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Ehsan Nazir

Health & Safety Officer

Dedicated and results-driven **Health, Safety, and Environment (HSE) Officer** with proven experience in the construction and electrical contracting sectors, including projects with leading organizations in Saudi Arabia. Skilled in implementing HSE policies, conducting risk assessments, and ensuring compliance with international standards. Adept at incident investigation, site inspections, and delivering safety trainings to foster a strong safety culture. Recognized for effectively coordinating with multidisciplinary teams and subcontractors to minimize risks, improve workplace safety.

EDUCATION

Bachelor of Science: Software

Engineering | 2017 - 2021

Comsats University, Abbottabad

SKILL HIGHLIGHTS

- NEBOSH IGC Training
- IOSH Managing Safely Trainings
- Fire Safety & Emergency Preparedness
- Risk Assessment & Hazard Identification Trainings
- Incident Investigation & Root Cause Analysis
- Safety Audits & Inspections
- Health & Safety Legislation (Pakistan & International)
- Adult Learning & Instructional Design
- Strong Communication Skills
- Team Works
- Leadership

EXPERIENCE

HSE Officer | August 2024 - current

Aljihaz contracting co, Saudi electrical Company

- Monitor site activities to ensure compliance with company HSE policies, client requirements, and Saudi regulatory standards.
- Conduct regular inspections of work areas, equipment, and practices to identify hazards and recommend corrective actions.
- Prepare and deliver toolbox talks, inductions, and HSE awareness training for site personnel.
- Support in the development and implementation of risk assessments, job safety analysis (JSA), and method statements.
- Report, investigate, and document accidents, incidents, and near-misses, ensuring lessons learned are communicated.
- Enforce the proper use of **PPE** and monitor adherence to safe working practices.
- Assist project management in implementing emergency preparedness plans and conducting evacuation drills.

HSE Officer | May 2023 – July 2024

TKS Construction Company, Pakistan

- Monitor construction site activities to ensure compliance with HSE standards and legal requirements
- Identify site-specific hazards such as working at heights, scaffolding, lifting operations, and electrical works, and implement control measures
- Conduct daily toolbox talks and safety inductions for workers and subcontractors
- Carry out routine site inspections, report unsafe acts/conditions, and follow up on corrective actions
- Ensure emergency preparedness by checking firefighting equipment, first aid arrangements, and conducting evacuation drills

Assistant HSE Manager | April 2022 - May 2023

TKS Construction Company, Pakistan

- Assist in conducting toolbox talks, inductions, and safety awareness sessions. Promote safety culture by guiding workers on safe work practices.
- Help in organizing HSE campaigns, drills, and emergency response training. Participate in hazard identification, risk assessments, and job safety analysis.

LANGUAGES

- **English** – Fluent
- **Urdu** - Native
- **Punjabi** – Fluent

HOBBIES

- Writing
- Sketching
- Photography
- Design

- Report near misses, incidents, and unsafe practices to senior HSE staff. Ensure corrective and preventive actions are implemented.
- Conduct routine inspections to ensure compliance with safety standards. Identify unsafe acts and unsafe conditions, and report them to the HSE Officer/Manager.

Assistant HSE | July 2021 – March 2022

Abbott Construction Company, Abbottabad

- Assisted the HSE Officer in implementing company safety policies and legal compliance across construction/industrial projects.
- Conducted daily site safety inspections to identify unsafe acts/conditions and reported findings to supervisors for corrective actions.
- Supported in preparing Job Safety Analysis (JSA) and Risk Assessments for high-risk activities (working at heights, scaffolding, electrical, lifting operations, confined spaces).
- Delivered toolbox talks and basic safety inductions to workers and subcontractors, ensuring awareness of PPE usage and safe work practices.
- Monitored compliance with health, safety, and environmental requirements during site operations, including waste disposal and housekeeping.
- Maintained HSE records such as inspection checklists, near-miss reports, accident logs, and emergency drills documentation.
- Assisted in emergency preparedness activities, including fire-fighting equipment inspections and mock evacuation drills.
- Coordinated with site engineers and supervisors to close out non-conformities and implement corrective/preventive actions.

Professional Certifications

- NEBOSH International General Certificate (IGC) in Occupational Health & Safety
- ISO 45001 Lead Auditor
- IOSH Managing Safely
- OSHA 48-Hour
- NFPA 1700 Guide for Structural Fire Fighting
- Fire Safety Training Certification
- Accident Investigation
- Confined Spaces Safety Certification
- Permit to Work System Certification
- Risk Assessment Training Certification
- First Aid Certification
- Safety Data Sheet (SDS) Awareness Certification
- COSHH Risk Assessor Certification
- COSHH Manager Certification
- Save a Life – Basic Life Support (BLS) Certification
- Advanced Cardiac Life Support (ACLS) Certification