

THE LOS ANGELES CHAPTER OF ASSP -- SPRING EDITION:

is dedicated to promoting the safety profession through increased public awareness and providing opportunities for networking and professional growth. To become a member, please contact one of our <u>Chapter Officers.</u>

For those who read, there will be an easter egg or two, so don't stop the hunt...



The Society President's Message, Deb Roy:

Diversity, Equity and Inclusion

Apr 01, 2020 Deborah R. Roy, M.P.H., R.N., CSP, COHN-S, CIT, FASSP, FAAOHN, 2020-2021 ASSP President

President's Message:

Last fall, ASSP formed the board-level Diversity, Equity and Inclusion (DEI) Task Force. More than 80 members with a wide range of backgrounds and perspectives applied. We ultimately selected 12 members who have experience with DEI initiatives or have led organizational change efforts: Kristin Amlie, DeAundra Brabham, Ryan Clayton, Tiffany Felix, William Geddings, Bryce Griffler, Kahlilah Guyah, Krystle Hodge, Massimo A. Navarretta, Oscar Paredes, Monique Parker and Christine Waters. I cochair the group along with ASSP CEO Jennifer McNelly.

The DEI Task Force is charged with guiding the development of a recommended strategy and action plan to help ASSP better support our increasingly diverse membership. In the past few months, task force members have shared their experiences, participated in leadership education and reviewed ASSP structure. The group has also developed a list of DEI definitions, provided input to our existing DEI Society Operating Guideline (SOG), approved a DEI framework and identified potential action items in three categories: 1. ASSP culture; 2. organizational policies/procedures; and 3. business operations. Examples of these items include clarifying the role of chapters in promoting DEI; reviewing policies for selecting instructors; and collecting diversity data and developing accountability metrics.



Based on that work, task force members and all of those who applied to join it were surveyed to prioritize the action items and the categories. The resulting recommendations will be presented at the April 15 board meeting, along with the revised SOG and a proposed communications plan. Any board-approved priorities will then be assigned to specific member work groups that will carry these important efforts forward.

I am incredibly thankful for the work of the DEI Task Force. Below, read quotes from several members of the group about the kinds of changes they expect to see in the Society during the next few years.

Although the task force itself will be sunsetted after the board presentation, all task force members and those who have expressed interest will continue to be engaged, as DEI is fundamental to how the Society supports our members. This is a long-term effort that will take time just like any culture change. But it is critical to the success of the Society and our profession. We are committed to DEI as an integral part of everything we do. Let's each commit to welcoming all members, making connections and respecting their experiences.



Your Spring-Cleaning shopping can help ASSP students and emerging professionals this season. <u>When you shop with Amazon Smile and select "ASSP Foundation,"</u> Amazon will donate 0.5% of eligible purchases to ASSP Foundation, which distributes scholarships and grants to OSH professionals.

Greetings to New Members:

We want to take a moment to recognize all our new members -especially during such trying and uncertain times. As a professional membership body, we pledge to connect and create a strong community for peers within this pressing industry. For those who have just joined: welcome, and for those who have extended leadership and service: thank you. For those interested, check out our process below. ASSP chapter communities provide accessible, face-to-face and virtual opportunities for ASSP members to become better safety professionals.

Become A New Member:

General Membership is under \$200 per year!

Students can join for only \$15/year and receive a free year membership upon your graduation!

As an ASSP member, you will elevate your career; gain knowledge, tools, and resources to prevent worker injuries, illnesses and fatalities; help improve your company's performance; and become part of a vibrant community of over 37,000 safety professionals working together for a safer, stronger future.

Complete the Membership application at: <u>https://www.assp.org/membership/apply-to-join</u>



Members of Long Service:

- Jay W. Preston
- Gloria A. Teper
- Ronald Y. Shintaku
- Steven M. Lemaster
- Fay F. Feeney
- Donald L. Kramer

THANK YOU!

Thank You; We want to hear from you!

In an effort to continue to provide membership value, the ASSP Los Angeles Chapter would like to learn more about the needs and interests of our members. Please take our 10-minute, 12-question survey, and provide any further comments on how we can continue to improve. Using the feedback from this membership survey, we aim to deliver an exciting and informational events Program of webinars, meetings, and technical talks. We also plan to better understand the demographics of our Chapter, how best to engage with our members, and how we can offer career and networking opportunities.

To participate in the survey, please follow this link: <u>https://asspla.survey.fm/membership-outreach-jul-2020</u>



In Partnership with the Accreditation Board for Engineering and Technology, ASSP will be posting the survey results soon...

• Explore how this could help drive that next step in your career: https://www.abet.org/

The members of the task force, in addition to Co-Chairs Roy and McNelly:

- Kristin Amlie
- DeAundra Brabham
- Ryan Clayton
- Tiffany Felix
- William Geddings
- Bryce Griffler
- Kahlilah Guyah
- Krystle Hodge
- Massimo Navarretta
- Oscar Paredes
- Monique Parker
- Christine Waters





ASSP Remembers Deadly Factory Fire That Spurred Workplace Safety

Mar 18, 2021

PARK RIDGE, IL – Occupational safety and health became national news 110 years ago when the deadly Triangle Shirtwaist Factory fire occurred in New York City. A few months after the tragedy came the creation of the world's oldest professional safety organization – the United Association of Casualty Inspectors now known as the American Society of Safety Professionals (ASSP) – a group that remains dedicated to progressively advancing the safety and health of workers everywhere, especially during the global pandemic.

ASSP encourages all companies and their workers to join the Society in recognizing this important anniversary by observing a moment of silence at 4:45 p.m. ET Thursday, March 25 – the exact time the first alarm was sounded – to pay tribute to the workers who died in the fire while also refocusing on creating safe work environments. According to the U.S. Bureau of Labor Statistics, more than 5,000 people are fatally injured on the job each year.

The factory fire in lower Manhattan killed 146 garment workers – most of them women as young as 14 years old – on March 25, 1911. Fire exit doors were locked and other doors only opened inward, making it impossible for the onrush of workers to get out. The fire escape was poorly constructed and didn't meet weight requirements. Fire department ladders couldn't reach the upper floors of the 10-story building. Many workers died by jumping out of windows and into an elevator shaft as they fought to escape the flames.

"The Triangle Shirtwaist Factory fire was the deadliest industrial disaster in New York City history, and it inspired our country to address workplace safety in an organized way that didn't exist before the tragedy," said ASSP President Deborah Roy, M.P.H., RN, COHN-S, CSP, CIT, FASSP, FAAOHN. "The horrific fire led to a series of laws and regulations that improved workplace safety. It also caused a concerned group of insurance company safety engineers to start what is now ASSP."



From its inception in October 1911, ASSP has grown into a global membership organization of nearly 40,000 occupational safety and health professionals whose work through the decades has contributed to dramatic drops in workplace injuries, illnesses and fatalities. However, the work of safety organizations, employers and federal agencies like the Occupational Safety and Health Administration (OSHA), the National Institute for Occupational Safety and Health (NIOSH) and the U.S. Chemical Safety and Hazard Investigation Board is never complete.

"Whether you work at a construction site, in a restaurant or at a manufacturing plant, the lessons of the Triangle Shirtwaist Factory fire never should be forgotten," Roy said. "Keeping our workplaces safe takes an unwavering commitment from all involved. There are always advances to be made and new ideas to be shared."

About ASSP -- Working together for a safer, stronger future

For more than 100 years, the American Society of Safety Professionals has been at the forefront of helping occupational safety and health professionals protect people and property. The nonprofit society is based in the Chicago suburb of Park Ridge. Its global membership of nearly 40,000 professionals covers all industries, developing safety and health management plans that prevent injuries, illnesses and deaths. ASSP advances its members and the safety profession through education, advocacy, standards and a professional community. Its flagship publication, Professional Safety, is a longtime leader in the field. Visit www.assp.org and follow us on Twitter, Facebook and LinkedIn.



Programs & Events

Save the Date: April 29th!

Title/Topic: The Impact of COVID-19 on Ergonomics: Lessons Learned

Sponsorship: Sponsored by our ASSP LA Chapter
Type: Technical/Current
Date: April 29, 2021 | 12:00 PM - 1:00 PM PST
Speaker: Anuja Patil, MS, CPE, CSP



Speaker Bio:

Anuja Patil serves as Risk Control Consulting Director Ergonomics for CNA. In this role, she is responsible for the overall assessment, evaluation and delivery of risk control ergonomic services and technical support to increase underwriting profit. Risk control ergonomics services include complex ergonomics assessments to identify work tasks in occupational settings that have high injury risks and which reduce worker productivity.

Prior to joining CNA in 2019, Anuja worked at Faraday Future, as the Ergonomics Manager, where she supported the Environmental Health & Safety department with ergonomics and safety services. Anuja has ergonomics expertise in the manufacturing, healthcare, biopharma, tech, and utility industries and has developed and led the global ergonomics programs for Faraday Future and Tesla. This work included developing and tracking metrics and risk assessments, training process and design engineering teams, investigating incidents, creating ergonomic strategies, and building ergonomic teams.

Anuja holds a bachelor's degree in Physical Therapy and a master's degree in Environmental Health focusing on Ergonomics. Anuja is a Board Certified Ergonomist(CPE), a Board Certified Safety Professional(CSP) and is Six Sigma Green Belt Certified. Anuja serves as the Assistant Administrator on the ASSP Ergonomics Practice Specialty Group and is a member of the ASTM F48 Insurance and Liability Subcommittee on Exoskeletons and Exosuits.



Topic Description / Learning Objective

In the past year, the impact of COVID-19 has been felt by many. Organizations and businesses have had to adapt to the changing environment by making changes to their work procedures, environment and work stations to accommodate new rules and regulations as well as business needs related to COVID-19. This webinar will discuss some of the unique ergonomics challenges and solutions associated with this challenging new work environment.

Cost: Free

Registration: Website

https://us02web.zoom.us/meeting/register/tZApf-yvpzsiGdc_68tqTG-psbDWyQkyjfrl

...and so much more to come!

Link to Events Page: https://la.assp.org/event/

Earlier Webinars are still available as recordings and will be posted soon. Check out what you missed from Wyatt Bradbury's analysis of Decision Making to the new webinar series in Partnership with Grainger





NEW EHS WEBINAR SERIES - First Installment:

Welcome to Grainger's new EH&S webinar series focused on Serious Injuries & Fatalities (SIFs) and the solutions Grainger provides.

Our first webinar in this series is a collaboration with the American Society of Safety Professionals (ASSP) discussing SIFs and steps to take to prevent them.

Exposure to life-threatening or life-altering injuries/illness can have a devasting effect on both work and home life. Join Tim Fisher, Director, Standards Development and Technical Services at American Society of Safety Professionals and Travis Kruse, Grainger Safety Strategy & Solutions, as they discuss the concern that serious injuries & fatalities (SIFs) rates are declining much slower than non-fatal injuries and illnesses, the potential for SIFs and the importance of building out a SIF program.

Attendees will walk away with understanding of:

- Serious injuries and fatalities and the impact on businesses and families
- Best practices from organizations that are making a difference
- The role SIF potential plays in reducing serious injuries and fatalities
- Select SIF categories and SIFs potential related to Working at Elevated Heights, Confined Space, LOTO and Electrical Safety
- How to begin focusing on SIFs (ex. SIF assessments)



Jobs: Hop into a New Position!

REGIONAL SAFETY MANAGER

Warehouse and Fulfillment – Los Angeles, California

We're looking for a Regional Safety Manager to oversee the development and execution of our ongoing health and safety plan and initiatives as well as building safety leadership capability and culture within the Region management team. This is an opportunity to create a world class program as we grow our organization and move to new locations throughout North America.

WHAT YOU'LL BE DOING

- Ensure effective, consistent implementation of Health and Safety policies and programs by influencing leadership teams and other stakeholders.
- Work closely with Operations and site management to ensure initiatives are properly aligned and executed throughout the region to meet or exceed safety performance goals
- Audit sites for compliance with Health & Safety programs and process
- Review accident and injury data, to identify the needs for new or modified occupational safety programs.
- Continuously engage the workforce to ensure needs and compliance are met; enforce safe behaviors and a positive safety culture
- Provide continuous support and guidance to facility personnel to maintain a safe work environment that is consistent with the company's policies and provincial/federal regulations
- Evaluate employee safety behavior and performance to ensure training programs are effective
- Provide guidance on matters related to compliance with health and safety regulations
- Participate in safety reviews/audits of projects, new facilities, equipment, or processes in conjunction with Engineering and Operations personnel



- Where required, assist with root cause analysis for accidents, incidents, and near miss events; assist in development and implementation of corrective actions
- Communicate best practices across the region and share these best practices with peers across North America
- Travel to all facilities to assist and provide leadership in Health & Safety programs and initiatives

REQUIREMENTS

- 7+ years of experience in an Environmental, Health and Safety role.
- Bachelor's degree or equivalent in science, engineering or EHS-related field.
- Certified Safety Professional (CSP) preferred.
- Ability to interface effectively with all levels within the organization.
- Significant knowledge of U.S. and International Environmental, Health and Safety laws and regulations is desired (OSH, MOL and Cal/OSHA).
- Experience using web-based EHS information and data management systems.
- Ability to travel required 25% of the time.
- Putting the customer at the heart of all decisions and actions.
- Desire to always question, not only how can we do better, but how can we do remarkably better.
- Must be bilingual (speak both Spanish and English)

BENEFITS

- A team first environment where we win together. Article employs a wide range of experts and seeks to facilitate a culture of curiosity. We take on the job learning seriously, and we have a lot of fun doing it.
- Your choice of state-of-the-art laptops with the tech and tools to easily collaborate while being remote
- We want Particles to have a sense of ownership, be truly invested in the longterm interests of the company, we offer stock options after one year of employment
- Access to health and dental benefits package for you and family with a focus on your total wellbeing
- Paid sick days and 4 weeks of vacation
- LTD and Group Life Insurance
- Discounts on our products so you can experience first hand why our customers love the Article experience and product.



Throughout COVID, our primary focus has been the safety of our Particles (employees), their families, community, customers, and candidates, we have COVID safety protocols to which we strictly adhere.

APPLY <u>https://apply.workable.com/article/j/19116C6219/</u>





Chapter News:

We are so excited to introduce to you our <u>ASSP Los Angeles Chapter Board</u> for 2020 - 2021! We have some great <u>events</u> planned for the coming months, follow us to make sure you stay informed!

We also want to meet the other ASSP Boards virtual! Officially challenging you to create your own #MeetTheBoard video!

https://www.linkedin.com/feed/update/urn:li:activity:6697553337287622656/

Los Angeles Updates and Articles:

Nominations and Elections Committee Notification December 10, 2020

Wildfire Smoke & Respiratory Protection August 22, 2020

<u>Return to Work Considerations During COVID-19 Pandemic – July</u> <u>Webinar Presented by 3M</u> August 2, 2020

Society News: 110th Anniversary

ASSP Shifts Safety 2021 to Austin in September

Mar 31, 2021

Prioritizing the safety and health of all attendees, ASSP moved its signature event to a new date and location while making it a hybrid experience. The Safety 2021 Professional Development Conference and Exposition takes place Sept. 13-15 both online and in-person in Austin, Texas.



ASSP Remembers Deadly Factory Fire That Spurred Workplace

Safety

Mar 18, 2021

It has been 110 years since the tragic factory fire that led to the creation of ASSP. All workers are encouraged to join the Society in recognizing the anniversary by observing a moment of silence at 4:45 p.m. ET March 25 - the exact time the first alarm was sounded.

Upcoming ASSP Education Includes Free OSHA Webinars Feb 25, 2021

Occupational safety and health professionals have two upcoming opportunities to learn about developments within the Occupational Safety and Health Administration (OSHA) at free webinars

Safety 2021 Expects to Bring Hybrid Experience to 60th Event Feb 23, 2021

For the first time, ASSP's signature event – the Safety 2021 Professional Development Conference and Exposition – is expected to be a hybrid experience that is also moving to a new location and date for greater accessibility.

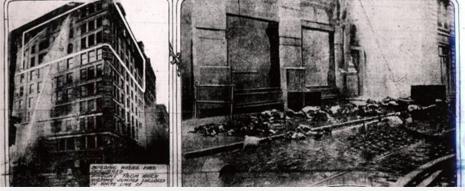
Fall Experience Survey Aims to Advance Workplace Safety Feb 15, 2021

A survey from CPWR - The Center for Construction Research and Training, supported by ASSP, will gather key insights from safety and health professionals to help advance fall protection in all industries worldwide. The Fall Experience Survey explores the root causes of falls from height.

Resources:

- ASSP Fact Sheet
- <u>Safety Legislation News</u>
- <u>Safety Standards</u>
- Board Photos and Bios
- ASSP President's Blog

154 KILLED IN SKYSCRAPER FACTORY FIRE: SCORES BURN, OTHERS LEAP TO DEATH.





Updates & Government Affairs

Safety News You Need: OSHA Top 10

Mar 05, 2021

This week's Safety News You Need highlights OSHA's Top 10 citations for FY 2020; how advancements in respirator technology are improving worker health; a survey on workplace safety training; and ladder safety tips.

- OSHA has announced its preliminary top 10 most frequently cited standards for fiscal year 2020. Fall Protection – General Requirements (1926.501) was the most frequently cited standard for the 10th consecutive year. <u>Read more</u>
- Respirators are critical protective equipment in a many different working environments. Learn how NIOSH and others are working to make respirators more effective for occupational use. <u>Read more</u>
- Effective training is critical to improving worker safety and health. A recent survey found many employers struggle to find the time for training or to verify if their training programs are effective. <u>Read more</u>
- Over the last decade, 43% of fatal falls involved a ladder, according to CDC. March is Ladder Safety Month and we encourage you to use these tips to help your workers use ladders safely. <u>Read more</u>







Safety News You Need: Standards and Regulations

Jan 29, 2021

This week's Safety News You Need highlights the first permanent COVID-19 standard in the U.S.; a new standard for respirator fit testing and more.

OSHA Proposes Updates to Hazard Communication Standard

Feb 09, 2021

OSHA plans to update its Hazard Communication Standard to better align with GHS and help employees be better aware of potential exposures to chemical hazards in the workplace.

OSHA Program Aims to Protect High-Risk Workers From

<u>Coronavirus</u>

Mar 12, 2021

OSHA has announced a national emphasis program geared toward enforcement efforts related to companies that put the largest number of workers at serious risk of contracting coronavirus.

About the Safety Industry Salary Survey:

Published every two to three years – in collaboration with <u>Board of Certified</u> <u>Safety Professionals</u> – the industry salary survey assesses the compensation trends of approximately 10,000 occupational safety and health (OSH) professionals. You can use this information to maximize your earning potential by:



- Correlating salary with experience, education and credentials so you can calculate your potential salary and gain insight on how to earn a higher salary
- Offering you a tool to share with your company leaders to prove your value, as well as highlight the importance of the safety profession and its role within any organization.

Read our press release

Download the 2018 salary survey

How Safety Professionals Can Earn Higher Pay

The salary survey consistently shows that occupational safety and health (OSH) professionals have higher earning potential not only if they have obtained a bachelor's degree or higher, but also have obtained one or more of the following certifications from other highly regarded OSH organizations:

- CSP or other <u>BCSP certifications</u>
- <u>CIH</u>
- CHMM or other IHMM certifications

While ASSP does not certify safety professionals with the above credentials, we offer top-quality <u>certification preparation courses</u> to help you pass the exams. Plus, you can use our numerous <u>continuing education offerings</u> to earn the credits you need to maintain your certifications.

Prepare for your exam

Interactive Salary Calculator

Populate the interactive salary calculator with your own personal data, like any OSH certifications you've obtained, your education level, years of experience, geographical location, employer size and more, to calculate your potential salary based on broader survey data.

Calculate your potential earnings



About ASSP & Common Interest Groups:

ASSP is a global association for occupational safety and health professionals. For more than 100 years, we have provided education, standards development, advocacy and a professional community to support the advancement of our members and the profession as a whole. Our members are dedicated to creating safe work environments by preventing workplace fatalities, injuries and illnesses. Sound safety practices are both socially responsible and good business, leading to increase productivity, a better reputation and higher employee satisfaction.

ASSP publishes <u>Professional Safety Journal</u>: a flagship monthly journal and top member benefit covering the latest safety management and injury prevention trends.

Our more than 37,000 members are dedicated to making their workplaces safer and healthier, and the Bakersfield Chapter shares in their commitment.

ASSP members create safer work environments by preventing workplace fatalities, injuries and illnesses. Safer organizations enjoy increased productivity, higher employee satisfaction, and a better reputation while recording less lost time, and lower workers' compensation and healthcare costs.

ASSP produces a podcast now – Safety Standards and Tech Pubs Podcast will help you stay up to speed on the latest in industry consensus safety standards and technical publications.

Common Interest Groups:

For more informative news and helpful webinars, check out the ASSP website for membership opportunities. Common Interest Groups feature an even more indepth connection with like-minded individuals in your area. Some featured programs are: Blacks in Safety Excellence, Women in Safety Excellence, and Hispanic Safety Professionals.



Specifically, regarding the HSP, the Hispanic Safety Professionals offer mentorship programs, workshops, and (virtual) social events for members of the community.

If you are interested in expanding your professional network of peers, look no further and see what we have to offer: <u>https://www.assp.org/membership/communities/common-interest-groups/hispanic-safety-professionals</u>

If you are in the Greater Los Angeles area and interested in joining the Hispanic Safety Professionals community, please reach out: <u>Massimo.Navarretta@shirleyparsons.com</u> <u>AngelRomero1@me.com</u>

Practice Specialty Groups:

Take an Ergo Break -- You've probably been sitting this whole time!

- <u>https://vimeo.com/431427532/de8ce8cb15</u>
- <u>https://vimeo.com/431427587/b41d28521f</u>
- <u>https://vimeo.com/431426448/1a52548037</u>
- <u>https://vimeo.com/430861068/98c996fc9f</u>
- <u>https://vimeo.com/430861116/e4b2eafb77</u>
- <u>https://vimeo.com/430861177/0966808690</u>



Resources from our Ergonomics Group: Some fun videos above and webinars below:

(https://la.assp.org/encounters-news/ergonomics-resources/)

Webinar (Free and Available) COVID-19: Ergonomics During and After the Pandemic – ErgoPS to discuss via Zoom in a chapter meeting

https://www.assp.org/resources/covid-19/webinars/covid-19ergonomics-during-and-after-the-pandemic

Webinar (Free and Available) Ergonomics is a Health and Safety Issue and Other Common Myths – ErgoPS to discuss via Zoom in a chapter meeting

https://vimeo.com/367336115/42296671b3

Read Article and Listen to Included Podcast – Three Ergonomics Tips to Improve Your Home Office - - ErgoPS to discuss via Zoom in a chapter meeting

https://www.assp.org/news-and-articles/2020/07/23/threeergonomics-tip-to-improve-your-home-office



In case you missed it: ASSP Practice Specialties Host December Webinars

ASSP's practice specialties and common interest groups regularly host webinars, which are open to all ASSP members and nonmembers. The goal is to provide educational discussions for participants, as well as to share the benefits of these networking groups.

The following webinars are slated for December 2020:

- Our Engineering and Industrial Hygiene practice specialties will host a webinar titled "Ventilation Engineering Controls for Reducing Exposure to COVID-19 Respiratory Droplets in Indoor Work Environments," on Tuesday, Dec. 8 at 1 p.m. CT. Participants will learn how HVAC systems can mitigate the transmission of respiratory droplets as employees return to the workplace during the COVID-19 pandemic.
- Our <u>Risk Management Practice Specialty</u> will host a webinar titled <u>"Risks</u> <u>Often Overlooked by the Safety Department,"</u> on Wednesday, Dec. 9 at 11 a.m. CT. Members can learn what safety risks employers often overlook and what steps can be taken to develop a robust safety program.
- Our <u>Training and Communications Practice Specialty</u> will host a webinar titled <u>"Aligning Safety Training With ANSI/ASSP Z490,"</u> on Wednesday, Dec. 16 at 1 p.m. CT. Participants will receive an overview of the standard, hear updates from the standard committee and be able to share experiences.

For questions about practice specialties, contact <u>Char Haguewood</u>, ASSP's manager, practice specialties, at (847) 768-3436. For questions about common interest groups, contact <u>Ashleigh Brookshaw</u>, ASSP's manager, community engagement, at (847) 768-3441.



Coming This Season:

Mentorship Programs – If you or a loved one would be interested in becoming involved with the ASSP LA Chapter at a mentor/mentee level, please look over the information below:

(https://www.assp.org/membership/communities/mentoring)

Through mentoring, safety professionals can establish helpful relationships that enable both participants to learn, develop new skills, and grow professionally and personally.

The Value of Mentorship Programs – Whether you are looking for a formal or informal mentoring relationship, ASSP helps connect you to vast community of great people who can help you better navigate the safety profession and solidify your career path while forming lifelong friendships that can help you grow personally and professionally.

Sneak Peek from HSP/LA Chapter's Own: http://bit.ly/MassimoA

Keep an eye out for the registration link ...

Tabula Rasa: Opening a New Tab and Fresh Page for your Career





Whether you are just diving in or about to pivot your profession, sometimes an outside perspective can be helpful when entering the job market. Being unemployed or changing positions can be nerve wracking, so there is no harm in asking for help.

Times change and so do fonts, so it is important to stay current with the best practices for building a resume – and ultimately your brand. Not sure what is "IN" these days? Should I add a cover letter? Are resume writing services necessary? It never hurts to ask, so let's start the conversation. I'll do my job, so that you can do yours!



