



CREDENTIALS

- ◆ *B.S. Kinesiology, Bellarmine University, 2015*
- ◆ *M.B.A. Project Management, University of Southern Indiana, 2023*

PROFESSIONAL EXPERIENCE

- ◆ *2022 – Present: ALL4LLC, Louisville, KY – Consulting Scientist*
- ◆ *2021 – 2022: Amazon, Shepherdsville, KY – WHS Specialist*
- ◆ *2018 – 2020: YMCA, Shepherdsville, KY – WHS Coordinator*
- ◆ *2012 – 2017: Synergy Rehab, Louisville, KY – Health and Mobility Tech*

TECHNICAL EXPERTISE

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| ✓ <i>Racking and VNA Safety Auditing</i> | ✓ <i>EHS training program development</i> |
| ✓ <i>Workplace Health and Safety Compliance Auditing and Management</i> | ✓ <i>Safety Standard Operating Procedure developments</i> |
| ✓ <i>Regulatory Compliance Strategies</i> | ✓ <i>Emergency Response Plan development and training</i> |
| ✓ <i>Workman’s Compensation / Incident Investigation</i> | ✓ <i>Powered Industrial Truck Safety</i> |
| ✓ <i>Conveyance Safety and Regulation</i> | ✓ <i>Job Hazard Analysis and Ergonomics</i> |
| ✓ <i>Facility Hazard Assessment for PPE needs</i> | ✓ <i>OSHA Injury and Incident Reporting</i> |
| ✓ <i>OSHA Compliance and Environmental, Health & Safety Management Audits</i> | ✓ <i>Dock Door and Unloading Safety and Compliance</i> |
| | ✓ <i>Workplace Muscular Skeletal Injury Prevention</i> |

PROFESSIONAL OVERVIEW

Cindy Castillo has 10 years of diverse experience in environmental, health and safety compliance, report preparation, and policy implementation. She provides Workplace Health and Safety guidance to her clients including Job Hazard Analysis, OSHA Compliance Services, Safety Program Development, and Workplace Injury Recording and Reporting logs.

One of her latest projects was partnered with a Reverse Logistics Warehouse housing 3000 associates. She identified a significant trend of increased near misses and incidents with onsite Powered Industrial Trucks that were used to retrieve products from racks in Very Narrow Aisles. This trend was driving up first aid injuries, increased cost associated with maintenance, pauses in production, hours used by learning trainers and increased risk for serious recordable injuries and loss of life. After identifying the trend, finding the root causes, and partnering with stakeholders, her implementation was able to drive down near misses and incidents by 47%.