



**Mark F. Sliker**  
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## HISTORY, BACKGROUND & EXPERTISE

Founded in 2001, Occupational Safety Consultants has worked with hundreds of clients nationally. With more than 15 years of experience in health and safety, coupled with extensive hands-on field knowledge, the company, the team and its founder apply a wealth of knowledge to managing and mitigating risk for clients in general industry, construction, transportation and healthcare. For the past two decades plus, Mr. Sliker has worked in various capacities in health and safety with the New York State Department of Labor, including positions as a Safety Inspector, Mine Safety Trainer, Senior Safety Consultant, Senior Safety Trainer and Safety Supervisor. In these roles, he has overseen work across Syracuse, Utica and Binghamton. In addition, he has experience in developing training materials used in manufacturing and construction. Early in his career, he spent many years conducting safety inspections across various industries.

## INDUSTRIES & MARKETS SERVED

Government Agencies	Industry & Manufacturing	Transportation, Maritime & Railroad
Public Works Departments	Construction Companies	Professional Service Firms
Municipalities & Public Authorities	General Contractors	Small Business/Retail
Healthcare & Hospitals	Distribution & Warehousing	Mining

## PARTIAL CLIENT LIST

**CORPORATE:** Eastman Kodak Company ♦ Xerox ♦ Corning ♦ 3M ♦ Occidental Chemical ♦ Wegmans ♦ Turner Construction ♦ AIG ♦ Travelers ♦ conEdison ♦ Siemens ♦ Fresh Start Bakeries of North America ♦ Oldcastle

**EDUCATION:** West Point Military Academy ♦ Hamilton College ♦ SUNY Geneseo ♦ SUNY Old Westbury ♦ Niagara County Community College ♦ Ulster County Community College ♦ University of Medicine and Dentistry of New Jersey ♦ University of Rochester ♦ Rochester Institute of Technology ♦ Hobart and William Smith College

**GOVERNMENT:** NYC Department of Environmental Protection ♦ NYC Department of Buildings ♦ NYC Department of Design and Construction ♦ New York State Police ♦ Town of Brighton

## KNOWLEDGE BASE

**Scaffolds & Ladders**  
**Cranes & Rigging**  
**Aerial/Scissor/Fork Lifts**  
**Accident Investigation**  
**Machine Guarding**

**Trenching and Excavation**  
**Construction Safety**  
**Safety Compliance**  
**Employee Safety**  
**Litigation Support**

**Program Assessment**  
**Training & Procedures**  
**OSHA & ANSI**  
**Federal/NYS Labor Laws**  
**NYS Building Codes**

- ▶ **Safety consulting.** Working with small-to-medium sized companies, including identifying safety deficiencies, developing plans of corrective action and assisting clients in earning SHARP status.
- ▶ **State and Federal Regulations.** Broad knowledge of OSHA compliance, Federal and NYS Labor Law (including but not limited to §240 (1), §241 (6) and §200), Department of Labor safety regulations, risk management policy development and safety training program development.
- ▶ **Specialized knowledge.** Strong knowledge of best practices in fall protection, electrical requirements and safety program development.
- ▶ **Hazard assessment.** Hands-on experience conducting more than 1,000 hazard assessment surveys of small-to-medium sized businesses regionally.
- ▶ **Training materials development.** Experienced devising and implementing materials used in conducting health and safety training.
- ▶ **Regulatory expertise.** Compliance assessments, risk management audits and process evaluations.

## CERTIFICATION

OSHA authorized, 10- and 30-hour Trainer for General Industry and Construction Industry



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## SAFETY TRAINING COMPLETED

OSHA 7845 Record keeping Rule Seminar  
OSHA 7510 Onsite Consultation Course for Small business  
OSHA 511 Intro to Safety Standards  
OSHA 3095 Electrical Standards  
OSHA 2045 Machinery and Machine Guarding Standards  
OSHA 7500 Safety and Health Programs Assistance Course  
OSHA 7001 Evaluation of Workplace Safety and Health Programs  
OSHA 2015 Hazardous Materials  
OSHA 7045 Accident Investigation  
OSHA 7505 Advanced Accident Investigation  
OSHA 7000 Nursing Home and Ergonomics  
OSHA 2250 Ergonomics applied to work related Musculoskeletal and Nerve Disorders  
OSHA 3040 Power Press Guarding  
OSHA 2015 Hazardous Materials First Responder Awareness  
OSHA 5600 Hazardous Materials First Responder Awareness – Train the Trainer  
OSHA 7105 Emergency Response Planning Course  
OSHA 501 Trainers Course in OSHA Standards for General Industry  
OSHA 503 Update for General Industry Outreach Trainers  
OSHA 510 Construction Standards  
OSHA 7415 Residential Construction Training  
OSHA 500 Trainers Course in OSHA Standards for Construction  
OSHA 502 Update for Construction Outreach Trainers  
OSHA 3110 Fall Arrest Systems  
OSHA 2080 Crane and Material Handling  
OSHA 3010 Excavation, Trenching and Soil Mechanics  
OSHA 3500 Demolition  
OSHA 3080 Principles of Scaffolding  
OSHA 311 Fall Arrest Systems  
OSHA 3000 Online portion of Gas and Oil Well Operations  
OSHA 3150 Communication Tower Construction Safety  
OSHA 345 Basic Incident Command System  
OSHA 3600 OSHA Technical Assistance for Emergencies  
MSHA Part 48 National Mine Instructor's Course

## PROFESSIONAL HISTORY & AFFILIATIONS

**Occupational Safety Consultants, Trainer and Consultant** (2012-Present)

### **New York State Department of Labor**

*Safety Supervisor* (2006-2012)

Supervised safety staff in three offices, including Syracuse, Utica and Binghamton. Oversaw scheduling of work and reviewed all outgoing reports to ensure that accurate information was being provided. Analyzed and reported to senior management results across multiple key indicators.

*Senior Safety Trainer* (2003-2006)

Developed training materials used to educate manufacturing and construction clients. Coordinated training for various employers; assessed the impact of programs offered.

*Senior Safety Consultant* (1990-2003)

Conducted safety inspections of small-to-medium sized employers. Assisted employers in establishing health and safety programs. Formulated recommendations on how to manage and control risk and devise mitigation plans to address hazards. Analyzed injury and illness trends to determine where employers should invest their resources.

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*Mine Safety Trainer (1989-1991)*

Coordinated training for various employers in the mining industry. Devised training materials used in *New Miner Training* and the *8-Hour Refresher* course. Assessed the impact of all programs offered.

*Safety Inspector (1984-1989)*

Inspected buildings type 5, amusement rides, ski tows, explosive storage, coin machines and crane licenses.

## **EDUCATION**

**State University of New York at Oswego**

*Bachelor of Science, Social Science*