

Karissa Workinger

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EDUCATION

Brigham Young University - Health Science

B.S. Public Health

Minor / Business Management

Provo, UT

Apr 2017

ABOUT

Operationalize work environments through designing programs and procedures. Collaborate to find and create solutions to complex problems. Pro-active and energetic to improve and build culture.

WORK EXPERIENCE

WCF Insurance

Safety Consultant

Sandy, UT

Oct 2019 – Present

- Work as a partner with the customer and provide expertise and assistance with safety and health in order to reduce Workers Compensation claims and improve their overall bottom line.
- Provide training in various safety and health topics, walk through work areas to point out safety hazards to customers.
- Work with a variety of industries including construction, manufacturing, nursing homes, healthcare, mining, office ergonomics, workplace wellness & safety programs, and perform industrial hygiene work.
- Assist and create infectious disease recovery plans for customers (Ex. COVID-19)
- Add safety & health content on the WCF Insurance website

Schlumberger-MegaDiamond

Occupational Health Safety Specialist

Provo, UT

July 2017-Oct 2019

- Operationalize the safety program by ensuring procedures are written and enforced, safety audits are done annually, training is completed for all employees and new applicants are interviewed
- Communicate in all aspects of the job by presenting trainings for over 300 personnel, provide safety orientation with outside vendors, daily conversing with operators and making significant decisions with managers
- Balance representing the employee and the company by ensuring the employees needs are met during incident, while assisting the company's efforts to have zero accidents
- Manage the safety program in a fast-paced environment through ongoing documentation, feedback from operators and investigation of accidents
- Gather and utilize data to spot trends and make decisions on improvement projects through data analysis

BYU Risk Management

Hearing Conservation Specialist

Provo, UT

Oct 2016 – May 2017

- Developed a risk management program that BYU currently uses designed to define the areas where noise exposure exceeds permissible levels for various departments such as electric, carpentry, police, special events, etc.
- Improved testing efficiency over 85% by assisting in developing a software for electronic tests, use of a system with current tests, verification of employees, make hiring decisions, document findings and comply with OSHA regulations
- Project deliverables include work reports that measured and tracked workflow and research of relevant OSHA laws to be used by the compliance team to verify that the various departments act in accordance with current laws and regulations
- This project improved overall operational efficiency for the team to better manage hearing risk so that all BYU departments could be in compliance with this specific part of the law

OTHER

- Microsoft Excel, PowerPoint, Publisher, QuickBooks, Adobe
- CPR Certified
- Interests – Tennis, Yoga and Travel