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# Laura Cristina Lugo Arvizu

## Objective/Profile

I have the capability to develop all my innate and acquired skills during my education and professional experience, in order to spread the safety culture and environmental awareness in my work area, through responsibility and trust in my abilities and person. To guide and improve my professional growth, and also being part of a work team with a company committed to its workers, environment and society

## Experience

### **Construplan – Automobile Industrial Division**

#### **EHS Supervisor**

Villa de Reyes, S.L.P.

April, 2019 - present.

- Supervise compliance with regulations, risk analysis of activities, management and entry of contractors and personnel, training and communication of risks in safety and environment, management of environmental folders, support in internal environmental and 5S audits, documentation control and procedures of EHS and on-site projects.

### **Central Motor Wheel Mexico**

#### **EHS Leader**

San Luis Potosi, S.L.P.

October, 2018 – March, 2019

- Coordinate EHS department, annual occupational safety and health program, annual training program and communication of safety and environment risks, fire prevention program, internal safety and environmental audits and controls, environmental activities, preparation for implementation of Environmental Management System (ISO 14001), incident accident investigation, continuous improvements.

### **DURR – Techlic**

#### **EHS Supervisor**

Villa de Reyes, S.L.P.

March, 2018 – October, 2018

- Supervise compliance with regulations, risk analysis of activities, management and entry of contractors and personnel, training and communication of risks in safety and environment, management of environmental folders, support in internal environmental audits and 5S.

### **Sierra Madre Constructora y Desarrolladora**

#### **Safety Supervisor**

San Luis Potosi, S.L.P.

February, 2018 – March, 2018

- Supervise compliance with regulations, risk analysis of activities, management and entry of contractors and personnel, training and communication of safety risks, supervision of high-risk work.

## Education

### **Facultad de Medicina, UASLP**

#### **Environmental Science & Health**

August, 2012 – January, 2018

- Integration of skills and knowledge of identification, prevention and mitigation of environmental and health risks in order to take care of community environmental health.

## Skills

Organized  
Adaptable (Accept change)  
Quick learning

Proactive  
Leadership  
Good memory

Empathy and loyal  
Punctual  
Workload management

Communication skills

## Languages Skills

**Spanish:** Native  
**English:** Speak: 80%  
Write: 75%  
Read: 85%

## IT Skills

**Microsoft Word:** 90%  
**Microsoft Excel:** 75%  
**Microsoft Power Point:** 90%  
**SPSS:** 70%

## Work References

**Construplan - División Industrial Automotriz:**

Ing. Alejandro Reséndiz, Project Engineer  
Phone: 462-107-7673

**Central Motor Wheel Mexico:**

Lic. Gerardo Mireles, HR Senior Manager  
Phone: 444-829-9881 Mail: Gerardo.mireles@cmwm.com

Lic. Karla Murillo, HR Coordinator  
Phone : 444-293-3409 Mail Karla.victoria@cmwm.com

**Techlic:**

Ing. Efraín Lopez, Process Manager  
Phone : 222-184-2510

**Sierra Madre Constructora y Desarrolladora:**

Arq. Levith García, Process Manager on site  
Phone : 473-100-5430

## References

L.D.G. Georgina Ron, Management y Designer in “Gynna Ron”  
Friendship (San Luis Potosi-Mexico) Phone: 444-241-6086

L.E. Elia Rodríguez Cruz, Nurse in IMSS  
Friendship (Rioverde-Mexico) Phone: 487-113-2057

TUM Sandra Nolasea, Medical Emergencies Secretaria de Salud Gto  
Friendship and Work Partner (San Luis Potosi-Mexico) Phone: 444-208-5340

## Others

**Certification EC0397.01** Monitoring compliance of Safety and Health regulations in Works Centers. Labor Competence Standar, 30 hr.

First Aids and Cardiopulmonary Resuscitation. DC-3 Training, 10 hr.

Safety Work at Heights. DC-3 Training, 8 hr.

Safety Work at Confined Spaces. DC-3 Training, 8 hr