

# OSHA

ON-GOING SAFETY & HEALTH ADVICE

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(Revised 1/30/2026)

## SANDRA L. WHITAKER, CSHO



### SERVICES

Sandra Whitaker, Certified Safety Health Official, formed On-going Safety & Health Advice in 2013. She evaluates and opines on workplace injury events based on the evidence presented and industry-recognized safety standards. Sandra has been retained by both Plaintiff and Defense attorneys to provide Expert Opinions, Written reports, and Testimony related to workplace injuries.

In forming her Expert opinion, Sandra Whitaker reviews any physical evidence (equipment, facilities, site locations), including photographs, drawings, and verbal or written descriptions of such physical evidence; available relevant documents, such as witness accounts (interviews, deposition testimony, statements, accident reports), safety manuals, equipment manuals, and any additional pertinent information available to assist in establishing facts surrounding an event; review of applicable codes, standards, regulations, authoritative guidelines, and good practice; and applies all information to her written opinion.

Between 2013 and the date of this document, Sandra has been retained as an Expert Witness more than 75 times and has completed more than 50 written reports. Sandra has provided 22 depositions and has qualified as a testifying witness 3 times. In the cases where Sandra has been retained, approximately 25% were Defense and 75% Plaintiff.

## SUMMARY OF QUALIFICATIONS:

Sandra's journey in workplace safety began as a Safety Coordinator at a small construction company in Dallas, and culminated as the U.S. Director for Health, Safety & Environment, a role that entrusted her with the safety of approximately 50,000 workers across 350 (+/-) facilities. This extensive experience has honed her skills in workplace safety, training, and program development.

Sandra earned the designation of Certified Safety and Health Official (CSHO) – Certification #002924 from The Texas A & M University System-Texas Engineering Extension Service (TEEX), OSHA Training Institute Southwest Education Center. This prestigious designation, which she has upheld with dedication, underscores her commitment to safety and health regulations, training requirements, and program development.

Sandra served as an OSHA Authorized General Industry Trainer (Trainer #25-000079217). As an Authorized Trainer, she conducted 10-hour and 30-hour General Industry safety training courses per the Outreach Training Program requirements.

During her career, she has also designed and delivered safety training courses to several thousand employees and management personnel. Those courses included but were not limited to: Powered Industrial Truck operations; Hazard Communication; Control of Hazardous Energy; Personal Protective Equipment; Fall Prevention & Protection; Recordkeeping; Exit Routes & Emergency Planning; Powered Platforms; Occupational Noise Exposure; Hazardous materials; Fire Protection & Prevention; Material Handling & Storage; Machinery and Machine Guarding; Welding, Cutting, Brazing; Electrical Safety; Signs, Signals & Barricades; Tools-Hand & Power; Scaffolding; Stairways & Ladders; Confined Space Operations.

Sandra's expertise is underpinned by a comprehensive array of training and education in workplace safety and health. She has completed rigorous programs such as Accident Investigation (National Safety Council), Workplace Incident Investigation (US DOL OSHA), Principles of Ergonomics (US DOL OSHA), Risk Management (TX A&M Engineering Extension Service (TEEX), Electrical Standards (TEEX), Root Cause Incident Investigation (TEEX), and Train-T-Trainer Construction & General Industry (TEEX) Workers Compensation Adjuster (TX Dept. of Insurance), Advanced Accident (Collision) Investigation (TX Dept of Public Safety), Alcohol Misuse & Controlled Substance Use (FMCA), Sandra earned a Bachelor of Science degree in Occupational Safety & Health from Southwest University.

## PROFESSIONAL EXPERIENCE – SANDRA WHITAKER (CV)

### ON-GOING SAFETY & HEALTH ADVICE 2013 - CURRENT

As the CEO of On-Going Safety & Health Advice (OSHA), we provide expert opinions, reports, and testimony on applying the US Dept of Labor Occupational Safety and Health Regulations (29 CFR 1910/ 1926) as they apply to workplace injuries. Our comprehensive suite of services includes: Case File Review, Regulation Research, Written Opinion, Deposition, Arbitration, and/or Trial for either Plaintiff or Defense Attorneys.

### U.S. DIRECTOR, HEALTH, SAFETY, AND ENVIRONMENTAL

Exel, Inc./ DHL, Inc. - 3rd Party Logistics

Sandra began her career with Exel, Inc., in Houston as the Site-Specific Health, Safety, and Environmental (HSE) Manager at a chemical manufacturing facility near Houston, TX, where she was directly responsible for the safety operations of approximately 30 employees.

Sandra ended my career at Exel after 15 years. As the US Director of HSE, she had been entrusted with significant responsibilities. She led a team of 6-10 HSE staff, overseeing the safety of approximately 50,000 employees across 350- 500 worksites. Her role involved direct interactions with the U.S. DOL, OSHA, DOT, and EPA, and the management of inspections, citations, and abatement procedures for all HSE violations. As the US Director of HSE, she conducted multiple facility inspections, investigated accidents, and prepared management analyses.

Exel, Inc., is the leading logistics provider in the Americas, including the U.S., Canada, and Latin America. Exel is part of the Supply Chain division of DHL, the world's leading logistics group. Deutsche Post DHL is the parent company of DHL and the global leader in international express, overland transport, and air freight.

## SAFETY MANAGER – COCA-COLA ENTERPRISES, INC.

Southwest Texas Division - Food & Beverage manufacturing, packing, and distribution

Sandra served as Safety Manager at Coca-Cola San Antonio, as the Safety Manager responsible for one bottling/distribution facility with approximately 150 employees. She was responsible for workers' compensation and loss prevention. Coca-Cola Enterprises (CCE), a marketer, producer, and distributor of Coca-Cola products, purchased Coca-Cola San Antonio, and Sandra was promoted to Safety Manager – Southwest Division. CCE expanded her safety responsibilities to four bottling facilities and ten sales distribution centers, covering approximately 3500 employees. Sandra gained responsibility for DOT compliance over the trucking fleet and supervised the DOT CDL Fleet Safety Trainer. She facilitated investigations into worker injuries and over-the-road fleet accidents.

## SAFETY MANAGER

Fairchild Aircraft Co., Aircraft Manufacturing

Fairchild was an American aircraft and aerospace manufacturing company based at the San Antonio International Airport, as well as an aircraft remodel and repair facility named Gen-Aero. As the Safety Manager, Sandra was responsible for both facilities' employee safety and environmental compliance, covering approximately 1000 employees. She conducted safety inspections, safety training, workers' compensation loss prevention, and chemical use/disposal reviews.

## ADJUNCT FACULTY

Alamo Community College District

At San Antonio College (Alamo Community College District), Sandra was an Instructor for Safety courses, including Occupational Safety & Health Specialist, 40 Hour Hazardous Waste Operations & Emergency Response (HAZWOPER), and the Corporate Trainer Certificate program. All courses were part of the on-campus Continuing Education or presented as Off-Campus contract classes. As part of her commitment to innovation, she developed online training courses in addition to teaching all certificate programs and AAS degree courses on a semester basis, offering them on nights and weekends. This initiative not only showcased her adaptability but also her proficiency in utilizing technology for education.