

Muhammad Sulaman

Safety supervisor



muhammadsulaman41@gmail.com

+966583096134

+966537580419

Umluj, tabuk, KSA,

Introduction

Experienced Health, Safety, and Environment (HSE) Supervisor with over five years of industrial and construction background, aiming to integrate into a team of dedicated and driven HSE professionals dedicated to enhancing operational efficiency and fostering a positive company culture. Proficient in strategically implementing industry standards, conducting employee training, enhancing educational programs, and improving infrastructure. Significantly contributed to enhancing the safety of employees, third-party personnel, visitors, and the general public by identifying and mitigating risk factors within company operations.

Professional Experience

Project: Hotel West (Shurra Island)

Client: Red Sea Global

Contractor: GET (Generic Engineering Technologies & Contracting

Responsibilities

HSE supervisor (27 February 2024 – Present)

- Conduction of daily Toolbox Talk/ Pre-Start Talk Meeting with Employees. Enforce Safe Work Practices. Attending of meetings with Client. Implementing the Safety rules and regulations as per the Client recommendations &
- Company's Safety Policy. Preparation of Daily, Weekly & Monthly Safety Reports.

Project: Hydrogen Peroxide Plant Extension

Client: Engro Polymer and Chemicals Limited (EPCL)

Contractor: Etimaad Engineering (PVT) Limited

Responsibilities

HSE supervisor (25 January 2022 – 10 January 2024)

- Implementation and enforcement of work permit system. Conducting safety
- toolbox meetings and weekly safety talks (D-level). Identifying hazard at
- workplace / taking corrective action. Safety audits and reports, Develop the
- Health and safety culture in different organization. (Sub-Contractors)
Responsible for preparation of accident / incident near miss reports. pre and
- post inspection of all critical activities including lifting and hot work
- arrangement and conducting of equipment inspection. Carried out Risk assessment, Method statement and Job safety analyses. Confined space
- entry arrangements, maintain emergency response procedure as mentioned in CSM. Coordination of monthly safety meetings and trackings follow-ups

Project: Mohmand Dam Hydro Power Project.

Client: WAPDA **Contractor:** CGGC

- DESCON

Responsibilities

HSE Supervisor (5 January 2020 - 15 December 2021)

- Practical firefighting and give basic training to employees. Inspection and
- maintenance of firefighting appliances. Emergency evacuation and first aid
- training to employees, electrical safety.
- Responsible for implementation of approved project safety plan and company's Health and Safety Manual throughout the project.
- The other responsibilities included, attend pre-construction meetings. Implementation of safety guidelines from creational and
- high- risk activities. Control permit to work system & coordinate with construction department.
- Safety audits and reports, Develop the Health and safety culture in different organization. (Sub-Contractors)

Project: Sapphire Textile finishing mills limited

Responsibilities

HSE inspector (2 February 2019 – 3 December 2019)

- Organize emergency evacuation drill
- conducting emergency response procedure planning, training and demonstration.
- Conducting risk base training for workers
- HSE induction trainer Permit issuer Hydrant
- pump inspection fire hose reel and hose pipe
- inspection Fire extinguisher inspection
- Emergency light and exit doors inspection
- Fire alarming system inspection Fire buckets
- inspection Fire resistance door inspection
- Emergency Eye washer inspection

Educational Qualifications

- **MSC Physics (Nuclear Physics)** (2-years) Gomal University, Pakistan.
- **BSc (Physics, Chemistry, Mathematics)** (2-years) BZ University, Pakistan.
- **Intermediate in Science**

Professional Qualifications

- NEBOSH-IGC IGC-1, IGC-2, IGC-3
- Health, Safety and Environmental Engineering
- Fire Safety, First Aid and Confined Space Safety

Training Courses and Seminars

- Risk Assessment, Job Safety Analysis. Procedure of Permit to work system. Hot, Cold, Excavation Permits, Confined Space Entry
- Permit Program. Electrical Permit Lock out, tagging system. SCABA donning, Use of Gasmask, Gas mask cartridges. Excavation
- Safety, Work at height, Use of full body harness. Safety
- Orientation / Induction, First Aid, CPR Drill. Emergency Evacuation
- Drill, Fire Fighting and Equipment Maintenance Drill. Fire hose handling, Fire hydrant and Fire monitor operation.

Skills

- Sufficient computer literacy. Computer software's and mobile applications. MS (Word, Office, Power Point
- Occupational Safety and
- Health Safety Training Audits and Inspection of
- Worksite Preparing of Safety Reports

Languages

English 
Professional level

Urdu 
Mother Language

Arabic 
Communication level

Declaration

I hereby declare that all the information furnished above is true to the best of my belief.



Muhammad Sulaman



TIMES UNITED

Passion of Precision

Card No.: 12082



Name: Muhammad Sulaman Ashiq

ID No.: 2568377457

Company: Generic Engineering Tech.

Issue Date: 19 / 08 / 2024

Expiry Date: 18 / 08 / 2025

First Aid & CPR





Card No.: 12083



Name: Muhammad Sulaman Ashiq

ID No.: 2568377457

Company: Generic Engineering Tech.

Issue Date: 19 / 08 / 2024

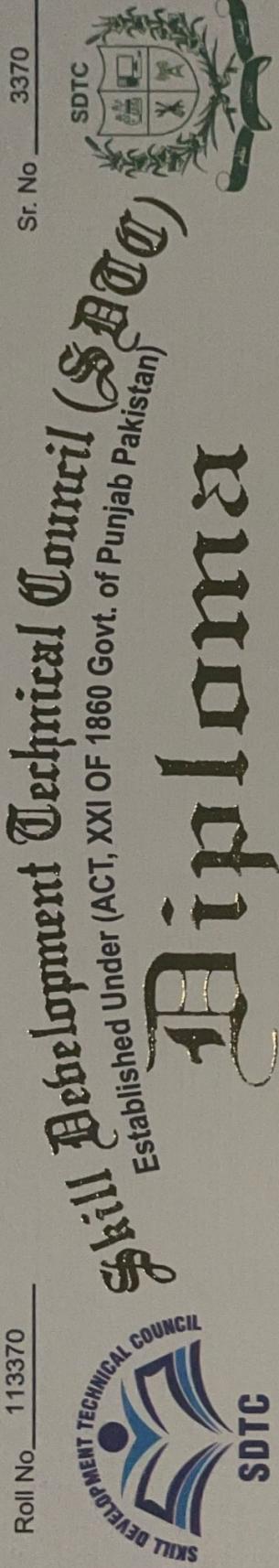
Expiry Date: 18 / 08 / 2025

Fire Warden



Roll No _____ 113370

Sr. No _____ 3370



Development Technical Council (SDTC)

Established Under (ACT, XXI OF 1860 Govt. of Punjab Pakistan)

Diploma

This is Certify that _____ MUHAMMAD SULAMAN

S/D/W of _____

ASHIQ HUSSANT

TECHNICAL

DATE: 04 MAR 1993

Registration No _____ SDTC/ATT/C33-3370

Program of Instructions

Date of Birth _____ 04 MAR 1993

Has been satisfactorily completed the _____ THREE YEARS Program of Instructions
in _____ HEALTH, SAFETY & ENVIRONMENTAL ENGINEERING

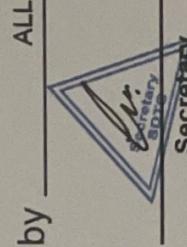
From _____ 2020 to _____ 2023 He/She showed the Following in Exams

Total Marks	Obtained Marks	Percentage	Grade
3000	2431	81%	A+

This Diploma Awarded

to student through internal assessment / examination held

ALLIED INSTITUTE OF TECHNICAL TRAINING, RAWALPINDI
Training Center / Workshop Campus SDTC

by _____

Secretary



Online Verification on
(www.sdtc.org.pk)

Note: This diploma/certificate issued without alteration or erasure Errors/Omissions expected



GRADING CRITERIA		
GRADE	SCALE	GRADE DESCRIPTION
A1	90.00-100.00	OUTSTANDING
A+	80.00-89.99	OUTSTANDING
A	70.00-79.99	EXCELLENT
B	60.00-69.99	VERY GOOD
C	50.00-59.99	GOOD
D	40.00-49.99	FAIR
E	33.00-39.99	SATISFACTORY



محمد ابراهیم الجیزانی
نائب فوجیل



ASIF IMRAN BUTT
Deputy Director (P&BD)
Regional Office
National Vocational & Technical
Training Commission Islamabad
Ph: 051-9212342

Diploma Genuine & CHECKED & VERIFIED
Verified

27 SEP 2024

COUNTERSIGN ONLY
Ministry of Foreign Affairs is not
responsible for the
contents of the documents



Prepared by:
Checked by:

www.sdtc.org.pk

Roll No: 113370



Skill Development Technical Council (SDTC)

Established Under (ACT, XXI OF 1860 Govt. of Punjab Pakistan)

TRANSCRIPT

HEALTH, SAFETY & ENVIRONMENTAL ENGINEERING (1ST YEAR)

NAME : MUHAMMAD SULAMAN
 FATHER NAME : ASHIQ HUSSAIN
 REGISTRATION NO : SDTC/AITT/C33-3370
 ROLL NUMBER : 113370
 SESSION : 2020 – 2021
 CONDUCTED AT : ALLIED INSTITUTE OF TECHNICAL TRAINING, RAWALPINDI
 MODULE -I

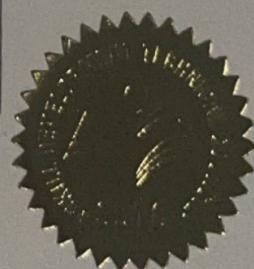
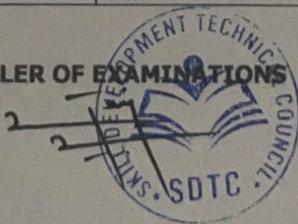
SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	HEALTH & SAFETY FOUNDATION	100	79
02	ENVIRONMENTAL CHEMISTRY	100	74
03	BASIC SAFETY ORIENTATION	100	76
04	GENERAL SAFETY & HEALTH	100	84
05	HEALTH HAZARDS IN CONSTRUCTION- COMMUNICATION	100	85
	TOTAL MARKS	500	398

MODULE -II

SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	SOLID WASTE MANAGEMENT	100	79
02	AIR & NOISE POLLUTION	100	87
03	PROCESS SAFETY MANAGEMENT OF HIGHLY HAZARDOUS	100	86
04	PERSONAL PROTECTIVE EQUIPMENTS	100	75
05	SAFETY CULTURE	100	79
	TOTAL MARKS	500	406

OBTAİN MARKS	804
TOTAL MARKS	1000
PERCENTAGE	80.4%
GRADE	A+

CONTROLLER OF EXAMINATIONS





Skill Development Technical Council (SDTC)

Established Under (ACT, XXI OF 1860 Govt. of Punjab Pakistan)

TRANSCRIPT

HEALTH, SAFETY & ENVIRONMENTAL ENGINEERING (2ND YEAR)

NAME : MUHAMMAD SULAMAN
FATHER NAME : ASHIQ HUSSAIN
REGISTRATION NO : SDTC/AITT/C33-3370
ROLL NUMBER : 113370
SESSION : 2021 – 2022
CONDUCTED AT : ALLIED INSTITUTE OF TECHNICAL TRAINING, RAWALPINDI
MODULE -I

SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	JOB SAFETY ANALYSIS	100	79
02	ENVIRONMENTAL SCIENCE	100	77
03	WATER POLLUTION	100	74
04	MATERIAL HANDLING	100	71
05	HEALTH, SAFETY & ENVIRONMENT ISSUES	100	85
	TOTAL MARKS	500	386

MODULE -II

SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	PHYSICAL & PHYSIOLOGICAL HEALTH	100	82
02	WASTE WATER TREATMENT	100	81
03	OCCUPATION HEALTH & SAFETY	100	85
04	Biomass ENERGY	100	83
05	SUSTAINABLE DEVELOPMENT	100	76
	TOTAL MARKS	500	407

OBTAI MARKS	793
TOTAL MARKS	1000
PERCENTAGE	79.3%
GRADE	A

CONTROLLER OF EXAMINATIONS





Skill Development Technical Council (SDTC)

Established Under (ACT, XXI OF 1860 Govt. of Punjab Pakistan)

TRANSCRIPT

HEALTH, SAFETY & ENVIRONMENTAL ENGINEERING (3RD YEAR)

NAME : MUHAMMAD SULAMAN
FATHER NAME : ASHIQ HUSSAIN
REGISTRATION NO : SDTC/AITT/C33-3370
ROLL NUMBER : 113370
SESSION : 2022 – 2023
CONDUCTED AT : ALLIED INSTITUTE OF TECHNICAL TRAINING, RAWALPINDI
MODULE -I

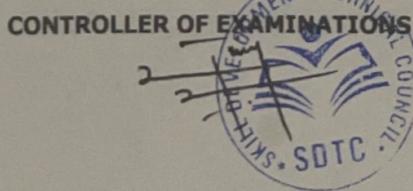
SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	CONFINED SPACE ENTRY	100	83
02	LEAD SAFETY IN THE WORKPLACE	100	82
03	CLIMATE CHANGE	100	85
04	STRUCK BY & CAUGHT IN BETWEEN	100	87
05	ENVIRONMENTAL IMPACT ASSESSMENT	100	72
	TOTAL MARKS	500	409

Practical

Marks Obtained	Total Marks
425	500

Grand Total: 1st Year: 804/1000, 2nd Year: 793/1000, 3rd Year: 834/1000

OBTAİN MARKS	2431
TOTAL MARKS	3000
PERCENTAGE	81%
GRADE	A+





nebosh

NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

Muhammad Sulaman

was awarded this qualification on

06 October 2022

Les Philpott
Chair

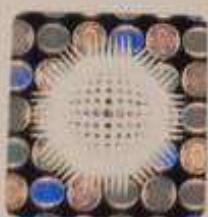
Les Philpott

Dee Arp
Accountable Officer

Dee Arp

Master log certificate No: 00695393/1315276

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



DATED: 10-JAN-2024

EXPERIENCE CERTIFICATE

HYDROGEN PEROXIDE PROJECT ENGRO POLYMER & CHEMICALS Limited

It is certified that Mr. **MUHAMMAD SULAMAN S/O ASHIQ HUSSAIN CNIC # 32102-3657576-5** has worked as "**HSE SUPERVISOR**" in our organization from **25-JAN-2022 to 10-JAN-2024**.

He has wide range experience in his Field. In this period, we found him hardworking, honest and talented. He always made sincere efforts to get the maximum output intelligently and tactfully, He bears well.

Moral character and his performance with our organization was very commendable.

I wish his success and it is my pleasure to recommend him to anyone without reservation.



Nasir Khokhar
Admin Manager
Etimaad Engineering Pvt Ltd.

TO WHOME IT MAY CONCERN

This is certified that below mentioned person has worked as a Site Safety Supervisor with CGGC at Mohmand Dam Hydropower Project, whereas his particulars are as under.

Name: Muhammad Sulaman

CNIC#: 32102-3657576-5

Job Title: Site Safety supervisor

Department: Health, Safety & Environment (HSE)

Duration: January 5", 2020, to December 15", 2021

Remarks: During his tenure with his organization, he has worked hard with honesty. His services remained satisfactory in all respect up to the entire satisfaction of project management.

We wish him all the best in his forthcoming future endeavoring and his credential capabilities endorsed accordingly.



Director HR & Admin

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

GOMAL UNIVERSITY

DERA ISMAIL KHAN

(NINWEP) PAKISTAN
KHYBER PAKHTUNKHWA

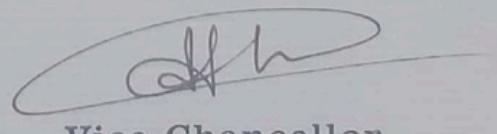
(Session 2016-2018)

MUHAMMAD SULAIMAN SON of ASHIQ HUSSAIN and
 a student of PHYSICS DEPARTMENT
 having passed the prescribed examination in 2018,
 is this day admitted by the GOMAL UNIVERSITY to the DEGREE of

MASTER OF SCIENCEin the CGPA 2.70 C+ Class GRADEThe subject of examination being PHYSICS.The Examination was taken as a whole/in parts.Registered No. 872-PHY-16Roll No. 41Result declared on JANUARY 17, 2019

Countersigned

Controller of Examinations


 Vice-Chancellor

BAHAUDDIN ZAKARIYA UNIVERSITY

MULTAN-PAKISTAN



SESSION 2016

THIS IS TO CERTIFY THAT

MUHAMMAD SULAMAN

Son of

ASHIQ HUSSAIN

of GOVERNMENT COLLEGE BLOCK 17 DERA GHAZI KHAN (LATE COLLEGE STUDENT)

has passed the Annual examination of the academic session held in April - May ,2016 securing 400/800 marks and has been placed in SECOND Division.

Having fulfilled the requirements he has been admitted to the degree of

BACHELOR OF SCIENCE

in this University.

The examination was taken by parts

. ansar .

Controller of Examinations

M Sarwar

Chancellor

No. INT- **166848**

ROLL NO. 411302

Enrol. NO. 8-2-206309-11

BOARD OF INTERMEDIATE AND SECONDARY EDUCATION
DERA GHAZI KHAN, PUNJAB
(PAKISTAN)



INTERMEDIATE(ANNUAL) EXAMINATION, 2013
PRE-ENGINEERING GROUP

Certified that MUHAMMAD SULAMAN

Son / Daughter of ASHIQ HUSSAIN

College / District GOVT. HIGHER SECONDARY SCHOOL MANA AHMEDANI D G KHAN

has passed the Intermediate Examination conducted by this Board in FULL

as a REGULAR candidate

DETAIL OF MARKS

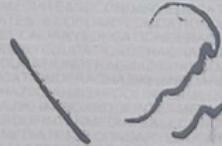
Sr#	SUBJECT	MAXIMUM	MARKS OBTAINED
1	Urdu	200	136
2	English	200	116
3	Islamic Education	50	45
4	Pakistan Studies	50	42
5	Physics	200	123
6	Chemistry	200	131
7	Mathematics	200	112
TOTAL MARKS(in figures)		1100	705

(IN WORDS) SEVEN HUNDRED AND FIVE

GRADE B



DATED 23rd SEPTEMBER 2013.



SECRETARY

No. SSC- 274819

ROLL NO. 70247
REG. NO. 8418-DGB109-2008

BOARD OF INTERMEDIATE AND SECONDARY EDUCATION
DERA GHAZI KHAN, PUNJAB
(PAKISTAN)



SECONDARY SCHOOL CERTIFICATE(ANNUAL)EXAMINATION, 2010

SCIENCE GROUP

Certified that MUHAMMAD SULAMAN

Son/Daughter of ASHIQ HUSSAIN

School/District GOVT.HIGHER SECONDARY SCHOOL MAÑA AHMADANI (D.G.KHAN)

Date of birth (in words) Fourth March, Nineteen Hundred and Ninety Three

04/03/1993 has passed the Secondary School Certificate

Examination conducted by this Board in FULL as a REGULAR candidate.

DETAIL OF MARKS

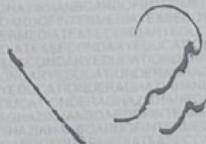
Sr#	SUBJECT	MAXIMUM	MARKS OBTAINED
1	Urdu	150	98
2	English	150	125
3	Islamiyat	75	62
4	Pakistan Studies	75	69
5	Mathematics	150	145
6	Physics	150	129
7	Chemistry	150	134
8	Electrical Wiring	150	123
TOTAL MARKS(in figures)		1050	885

(IN WORDS) EIGHT HUNDRED AND EIGHTY FIVE

GRADE A+

DATED: 4th AUGUST 2010.





SECRETARY

Note: This certificate is issued without alteration or erasure.