FREE GUIDE + FOUR-MINUTE AUDIO

Your First Step Into Safety

By Alonzo Flores • For people ready to move into safety anywhere in Texas

Put your field experience to work in safety

Tired of heavy lifting, digging, and working in mud, dirt, heat, and cold? Moving into safety can mean a very different workday.

In my experience, most safety work is much easier on your body. Your focus shifts to spotting hazards, talking with crews, and helping people work safely. Your field experience has value here.

You don’t have to know everything on your first day, week, or month. You’ll keep learning as you go. Ask questions and seek guidance from your safety manager or supervisor as you build confidence in your new role.

Get familiar with safety roles

Safety professionals help identify hazards, communicate safe practices, document concerns, and follow up on corrective actions. Titles you may see include Safety Technician, Safety Coordinator, Field Safety Representative, and EHS Technician. Duties and entry requirements vary by employer—read the actual posting.

Coming from another kind of work? You can build on experience with communication, documentation, training, and responsibility, too.

Recognize what you already bring

You may have useful experience even if you have never held a safety title. Keep only examples that describe work you actually performed.

Hazard awareness

Noticing damaged equipment, keeping walkways clear, or reporting unsafe conditions.

Planning and protection

Participating in JHAs or pre-task discussions, checking PPE, or following site procedures.

Crew communication

Explaining a task, helping a new worker, or communicating a concern to a supervisor.

Documentation and follow-through

Recording an inspection, reporting an incident, or checking that a concern was addressed.

Your exercise: find three real examples

Write one responsibility from your current or previous work, what you did, and how it helped the crew work safely.

Example 1 _____

_____

Example 2 _____

_____

Example 3 _____

_____

These notes are your starting point. Keep them to use with the paid Starter workbook and resume tools.

See how your experience connects

An example you can learn from

Everyday description: “I checked our equipment before starting.”

Clear description of the same work: “Performed pre-use equipment checks and reported unsafe conditions.”

Use that wording only if it accurately describes your responsibilities. Name the equipment and add a real example when you can. You don’t need to invent a safety title or exaggerate your experience.

Try it with one of your examples

What I did: _____

_____

How I can explain it clearly: _____

_____

Listen to Alonzo’s extra pointers

Your free guide includes my four-minute audio. Listen or download it at howtogetintosafety.com/starter-kit.html.

Build on your first step

Starter — $9.95: Career guide, 30-day action workbook, resume and cover letter toolkit, and three editable Word files.

Complete — $14.95: Everything in Starter, plus interview preparation, job-search and offer tools, first-90-days guidance, Texas resources, and my advice for connecting with safety professionals at work.

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Career education only. Employment and physical demands vary by role. No guarantee of a job, wages, certification, or training approval.