



IHTISHAM UL HAQ

NEBOSH, IOSH, OSHA

HEALTH & SAFETY SUPERVISOR

+966 50 348 8517

YASINIHTISHAM@GMAIL.COM

OBJECTIVE

Experienced Safety Specialist skilled in Occupational Health & Safety Management Systems

SUMMARY

- To work in a professional organization in the field of **Health, Safety and Environment** where there is scope for improvement of innovative ideas, dynamic skills and be part of management team which in turn and due course shall provide me with career growth and to contribute towards continual improvement of the organization.
- With **Six+** years of demonstrated history of working in the field of construction & maintenance projects in, Gas, construction & Precast Industry in **Pakistan** and **Saudia Arabia**
- Graduation** in Mechanical Engineering from University of Royal institute of technology, **NEBOSH** International Diploma & General Certificate in Occupational Health Safety **IOSH** Working Safely certified, **OSHA 30 hours** General Industries standards & **36 hours** health and safety supervisor Certified, Training in Fire & Safety, & Diploma in Computer Applications.

RESPONSIBILITIES

- To provide with planning, coordination and implementation of effective HSE policies, guidelines, committed team player with positive attitude and effective communication skills. risk assessments & procedures to ensure that the HSE Specific Plan & Department Objectives are met.
- Developing and reviewing HSE Plan, Hazard Identification, Risk assessment & method statements that complies with company policies and procedures as well as client requirements.

RESPONSIBILITIES

- To liaise with and to support Managers / Engineers to promote HSE awareness in their area of responsibility.
- Attend HSE meetings with client and regulatory authorities.
- To detect, identify, analyse and control recognized hazardous acts, condition, behaviour and violation.
- Ensure Training, Toolbox meetings and drills are implemented as part of the company's training and HSE program for all employees.
- To participate in External and Internal HSE audits/ inspections and to ensure that all the nonconformities are corrected through a corrective action plan.
- Investigate and complete the process for close out of all Incident/ Near Miss reports and prepare / submit lessons learned to the Manager for promulgation to the management.
- Provide support to the Departments on the continual improvement initiatives of ISO 14001 EMS and ISO 45001 OHS Management Systems.
- Preparing & issuing relevant HSE reports and statistics.

EDUACATION & QUALIFICATIONS

• Diploma in Mechanical Engineering :	Royal Institute of science & Tech, Pakistan
• NEBOSH Int. General Certificate in OHS :	Cert No. 00683911/ 1304864, NEBOSH, UK
• Diploma in Health, Safety & Environment Engineering :	Islamabad, Pakistan
• 192-hours construction health and safety professional :	OSH Academy

TRAININGS COMPLETED

• IMS Auditor Training (14001, 45001, 9001& 19011) :	BMI, KSA
• OSHA 30 Hrs Construction Training :	Cert No: 0055744, OSH Academy
• OSHA 36 Hrs Health & Safety Supervisor :	Cert ID: 905808-12-230427, OSHAcademy
• Basic First Aid Training :	Standard Arabia, KSA
• Risk Assessment, Training :	SS Institute, Pakistan
• Fire Safety, Training :	SS Institute, Pakistan

DRIVING LICENCE

- **DRIVING LICENCE SAUDI ARABIA & PAKISTAN :** Light Vehicle.

WORK EXPERIENCE

- **COMPANY :** Al Kifah Precast Company – Umluj – KSA
- **DESIGNATION :** Health & Safety Supervisor (Sep 2023 – presently working)
- **CLIENT :** Red Sea Global
- **PROJECT :** Production, storage, transportation and installation of concrete precast elements such as external wall cladding, parapet panels, column, beam, hollow core slabs, footings, etc **P04-Golf Villa, R08 HE3 & HE4, R06 – HW1, HW2, HW3 & HW4** projects with **RSG**.

- **COMPANY :** Denys Arabia Company – Dammam – KSA
- **DESIGNATION :** HSE Officer (Sep 2022 – Aug 2023)
- **PROJECT :** ZULUF, Pipeline works, Jubail – KSA

- **COMPANY :** Middle East Industrila Gases, Dammam - KSA
- **DESIGNATION :** HSE Officer (Nov 2021 to Sep 2022)

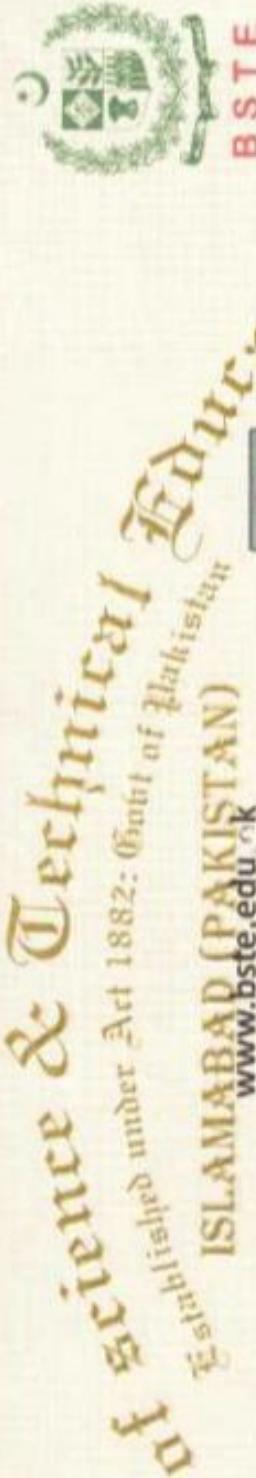
- **COMPANY :** Descon Engineering, Lahore - PAKISTAN
- **DESIGNATION :** Safety Officer (Jan 2018 to Feb 2020)

- **COMPANY :** Thaheem Construction, Lahore - PAKISTAN
- **DESIGNATION :** Safety Officer (Mar 2017 to Nov 2017)

PERSONAL INFORMATION

- **PHONE NUMBER :** +966-50 348 8517
- **WHATSAPP NUMBER :** +966-50 348 8517
- **DATE OF BIRTH :** 12th - JAN - 1995
- **NATIONALITY :** Pakistan
- **PASSPORT DETAILS :** AV6392483
- **LANGUAGES :** English, Hindi & Chinese

Roll No: 13167
Session: 2013-2016



Diploma

S No: 6035

Certified that Mr./Mrs./Miss IHTISHAM UL HAQ

S/D/W/O

has successfully completed his/her formal/ informal training/research & appeared/passed the trade proficiency test in accordance with the requirements and skill standard prescribed by the "Board of Science & Technical Education Islamabad (Established under Act-1882 Government of Pakistan)" in the Trade of DIPLOMA OF ASSOCIATE ENGINEER (MECHANICAL TECHNOLOGY)
Registration No: RISTEI / 13167 /2013 level/duration THREE Year(s). This award has been granted to candidate on his/her tentative regular/experience in the said field. His/Her proficiency in the trade test is as under.

Total Marks	Marks Obtained	Percentage	Grade
3350	2607	77.82%	A

Trained/Evaluated by SECRETARY



ROYAL INSTITUTE OF SCIENCE & TECHNICAL EDUCATION ISLAMABAD

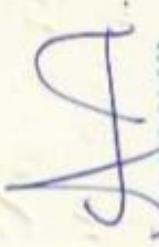
Incharge Certificate
Board of Science
Technical Education
Islamabad
In-charge certification



Email: contact@bste.edu.pk

Attested

Director / Principal
ROYAL INSTITUTE OF SCIENCE
& TECHNICAL EDUCATION
ISLAMABAD


ABID ALAM
DEPUTY DIRECTOR
NAVTTC Regional Office Peshawar
Khyber Pakhtunkhwa



Board of Science &
Technical Education
Islamabad



Ministry of Foreign Affairs, Islamabad
HQ9527ab

VERIFIED

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responsible for the
contents of the document

www.bste.edu.pk

For Online Verification No. 13167

30 DEC 2022

Address For Departmental Verification
"BSTE, Diplomatic Enclave Islamabad
Karakorum Height office 211 Near by
Thailand Embassy





nebosh

NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

Ihtisham Ul Haq

was awarded this qualification on

09 August 2022

Les Philpott
Chair

Dee Arp
Accountable Officer



Master log certificate No: 00683911/1304864

SQA Ref: R630 04



**The National Examination Board in
Occupational Safety and Health**

Registered in England & Wales No. 2698100
A Charitable Company Charity No. 1010444

Roll No. 9008379
Session: 2018-2020

Serial No. 37635



Islamabad - Pakistan

Established Under (ACT. XXI of 1860 Govt. of Punjab Pakistan)
www.ptec.com.pk



Diploma

Certified that Mr/Miss/Mrs. IHTISHAM UL HAQ

S.O/D.O/W.O GHULAM YASIN

Registration No. PTEC/PCS/A261-3895

Institute

PIEMS COLLEGE SYSTEM PESHAWAR

appeared and passed the trade proficiency test in accordance with the requirements of the National Occupational Skills standards of 2 YEARS duration prescribed by the Pakistan Technical & Education Council, Government of Punjab in the Trade of HEALTH SAFETY AND ENVIRONMENTAL ENGINEERING

The test was conducted by the Pakistan Technical & Education Council in the month of AUGUST, 2020

His/Her proficiency in the trade test is as under:- 1) Theory 734 2) Practical 750

The examination was taken as a whole/in parts.

And in recognition thereof this Trade Certificate is issued on the WEDNESDAY NOVEMBER 25, 2020

Total Marks	Marks Obtained	Percentage	Grade
2000	1484	74.20%	A



Controller of (Exam)



Secretary, PTEC



Certificate of Professional Program Completion

This is to certify that

Ihtisham Ul Haq

Has demonstrated academic excellence with distinction by completing all exams, academic requirements and a minimum of 36 hours of study on required subjects in the OSHAcademy Professional Development Certificate Program. This achievement demonstrates commitment and professionalism in Occupational Safety and Health.

Occupational Safety and Health Supervisor



Steven J. Geigle, MA, CET, CSHM-E
Director, Instructor
OSHAcademy Safety and Health Training

This training complies with OSHA standards and conforms with ANSI Z490.1 and ISO 45001 guidelines for Safety, Health, and Environmental (SHE) Training. OSHAcademy training is widely recognized by government agencies, colleges, technical schools, and businesses. OSHAcademy training also qualifies for Continuance of Certification (COC) points toward professional recertification.



905805	04.26.2023	36
Student #	Issue Date	Hours

Printed original certificates must include the OSHAcademy hologram or embossed OSHAcademy seal. All certificates include a unique QR Code and can be validated through the OSHAcademy website: www.oshatrain.org/verify

OSHAcademy is a division of
Geigle Safety Group, Inc.
15220 NW Greenbrier Pkwy, Ste 230
Beaverton, OR, USA, 97006
+1.971.217.8721
www.oshatrain.org



Certificate of Completion

This is to certify that

Ihtisham Ul Haq Ghulam Yasin

has successful completed three days Internal Auditing Training for Integrated Management System

Held on 16th, 17th and 18th of July 2024.

- ISO 9001:2015 Quality Management System
- ISO 14001:2015 Environmental management System
- ISO 45001:2018 Occupational health and Safety Management System
- ISO 19011:2018 Guidelines for Auditing Management Systems



الكافح بريكتس
Kifah Precast


Trainer



CERTIFICATE FOR APPRECIATION

Sr. 004112

Proudly presented to:

Ihtisham Ul Haq

Subject: Fire Safety

Training Objectives

- **Fire Prevention Techniques:**
Strategies for identifying and eliminating potential fire hazards in various settings.
- **Emergency Response Procedures:**
Effective actions to take in the event of a fire, including evacuation and proper use of fire safety equipment.
- **Fire Safety Regulations and Compliance:**
Understanding and adhering to local fire safety codes and standards.

Managing Director:

Younis Qamar (CMIOSH)



Signature



Date of Issue:
06.01.2024





CARD NO : SA-TNG-141294



NAME : IHTISHAM UL HAQ

IQAMA/ID NO : 2517913063

CERTIFIED : BASIC FIRST AID & CPR

MODEL / LEVEL : NA

ISSUED ON : 12-11-2023

VALID UNTIL : 11-11-2025



THIS CARD WILL BE INVALID WITHOUT HOLOGRAM.

FOR VERIFICATION, PLEASE SCAN QR CODE OR VISIT OUR WEBSITE.

www.standardarabia.com