

L. Hef

Chicago, Illinois

Phone | Email

Professional Summary

Experienced safety and construction professional with 20 years as a Compliance Safety and Health Officer with OSHA and 11 years of hands-on electrical construction experience through IBEW Local 134. Extensive background in construction and general industry inspections, hazard recognition, regulatory compliance, and leadership. Conducted over 1,000 inspections and served seven years as a Lead Compliance Safety and Health Officer. Strong knowledge of OSHA standards with proven ability to identify hazards and drive rapid corrective action.

Core Competencies

- OSHA Construction (29 CFR 1926)
- OSHA General Industry (29 CFR 1910)
- Hazard Recognition & Abatement
- Construction Safety Compliance
- Inspection & Investigation Procedures
- Fall Protection
- Excavation & Trenching
- Electrical Safety
- Lockout/Tagout
- Machine Guarding
- Powered Industrial Trucks
- Safety Program Evaluation
- Leadership & Team Coordination
- Microsoft Word & Excel

Professional Experience

Compliance Safety and Health Officer (CSHO)

Occupational Safety and Health Administration (OSHA) | 2006 – Present

- Conducted more than 1,000 inspections in construction and general industry settings.
- Investigated serious injuries, high-hazard operations, and complex safety violations.
- Issued multiple willful citations and managed high-profile enforcement cases.
- Presented two egregious cases to the Director of Construction in Washington, DC.
- Served seven years as Lead Compliance Safety and Health Officer, mentoring and guiding junior officers.
- Evaluated employer safety programs and ensured compliance with federal regulations.

- Promoted rapid hazard correction to reduce risk of serious injury and fatality.

General Foreman

IBEW Local 134 – Chicago, Illinois | 5 Years

- Supervised electrical construction crews on commercial and industrial projects.
- Conducted job hazard analyses and daily safety briefings.
- Coordinated work activities to maintain OSHA compliance and reduce jobsite risk.
- Enforced safe work practices and quality standards.

Journeyman Electrician / Apprentice

IBEW Local 134 – Chicago, Illinois | 11 Years Total

- Completed five-year apprenticeship program.
- Installed and maintained electrical systems in commercial and industrial environments.
- Applied OSHA safety standards in daily operations.
- Developed strong understanding of construction hazards and mitigation strategies.

Education & Training

High School Diploma

IBEW Local 134 – Five-Year Electrical Apprenticeship

Extensive OSHA classroom and field training (5+ years) in construction and general industry safety standards.

Certifications & Specialized Training

- Fall Protection
- Excavation & Trenching Safety
- Electrical Safety
- Lockout/Tagout
- Machine Guarding
- Powered Industrial Trucks