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SUMMARY

I am an experienced HSE Supervisor with background in overseeing health, safety, and environmental operations. My expertise includes risk assessment, safety audits, incident investigation, compliance management, and employee training. I excel at utilizing effective communication skills to produce reports, presentations, and safety procedures. I aim to use my skills to contribute towards the achievement of organizational objectives and the promotion of a positive HSE culture. Looking forward to expanding my capacity with reputed companies in a managerial role to drive continuous improvement in HSE performance.

EXPERIENCE

Al Yamama Company for Trading and Contracting
October 2023 currently working



HSE Supervisor – Dammam Water Project

- Coordinated with Client and delivered Permit to Work (PTW) on all sites to ensure controlled and safe working conditions.
- Performed daily inspections of scaffolding and work platforms to identify and rectify potential safety hazards.
- Monitored ongoing work at height activities to ensure adherence to safety protocols and use of personal protective equipment (PPE).
- Reported and documented weekly incidents to identify root causes and prevent recurrence.
- Inspected crane checklists regularly to ensure the proper functioning and safety of lifting equipment.
- Developed and maintained excavation checklists to ensure safe digging and trenching operations.
- Issued and managed confined space entry permits ensuring compliance with safety regulations.
- Performed regular risk assessments to identify potential hazards and developed strategies to mitigate risks effectively.
- Implemented and monitored safety programs, leading to a significant reduction in workplace incidents.
- Delivered safety training and toolbox talks to staff, enhancing overall safety awareness and performance.
- Actively participated in incident investigations, identifying root causes and recommending effective corrective actions.
- Directed the implementation of HSE management systems, ensuring alignment with local and international safety standards.
- Coordinated with project managers and subcontractors to integrate safety practices into daily operations, enhancing overall project safety.
- Monitored environmental compliance and waste management practices, contributing to sustainable project execution.
- Implemented monthly color coding on equipment to indicate their inspection status and maintain safety standards.
- Conducted flagman training to ensure proper signaling and communication during site operations.
- Facilitated emergency response drills and preparedness activities, ensuring readiness for potential incidents.

CERTIFICATIONS

- NEBOSH International general certificate of Occupational health and Safety.
- Diploma in Workplace Safety and Health
- IOSH (Institution of Occupational Safety and Health)
- OSHA (Occupational Safety and Health Administration)
- ISO 45001 2018 Occupational Health and Safety Management Systems Certified
- Introduction to ESG: Environmental, Social, and Governance
- Working at Height Safety Induction
- Occupational Safety and Health: Slips, Trips, and Falls
- Hazard Communication
- Working in the Heat
- First Aid & BLS (Basic Life Support)
- Fire and Emergency Preparedness
- Fire Safety Induction
- Construction Industry: Safety
- Construction Management: Safety and Health
- Construction Management: Managing Risk
- Manual Handling and Operations Awareness
- Personal Protective Equipment (PPE)
- Health and Safety Induction
- Creating a Positive and Healthy Work Environment
- Primavera P6 (Project Management Software)
- Project Management Foundations
- Excel Formulas and Functions Quick Tips
- The Sevron Task Assessment Software Certification



HSE OFFICER-NEOM Project

- Conducted risk assessments & safety audits to ensure compliance with HSE regulations and standards.
- Managed the issuance and distribution of Permit to Work documents, ensuring all safety protocols are followed.
- Implemented and monitored safety programs, leading to a significant reduction in workplace incidents.
- Delivered safety training and toolbox talks to staff, enhancing overall safety awareness and performance.
- Actively participated in incident investigations, identifying root causes and recommending effective corrective actions.
- Organized regular emergency drills and exercises to test the effectiveness of emergency response plans.
- Developed safety training programs so all employees are aware of and compliant with safety protocols and procedures.

Enigma Energy Solutions | April 2018 - February 2019



FIELD HSE OFFICER

- I ensured adherence to Health, Safety, and Environment (HSE) protocols to ensure a safe working environment for the seismic team.
- Conducted real time quality control checks on acquired data, identifying and addressing any anomalies.
- Developed and implemented field safety policies and procedures in alignment with industry standards.
- Conducted regular risk assessments for field operations, identifying potential hazards and implementing controls to mitigate risks.

IPC SONDAJ | September 2017 - March 2018



HSE ADVISOR

- Created, reviewed, and implemented HSE policies in alignment with industry standards and regulatory requirements.
- Performed regular risk assessments to identify potential hazards and developed strategies to mitigate risks effectively.
- Developed safety training programs so all employees are aware of and compliant with safety protocols and procedures.
- Conducted investigations into accidents, incidents, and near misses to determine root causes and recommend corrective actions.
- Developed emergency response plans so all personnel are trained and capable of responding effectively to emergencies.
- Conducted regular audits to assess the effectiveness of safety measures to ensure adherence to HSE policies.
- Organized regular emergency drills and exercises to test the effectiveness of emergency response plans.

EDUCATION HISTORY

PakTurk International School & College Islamabad

Fsc - Pre Engineering | 2014- 2016

Cadet College Batrasi Manshera

Matriculation - Science | 2012- 2014

FREELANCER

- Fiver (Spokesperson Video producer & Video editor).
- Upwork.
- Freelancer.
- People Per Hour.

ADDITIONAL EXPERTISE

- Oracle Primavera P6 software.
- Adobe Premier Pro 2022.
- Adobe Illustrator.
- Adobe InDesign 2023.
- Adobe Photoshop Express 2023.
- Canva.
- Microsoft Excel.
- Microsoft Office.
- Microsoft Word 2021.
- Microsoft PowerPoint 2021.
- E-mail and report writing.

- LANGUAGES :

- English (Fluent)
- Urdu (Native)

REFERENCES

Available on Requests

CORE SKILLS & KEY RESPONSIBILITIES

- Conduct Risk Assessment and Hazard Identification.
- Conduct Environmental Aspects and Impacts Study.
- Setting HSE Objectives and Targets.
- Incident / accident / Near miss reporting and investigation.
- To make corrective and preventive actions against any system non-compliance.
- Waste Management Protocols.
- Permit to work system.
- Environmental Testing (Gas Testing/ Light Testing).
- Internal Auditing.
- Scaffolding and Work Platform Inspections.
- Work at Height Monitoring.
- Crane and Lifting Equipment Inspections.
- Confined Space Entry Management & Excavation Safety.
- To conduct emergency mock drills & Toolbox Talk (TBT).
- Providing HSE advises to manage the development, maintenance and implementation risk controls related to workplace HSE covering process safety/operational Integrity and workplace safety, and management of health and environmental hazards.
- Train the workforce to enhance their competencies and effective monitoring on HSE.
- Ability to prepare, process and present data.
- Ability to combine pieces of information to form general rules.
- Project management, strong decision making power and able to solve complex problems.
- Service focused, effective communication and able to deploy teamwork.