



# SHAMS UR REHMAN

HSES Training Professional

## CONTACT

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## ABOUT ME

Nationality: Pakistan

Gender: Male

Marital Status: Married

Date of Birth: 03-08-1990

Passport: JR 9153522

Expiry: 09-10-2028

QID:

31-05-2024

## SKILLS

- First Aid/CPR
- Incident Reporting & Presentation
- Accident Investigation
- HSE Audit & Inspections
- Risk Assessment
- Work Permit System
- Knowledge in QCS 2014
- Root Cause Analysis
- Construction Safety
- Computer Skills
- Hierarchy of Hazard Control.
- Excavation and Confined Space
- Fire and Electrical Safety
- Construction Plant & Equipment
- Manual Handling & Ergonomics
- Environment Monitoring
- COSHH Handling
- Permit to work supervisor.
- Lock out Tag out.

## LANGUAGE KNOWN

- English, Hindi, Urdu

## WORK HISTORY

12/2023 to Date

### HSE Trainer

Applus+ Velosi Certification- Doha Qatar

- Developing Training Programs: Creating comprehensive training materials and programs that cover various aspects of workplace safety and health regulations.
- Conducting Training Sessions: Leading training sessions, workshops, and seminars for employees, supervisors, and management on safety protocols, emergency procedures, and proper use of equipment.
- Assessing Training Needs: Identifying specific safety training needs based on job roles,

## SUMMARY

Dedicated and experienced HSE Trainer with a proven track record of delivering comprehensive training programs to enhance workplace safety, compliance, and environmental awareness. Adept at designing and implementing engaging training materials and facilitating interactive sessions to educate employees at all levels. Strong knowledge of industry regulations, best practices, and risk management. Skilled in conducting assessments, identifying training needs, and fostering a culture of safety. Committed to promoting a safe and sustainable work environment while ensuring compliance with relevant laws and standards. Seeking an opportunity to contribute expertise in HSE training to an organization dedicated to prioritizing the well-being of its employees and the environment.

## EDUCATION & TRAINING

- **IOSH Train the trainer V2.0**  
IOSH Online Learning – Doha, April 05<sup>th</sup> 2024.
- **Highfields Level 3 International Award in Delivering Training**  
Enertech – Doha, 05<sup>th</sup> Oct 2020
- **NEBOSH IGC 123, Health, and Safety**  
DISS – Doha, 18<sup>th</sup> Feb 2020
- **Bachelor of Commerce**  
Faculty of Management & Administrative Science.  
17<sup>th</sup> Nov 2015

## CERTIFICATIONS

- OSHA 30 Hours -11.05.13.
- IOSH Managing safely- 30.06.2021
- Excavation and trenching supervisor- 15 Oct 2019
- Fire Warden / Marshall Training- 16-06- 2017
- Basic First Aid & CPR - 16-06- 2017
- Cat and Genny- 29.10.2019
- Authorized Gas tester- 24-11-21
- Working at height- 12-05-20
- Harness Inspection- 29-03-18

## ACTIVITIES AND INTERESTS

- Community Based Disaster Risk Management Training as a Community Trainer, 15-25 Aug 2011.

- industry standards, and regulatory requirements
- Updating Training Content: Regularly updating training materials to reflect changes in laws, regulations, and best practices.
- Record Keeping: Maintaining accurate records of training sessions, attendance, and employee certifications.
- Promoting a Safety Culture: Encouraging a culture of safety within the organization by promoting safe work practices and attitudes.
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03/2022-09/2023  
Doha, Qatar

#### **HSE Officer**

Al Jaber Engineering WLL - Doha, Qatar

- Ensure all worksites are HSE compliant with Company policies and safety standards.
- Support on construction site HSE personnel in the development of work site HSE campaigns and good practices
- Managing contractors and other third parties to ensure site EHS policies are equally implemented employees' safety is ensured.
- Lading HSE team in the workplace to ensure safe working environment and culture.
- Established best practices in workplace safety and environmental quality programs with corrective action plans.
- Investigated workplace accidents and injuries to determine root causes.
- Assisting management in auditing subcontractors and contractors.
- Assist in the development of project specific HSE procedures.
- Investigating incidents and addressing near missed to avoid major incidents in the project.
- Managing and controlling PMV to ensure all equipment is safe and up to the set standard as per requirements.
- Ensuring permit to work implementation in the workplace.
- Arranging safety meetings and campaigns.
- Emergency drill and rescue preparedness in case of emergencies.

12/2020 - 02/2022  
Doha, Qatar

#### **HSE Trainer**

UCC Holding - Doha, Qatar (G4S Project) ✓

- Curriculum Development: Create and update training materials, courses, and programs related to health, safety, and environmental compliance.
- Training Delivery: Conduct engaging and informative training sessions for employees, management, and contractors, ensuring comprehension and retention of key HSE principles.
- Compliance Assessment: Evaluate and ensure compliance with relevant local, state, federal, and industry-specific safety regulations, and standards.
- Needs Assessment: Identify specific HSE training needs within the organization through assessments, surveys, and data analysis.
- Customization: Tailor training programs to meet the unique needs of different departments or job roles within the organization.
- Training Documentation: Maintain accurate records of training activities, attendance, and performance, ensuring all participants receive appropriate certification or documentation.
- Safety Procedures: Instruct employees on safety procedures, including emergency response protocols, hazard identification, and risk mitigation.
- Environmental Initiatives: Educate employees on environmentally responsible practices, such as waste reduction, energy conservation, and pollution prevention.
- Incident Investigation: Train personnel in incident reporting and investigation techniques to identify root causes and prevent future occurrences.
- Safety Culture Promotion: Foster a culture of safety within the organization by promoting awareness, reporting, and continuous improvement.

**New Employee Orientation: Conduct HSE orientation sessions for new hires to ensure they understand and adhere to safety and environmental guidelines from the beginning.**

- Training Assessment: Evaluate the effectiveness of training programs through assessments, quizzes, and feedback mechanisms, making necessary adjustments for improvement.
- Regulatory Updates: Stay current with changes in HSE laws and regulations and update training materials and programs accordingly.
- Safety Committees: Collaborate with safety committees or teams to address safety concerns and develop solutions.
- Emergency Drills: Organize and lead emergency drills to ensure employees are prepared for various scenarios.
- Communication: Communicate HSE policies, procedures, and updates effectively to all levels of the organization.
- Budget Management: Manage the budget for HSE training programs, including resource allocation and cost control.
- Continuous Learning: Stay updated on industry best practices, trends, and emerging technologies in HSE training.
- Reporting: Generate and present regular reports on training activities, compliance, and incident statistics to senior management.
- Mentoring and Coaching: Provide guidance and support to individuals seeking to enhance their HSE knowledge and skills.

06/2018 - 11/2020  
Doha, Qatar

**HSE Trainer**

Al Balagh-L&T Joint Venture - Doha, Qatar (G4S Project)

- Organized Site Induction Trainings to Project employees, Visitors & Security Staff.
- Conducting training for employees for Safety & Security training to different contractors of different nationalities.
- Deliver Safety training presentations to 15k Plus FYAP Construction site employees.
- Submission of Weekly & Monthly Trainees statistics Reports to Project HSE Manager.
- Develops training for employees in the facility; delivers training as requested by management and according to the employee lifecycle.
- Maintains continual communication with the Safety manager regarding inefficiencies in safe work procedures.
- Provide and/or manage monthly or annual ongoing/refresher training in topics relevant to the service and service area and in a timely manner.
- Participate in the development and administration of customer safety awareness programs, and company- sponsored safety programs.
- Checking adequacy of fire precautions and emergency procedure ensuring corrective measures are implemented wherever needed.

05/2017 - 04/2018  
Doha, Qatar

**Environmental Health and Safety Officer,**  
FCC, Yuksel, Archidona & Petroserve JV (FYAP JV) - Doha, Qatar

- Inspected or evaluated workplace environments, equipment, or practices to verify compliance with safety standards and government regulations.
- Trained new employees in proper safety procedures to minimize accidents with proper behaviors.
- Conducted safety training or education programs to demonstrate use of safety equipment.
- Maintained and updated emergency response plans or procedures.
- Analyzed incident data to identify trends in injuries, illnesses, and accidents.
- Inspected specified areas to verify presence of fire prevention equipment, safety equipment and first-aid supplies.
- Identifying hazards and making sure they are properly mitigated, and risks are reduced to an acceptable level.
- Create awareness of basic electrical safety, color coding, heat stress index, LOTO implementation.
- Responsible for monitoring and assessing hazardous and unsafe situations and developing measures to ensure personnel safety.

05/2013 - 04/2017  
Pakistan, Karachi

**HSE Officer**  
FM Contactor - Karachi

- Responsible for monitoring and assessing hazardous and unsafe situations.
- Ensure preparation and implementation of Site Health and Safety Plan (SSHP).
- Developing measures to assure personnel safety.
- Correct unsafe acts or conditions through the regular line of authority.
- Maintains awareness of active and developing situations, Trains and carries out drills and exercises on how to manage emergencies.
- Arranging TBT, Awareness sessions & advise and instructing on various safety-related topics.
- Prepare reports on occurrences and provide statistical information to upper management.
- Investigate accidents, Incident and near reports that have occurred within the workplace.

**SHAMS UR REHMAN**

**PLACE: DOHA**

**DATE:**