance Safety and Health Officer (CSHO)	Charleston, WV Oct 2009 - Present
--	--------------------------------------

- Enforcement of federal safety standards in private sector and federal government.
- Data entry into federal computer system.

<b>SW Jack Drilling Company</b> Safety Director	Elkview, WV Jan 2005 – May 2009
--	------------------------------------

- Daily OSHA safety compliance of oil and gas drilling company (16 drilling rigs)
- Fleet safety coordinator (DOT compliance)
- Developed/implemented rig safety inspection program
- Developed/implemented various OSHA written safety programs
- Developed/implemented comprehensive safety training program
- Case management of all work-related injuries (Worker’s Compensation)
- Coordinated company drug screening program

<b>US Army</b> Safety Intern	Ft. Rucker, AL Sep 2004 – Dec 2004
---------------------------------	---------------------------------------

- Attended four (4) month long intensive safety training course with US Army.

**Atlantic Scaffolding**  
Field Safety Representative

Ashland, KY  
Oct 2003 – Feb 2004

- Ensured daily safety compliance of 300+ employee scaffolding company during shutdown at oil refinery
- Conducted daily field safety audits, noting hazards and corrective actions
- Conducted daily safety toolbox meetings

**Greenwood Inc.**  
Safety Manager

Charleston, WV  
Feb 2002- Sep 2003

- Ensured daily OSHA safety compliance of construction company on two large chemical manufacturing sites (Clients: DOW Chemical and Bayer Crop Science)
- Ensured company was in compliance with all established Client safety policies, procedures, and rules
- Conducted field safety audits noting hazards and corrective actions to be taken.
- Developed/delivered various safety training programs

**Fluor Constructors**  
Safety Supervisor

Boston, MA  
May 2001 – Dec 2001

- Daily safety compliance of subcontractors while constructing powerhouse
- Provided employee safety training: New employee orientation, hazcom, etc...
- Addressed employee and management safety complaints and concerns
- Conducted accident investigations onsite

**Ironwood Construction Company**  
Safety Manager

Tallahassee, FL  
Apr 2000 – Apr 2001

- Ensured safety compliance with all federal, state, and local safety regulations
- Conducted safety inspections of various work sites (OSHA and MSHA regulated)
- Developed and delivered various safety training programs (MSHA Part 46)
- Developed various required OSHA written safety programs
- Developed comprehensive company-wide safety manual
- Managed all worker's comp claims for company
- Maintained all safety programs including Return to Work Program and Drug Free Workplace Program, Hazard Communication, and Fall Protection Programs.

**Florida Division of Safety**  
State Safety Compliance Officer

Ft. Lauderdale and Tallahassee, FL  
Jun 1997 – Mar 2000

- OSHA compliance inspector for the state of Florida
- Inspected Florida's public sector for safety violations
- Provided safety training to Division clients
- Developed written safety programs for clients
- Conducted safety research for clients and employer
- Entered detailed safety data into computer database, attended over 500 hours of formal safety training.

**References:**

- Available Upon Request

## **Professional Certifications:**

Certified Safety and Health Official (CSHO), Texas Engineering Extension Service (TEEX)  
OSHA 501: Train-the-Trainer Course in Occupational Safety and Health Standards for General Industry, Texas Engineering Extension Service (TEEX)  
OSHA 500: Train-the-Trainer Course in Occupational Safety and Health Standards for the Construction Industry, US DOL  
Hydrogen Sulfide Instructor Development Course Texas Engineering Extension Service (TEEX)  
OSHA 510: Safety and Health Standards for Construction Industry, Texas Engineering Extension Service (TEEX)  
OSHA 521: Industrial Hygiene, Texas Engineering Extension Service (TEEX)  
OSHA 3095: Electrical Standards, Texas Engineering Extension Service (TEEX)  
OSHA 204A: Machinery and Machine Guarding Standards, Texas Engineering Extension Service (TEEX)  
OSHA 2250: Principles of Ergonomics, Texas Engineering Extension Service (TEEX)  
OSHA 311: Fall Arrest Systems, US DOL  
OSHA 309A: Electrical Standards Course, Florida Division of Safety  
OSHA 2015: Hazardous Materials, Texas Engineering Extension Service (TEEX)  
OSHA 201A: Hazardous Materials Control and Response Methods, Texas Engineering Extension Service (TEEX)  
OSHA 40 Hour Hazmat Health and Safety Training, Florida Atlantic University  
Forklift Train the Trainer Course, North Florida Safety Council  
Oil and Gas Drilling Training Program, High Plains Technology Center  
Derrick and Training for Oil and Gas Drilling, High Plains Technology Center  
Behavioral Safety, Texas Engineering Extension Service (TEEX)  
Behavioral Safety Management, NC Occupational Safety and Health Education and Research Center  
Behavioral Safety for Managers, International Risk Control America, Inc.  
DOT Drug Screening Collector Course, DDTA Services  
Principles of Scaffolding, US DOL  
Lock Out Tag Out, Texas Engineering Extension Service (TEEX)  
Industrial Noise, US DOL  
Excavation, Trenching and Soil Mechanics, US DOL  
Fundamentals of Occupational Safety, NC OSH Education and Research Center  
Safety and Health Standards for Construction Industry, Donovan Grenz and Associates  
Systems Safety, Texas Engineering Extension Service (TEEX)  
Hazard Recognition in Built Environments, Texas Engineering Extension Service (TEEX)  
Quantitative Methods in Safety Management, Texas Engineering Extension Service (TEEX)  
Emergency Planning, Texas Engineering Extension Service (TEEX)  
Motor Vehicle and Transportation Safety, Texas Engineering Extension Service (TEEX)  
Fire Safety in Building Design and Life Safety Code, Texas Engineering Extension Service (TEEX)  
Health and Safety Plans, Texas Engineering Extension Service (TEEX)  
Fundamentals of Property Damage Assessment, International Risk Control America, Inc.  
Electrical Hazard Control, US Army Safety Center  
Introduction to Accident Reporting, US Army Safety Center  
Theory and Application of Accident Investigation, US Army Safety Center  
Human Factors, US Army Safety Center  
MSHA Part 46 Instructor Trainer Course, US DOL