

ABIN TOM VARGHESE



CONTACT

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EDUCATION

- Level 3 NEBOSH International General Certificate in Occupational Health and Safety - 2025
- OSHA - 30 Hour OSHA General Industry Compliance Training - IASP Certified 2025
- Highfield Level 3 International Award in HACCP for Catering
- IOSH Managing Safely with ICVRT 2025
- Basic Life Support (BLS) - American Safety and Health Institute (ASHI) - 2025
- COSHH (Control of Substances Hazardous to Health) Training – AUK Hygiene – 2025
- B.Tech In CIVIL ENGINEERING
Mount Zion Collage of engineering
January 2019 - January 2023



OBJECTIVE:

Dedicated SHES (Safety, Health, Environment, and Security) Supervisor with proven expertise in the oil and gas industry, currently supporting QatarEnergy projects through Tekfen. Committed to enforcing compliance with regulatory and client-specific HSE standards across all operational phases. Skilled in risk assessment, incident investigation, PTW systems, and proactive safety management. Focused on fostering a strong safety culture, minimizing risks, and ensuring safe work practices in high-risk environments.

WORK EXPERIENCE

SHES SUPERVISOR



TEKFEN CONSTRUCTION, RAS LAFFAN, QATAR
March 2025 – Present

- Supervise and ensure compliance with safety, health, environmental, and security protocols at an oil & gas project site.
- Lead daily toolbox talks, safety briefings, and ensure adherence to permit-to-work (PTW) systems.
- Manage a workforce of 256 personnel, ensuring safe work practices and proactive risk mitigation.
- Conduct routine site inspections, audits, and hazard identifications to maintain HSE compliance.
- Lead incident investigations, perform root cause analysis, and implement corrective/preventive measures.
- Oversee environmental monitoring, including air quality, noise, and waste management systems.
- Coordinate with project engineers, subcontractors, and client HSE representatives for seamless SHES operations.
- Enforce proper housekeeping, PPE usage, and monitor high-risk activities like confined space, working at height, and lifting operations.

TECHNICAL EXPERTISE

- Occupational Health & Safety (OHS)
- Food Safety & Quality Assurance
- HACCP Implementation & CCP Monitoring
- Risk Assessment & Hazard Identification
- Site Safety Audits & Inspections
- Regulatory Compliance & Documentation
- Emergency Response & Mock Drills
- Incident Investigation & Root Cause Analysis
- Fire Safety & Permit-to-Work (PTW) Systems
- Waste Management & Environmental Monitoring
- Pest Control & Sanitation Oversight
- Employee Safety Induction & Toolbox Talks
- GHP (Good Hygiene Practices) & GSP (Good Storage Practices)
- Scaffolding, Confined Space & Working at Height Safety
- Subcontractor HSE Supervision & Workforce Management

HSE OFFICER

PUNARJANI BUILDING DESIGNERS AND ARCHITECTURES, ADOOR, KERALA, INDIA

June 2023 – January 2025

- Ensured compliance with local and national HSE regulations at residential and commercial construction sites.
- Conducted daily site safety inspections, risk assessments, and enforced PPE usage.
- Implemented and monitored safety procedures for excavation, scaffolding, and electrical work.
- Delivered safety inductions, toolbox talks, and awareness training to workers and subcontractors.
- Investigated incidents and near misses, prepared reports, and recommended preventive actions.
- Supervised waste disposal practices and promoted sustainable site management.
- Coordinated with engineers and site supervisors to maintain a safe and hazard-free working environment.

PERSONAL INFORMATION

Gender: Male

Date of Birth: 29-04-2000

Nationality: Indian

Marital Status: Single

Permanent Address: Puthuparambil,
Aryankavu, Kollam, Kerala - 691309

Passport No.:Y8429879

DECLARATION

I hereby declare that the above-mentioned information is true, and I bear the responsibility for the correctness of the above- mentioned particulars.