



Todd McDowell
Alpha-Omega Training
& Compliance

Member Spotlight—Todd McDowell

What is your Job Title? President

How did you choose your field? Started as Station Safety Representative while stationed at Port Canaveral in the Coast Guard. Upon exiting CG went to college and obtained degrees in Culinary Arts as well as Business. While serving in various restaurants, hotels, theme parks and the food service provider at NASA, I always was engrained in the safety field in one way or another. I had a friend that worked for an EHS consulting company and eventually I was hired on with them, leaving the hospitality industry.

What is a typical work-day for you? Start my day off with exercise, family time, then answering im-

mediate emails before heading off to the office. Our major work load is providing safety professionals to various clients who perform work on power generation plants. These professionals write up daily logs and send to me. Upon review I forward to my clients. After this daily routine the rest of the day varies and is never the same from day to day. The remainder of the day may involve report review, administrative work and marketing. As a co-owner of a small business there are many challenges that come up which can make it difficult at times to keep a steady schedule. It's a 24/7/365 job but I wouldn't change anything.

What was the most memorable day of your career? Securing our first

job three months after incorporating in February 2009.

When did you join the ASSE? March 2007.

Why did you join the ASSE? Professional development and to meet others.

What resources do you use on the ASSE website? Job postings, keeping up with calendar of events.

What is your favorite quote? "I can do all things through Christ who strengthens me." Phil 4:13

What do you like best about the great state of Florida? Year round opportunities to golf and surf and any day where the temperature and humidity are below 80.

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For more information,
check out www.osha.gov

OSHA Top 10 Continued

Both this list and two other lists provided in this article (Top 10 Serious Violations and Top 10 Willful Violations for FY 2011) appear to align with some of the leading causes of injuries and fatalities in construction and general industry. These include violations related to falls, excavations, lockout/tag out, electrical, machine guarding and grain handling.

Kapust also states that when an employer utilizes this OSHA top 10 list the em-

ployer can then see if they're "covering the hazards and assessing the kind of changes they may have to make to their safety and health program." This is a key point, since it entails an employer actually using this list and then checking to see how they may be doing the same violation / hazard categories. Many safety professionals and business managers or supervisors may be familiar with accident investigation and the value of root cause analysis in cases of serious, catastrophic or fatal occurrences. So, when an employer decides to review the OSHA top 10 list and compare this list to where the company is regarding conformance to these standards, this can be an opportunity for root cause analysis of why such shortcomings have occurred in the company. And, possibly move that much closer to a culture of safe production.

Resume Writing—Do's and Don'ts

As an employer, I at times will place advertisements for open positions within the company. Once the ad is placed it does not take long for the eager job seeker to come across my posting and send me their resume. In addition to resumes I get sent cover letters, letters of reference, certificates of completed courses, and pictures of their cats (not really, but I am sure they are out there). I realize there are many formats and styles for writing and preparing resumes and there may be no "wrong" way, but as I swim through a sea of resumes hitting my inbox I am becoming quite proficient at segregating resumes into three different categories.

The "no way" (straight to the trash) resume:

- Comes from an email such as ilovetoparty-hardy@aol.com. That's great but save that for your friends. Create a professional looking email address; jdoe@aol.com is good.
- Their introduction letter is a single spaced, size 9 font, full page letter. This is followed up with eight pages of referral letters from 15 years ago, etc. Those of us reading resumes have limited time and for the most part are not going to want to muddle their way through this newspaper article style letter.
- Save the backup information for when you get called (some exceptions, depending on from whom

they written – Aunt Bertha doesn't count.

- Multiple colored fonts. Maybe okay if you are applying as a graphic artist, but it is distracting.
- Refers to me as "Dear Friend." "I am in Safety; I don't have any friends."*
Sir or Mr. McDowell works just fine.

Worth another read through later:

- Brief introduction in the email, short objective statement at the top of the resume.
- Listed relevant skills, education, certifications, etc. in an easy to read font and formatting style.
- Caught my attention, I didn't have to read too much. Skills and experience may not be exactly what I am looking for but could merit a second read.
- Their introduction indicates in some way he/ she has researched my company and is able to apply their experience and background to what we do.

Contact them for a meeting:

- Easy to read font sized 11-12, block alignment, evenly spaced paragraphs.
- Made some reference to the work we do indicating they at least Googled us.
- Clear and concise sentences containing no misspelled words.
- They are able to articulate their skills and ex-

perience in a position they held in the past regardless if was an entry-level technician or a director's level. They sold themselves!

- They mentioned something interesting and intriguing that they have done in the past.
- In one recent resume I received, the sender mentioned how she had spent a year in a foreign country completing a research project. That one sentence caught my eye and spiking my interest enough to re-read the resume and set up an appointment to meet.

In closing, the resume should sell you. It's your three second commercial during the first quarter of the Super Bowl. You have but a brief instant to sell yourself before the reader pushes you to the side and goes to the next one. Your resume should start off strong to catch the reader's eye and make them want to continue reading. Once they have completed reading there should be no doubt that you are their next new hire.

If you are not a strong writer and have a difficult time making yourself sound like a superstar, ask for help. Just don't say you coached at Notre Dame when you didn't. Lies will catch up to you.

* Quote stolen from T. Exley.



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For more resume help, check out tips and articles from www.monster.com and www.careerbuildres.com