

ITRAT ITHAR

HSE SUPERVISOR

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PROFILE

Dynamic HSE Supervisor with over **Nine years** of extensive experience in promoting safety and compliance across diverse projects. Expertise in developing and implementing comprehensive safety training programs, conducting thorough risk assessments, and fostering a culture of safety awareness among teams. Proven ability to collaborate with management to enhance safety performance metrics and ensure adherence to industry regulations. Committed to continuous improvement and proactive incident management, driving positive outcomes in health, safety, and environmental practices. Ready to leverage skills and knowledge to make a significant impact in a challenging HSE role.

PROFESSIONAL EXPERIENCE

HSE Supervisor, HSAFE, Riyadh <ul style="list-style-type: none">Project- E-Sport World Cup 2025Led HSE initiatives to ensure compliance with safety regulations and standards.Developed and implemented effective safety training programs for employees.Conducted regular site inspections to identify hazards and enforce safety protocols.Collaborated with management to improve safety performance metrics.Reported on safety incidents and recommended corrective actions.	June 2025 — September 2025
HSE Supervisor, AEGCO, Riyadh <ul style="list-style-type: none">Project- VIA RiyadhOversaw health, safety, and environmental policies at AEGCO.Conducted risk assessments and audits to ensure compliance with regulations.Developed and implemented safety training programs for team members.Collaborated with management to create a culture of safety.Led incident investigation procedures to identify root causes and prevent recurrences.	October 2024 — December 2024
HSE Advisor, EFG/HSAFE, Riyadh <ul style="list-style-type: none">Project - E-Sport World Cup Gamer 8Developed and implemented health, safety, and environmental policies to ensure compliance.Conducted risk assessments and safety audits, identifying hazards and recommending corrective actions.Trained and educated staff on safety protocols and emergency response procedures.Collaborated with project teams to promote a culture of safety and mitigate risks.Analyzed incident reports to drive continuous improvement in safety practices.	May 2024 — September 2024
HSE Advisor, Happiness Factory, Riyadh <ul style="list-style-type: none">Developed and implemented health, safety, and environmental policies to ensure compliance with regulations.Conducted risk assessments and incident investigations to identify hazards and prevent future occurrences.Provided training and support to staff on HSE procedures and best practices.Collaborated with management to promote a culture of safety and continuous improvement.Monitored site activities to ensure adherence to safety standards and protocols.	February 2024 — April 2024
Assistant Site Manager, Al Thrwa Global O&M Company , Yanbu <ul style="list-style-type: none">Coordinated daily site operations to ensure compliance with safety regulations.Assisted in implementing health and safety policies, promoting a safe work environment.Monitored site activities and prepared reports on safety performance.Collaborated with project managers to conduct risk assessments and identify hazards.Trained staff on safety protocols, enhancing team awareness and performance.	January 2022 — January 2024
HSE Advisor, Al Thrwa Global O&M Company , Yanbu <ul style="list-style-type: none">Implemented health, safety, and environmental policies to ensure compliance with industry standards.Conducted risk assessments and audits to identify hazards and recommend mitigation strategies.Facilitated training sessions for staff on safety protocols and emergency response procedures.	November 2020 — December 2021

- Collaborated with management to develop and improve safety programs.
- Monitored site conditions and reported on compliance with safety regulations.

HSE Trainer , Pan Gulf Industrial System, Yanbu

November 2018 — September 2020

- Developed and delivered comprehensive HSE training programs for diverse personnel.
- Conducted site assessments to identify hazards and implement safety measures.
- Collaborated with management to ensure compliance with regulatory standards.
- Monitored and reported on safety performance metrics to foster continuous improvement.
- Engaged employees in safety initiatives to promote a culture of safety awareness.

HSE Supervisor, Hyundai

November 2016 — August 2018

- **Project- Shuqaiq Steam Power Plant (SSPP)**
- Developed and implemented comprehensive safety training programs, enhancing team awareness and compliance.
- Conducted thorough risk assessments, identifying potential hazards and recommending mitigation strategies.
- Collaborated with management to improve safety performance metrics and ensure regulatory compliance.
- Led emergency planning and response initiatives, preparing teams for potential incidents.
- Managed scaffolding safety and confined space entry protocols, ensuring adherence to industry standards.

Safety Officer , SINIOPEC

January 2016 — September 2016

- **Project- Jazan refinery terminal**
- Promoted safety compliance across various projects during tenure at SINIOPEC.
- Developed and implemented safety training programs tailored to team needs.
- Conducted thorough risk assessments and emergency response planning.
- Collaborated with management to improve safety performance metrics.
- Engaged in proactive incident management to drive continuous improvement.

EDUCATION

Bachelor in mechanical engineering

2011 — 2015

University of Engineering and Technology (Balochistan), Khuzdar

Bachelor's in mass communication

2015 — 2017

Allama Iqbal Open University , Islamabad

NEBOSH

OSHA

TECHNICAL SKILLS

FirstAid	Scaffoldingsafety	Workpermitreceiver training	Emergency planning- and Response.
RiskAssessment	WorkatHeightand Rescue	ConfinedspaceEntry	Good hand on Window 7&Window
MS Office	Web Serving	Auto Cad	

ADDITIONAL INFORMATION

- **Languages:** English, Urdu, Pashto, Hindi
- **Hobbies:** Reading Books, Playing Football and Cricket