

# Rashid Khan

HSE Officer

Entire Experience: 4 Years

Iqama Status: Valid & Transferable

Temporary Address: Umluj, Red sea, Saudi Arabia

+966533445827 | [waitupfor.justice02@gmail.com](mailto:waitupfor.justice02@gmail.com) | [www.rashid.forumur.net](http://www.rashid.forumur.net)

## Profile

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I have done F.Sc (A- Level) in Pre- Medical and also Completed Safety Courses, and DIT (Diploma in Information Technology). I have worked as a Safety Officer with well recognized Companies. I am passionately looking forward to working as a Safety Officer, so I can grow my career further while staying close to loved ones. My Strength is I am self-Motivating person and I have strong communication skill, Safety Knowledge with 4 Years' Experience and Computer skill. My goal is to get a Safety Officer Job in a reputed Company is to achieve a good position like yours. Where I can build my career and help the organization too. My hobbies are Observation, reading books and work on human Rights.

## Work Experience

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**Project:** Shura island East Hotels, Red See  
**Company:** Tamimi Contracting Co.  
**Position:** Safety Officer.  
**Duration:** September, 2024 to April 2025.

التميمي للمقاولات  
AL TAMIMI CONTRACTING 

**Project:** Shura island East Hotels, Red See  
**Company:** Fast Finishing Contracting Co.  
**Position:** Safety Officer.  
**Duration:** June, 2023 to March 2024.

  
fast.

**Project:** Mohmand DAM Tunnel & Canal.  
**Company:** Manzar Hussain GOVT. Contracting  
**Position:** Safety Officer.  
**Duration:** March, 2022 to February, 2023.

  
mhc  
Manzar Hussain GOVT. Contracting

**Project:** Construction Of 1.2K Family Flats.  
**Company:** Khyber Grace Pvt Ltd.  
**Position:** Safety Officer.  
**Duration:** December, 2020 to January, 2022.

  
KGL

## Safety Certificate

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- ❖ **NEBOSH (UK-BODY);**  
I.G.C In Occupational Health & Safety IG1 & IG2 Certified.
- ❖ **IOSH Certified;**  
Iosh Managing Safely Course from UK.
- ❖ **OSHA Certified;**  
30-Hours General Industry Standards.
- ❖ **OSHA Certified;**  
30-Hours Construction Safety & Health.
- ❖ **OSHAS EMS;**  
Environmental Management System Level-3 Certified.
- ❖ **HIQUAL UK Fire Safety;**  
International Level-2 Award in Fire Safety Management.
- ❖ **HIQUAL UK First AID;**  
International Level-2 Award in First AID at Workplace.



## Additional Qualification

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- ❖ **DIT (Diploma in Information Technology) | KPK Board of Technical Education Peshawar | Pakistan**  
**Modules:** MS Office, Graphics Designing, Web Designing, HTML, JavaScript and Software & Hardware.  
2021 – 1<sup>st</sup> Division

## Education Profile

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- ❖ **F.Sc (A-Level) Pre-Medical | BISE Peshawar | Pakistan**  
**Modules:** Biology, Chemistry, Physics and English  
2021 – 1<sup>st</sup> Division
- ❖ **SSC (O-Level) Science | BISE Peshawar | Pakistan**  
**Modules:** Biology, Chemistry, Physics, English and Mathematics  
2019 – 1<sup>st</sup> Division

## Professional Training

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- ✓ Safety Supervision
- ✓ Fire Prevention Plans.
- ✓ Emergency First AID at Work.
- ✓ Working At Height.
- ✓ Scaffolding Supervision.
- ✓ Electrical Safety.
- ✓ Safe Welding & Grinding Activity.
- ✓ Confined Space entry Program.
- ✓ Hazards Communication Program.
- ✓ Excavation Safety.
- ✓ Lifting and Rigging.
- ✓ Hazard Identification & Risk Assessment.

## Duties & Responsibilities

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- + Prepare job site for safe execution of job. Prepare permit for approval.
- + Joint inspection of the workplace with permit issuer.
- + Consultation with site Safety about safe work procedure.
- + Work suspension if any imminent danger situation occurs.
- + Attending tool box daily before start of work
- + Check that only qualified worker assigns for the task
- + Ensure that LOTO is done before start of work to avoid accident.
- + Attending the meetings of various internal and external part of the project where the safety is one of the main issues.
- + Attending weekly Safety Walkthrough with the Client and rectify the outstanding/Pending issues.
- + Checking of work permit.
- + Gas test in confined space and also inspection of PPE.
- + Making daily reports regarding unsafe procedure in job site and preventive steps to avoid recurrence.
- + Inspection of scaffolds, ladders, trenches and excavations to ensure safe execution.
- + Daily inspection of Transport, Construction Equipment and Lifting Tackles.
- + Conduct Safety Training Courses. Providing awareness about safety among workers.
- + Preparation of Job Safety Analysis and Implementing Company and Client safety policies.
- + Discover and determine unsafe working condition and initiate correct action.
- + Daily safety inspection to identify unsafe working conditions, unsafe practice
- + Implementation of safe systems and procedures of work.

## Key Skill

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- ✓ Safety Orientation.
- ✓ Tool Box Talks (TBT) meeting.
- ✓ First Aid Cases Handling.
- ✓ Site Inspection.
- ✓ Co-Ordination.
- ✓ Tool and Equipment Inspection.
- ✓ Scaffolding Installation and Inspection.
- ✓ PPE's Inspection.
- ✓ Fire Protection Plan & Fire fighting.
- ✓ SITE Injuries and Emergency Handling.
- ✓ Accident/ Incident Investigation.
- ✓ Temporary Electrical network Inspection.
- ✓ HSE Documentation

## Skill Highlights

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- ✓ Microsoft Word
- ✓ Microsoft Excel
- ✓ Microsoft Outlook
- ✓ Adobe Photoshop
- ✓ Adobe Premiere Pro
- ✓ Graphics Designing
- ✓ Inpage
- ✓ Windows Installation
- ✓ Internet Browsing and SEO

## Languages

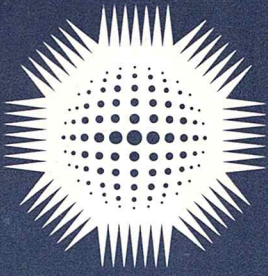
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- ❖ **English** (Intermediate)
- ❖ **Arabic** (Intermediate)
- ❖ **Urdu** (Intermediate)
- ❖ **Pashto** (Native)

## Social Media Links

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- Website - <https://rashid.forumur.net>
- Facebook - <https://www.facebook.com/WaitupforJustice?mibextid=ZbWKwL>
- TikTok - [https://tiktok.com/@waitupfor\\_justice?t=8pY9OkH5kNY&\\_r=1](https://tiktok.com/@waitupfor_justice?t=8pY9OkH5kNY&_r=1)



nebosh

# NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

**Rashid Khan**

was awarded this qualification on

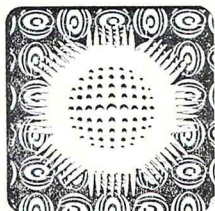
**07 July 2022**

Les Philpott  
Chair

Dee Arp  
Accountable Officer

Master log certificate No: 00658274/1297987

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



This is a certificate awarded to

**Rashid Khan**

on successfully completing

**IOSH Managing Safely**

a course approved and validated by the

**Institution of Occupational Safety and Health**

in association with

**BIMS British Institute Shabqadar**

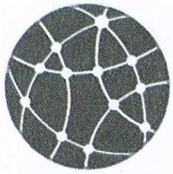
*Approved Center:4354*

Signed on behalf of IOSH



Chief Executive

Course Organiser



**OSHAS**

Occupational  
Safety & Health  
American Society

Cert No. : 0077283

# Certificate of Completion

## Rashid Khan

Has successfully completed all academic requirements in this Occupational Safety & Health course of study presented by OSHAS authorized training provider (ATP)

### 30 Hours General Industry Standards

**Henry D'Cooper**  
Chief Executive Officer



**Marcus Hilton**  
Director Training

**16-01-2025**

Issue Date



[www.oshas.us](http://www.oshas.us)

**OSHA**<sup>®</sup>

# TRANSCRIPT



Occupational  
Safety & Health  
American Society

**OSHAS**

LEARNER NAME:

**Rashid Khan**

COURSE:

**30 Hours General Industry Standards**

Certificate Number : **0077283**

Issue Date : **16-Jan-2025**

SERIAL #	TOPIC	OBTAINED SCORE	TOTAL SCORE
01	<i>Introduction to Health &amp; Safety Management System</i>	2.9	4.0
02	<i>Ergonomics &amp; Work Related Upper Limb Disorders</i>	3.8	4.0
03	<i>Energy Isolation &amp; LOTOTO</i>	2.5	4.0
04	<i>Electrical Safety &amp; Controls (Basics)</i>	4.0	4.0
05	<i>Introduction to Safety Accountability</i>	3.3	4.0
06	<i>Hazards &amp; their Controls</i>	3.0	4.0
07	<i>Introduction to Safety Supervision</i>	3.5	4.0
08	<i>Fall protection &amp; Safe working at height</i>	3.3	4.0
09	<i>Personal Protective Equipment (PPE)</i>	2.3	4.0
10	<i>Bloodborne Pathogens</i>	4.0	4.0

**Morgan Maxwell**

Exam Coordinator

**OBTAINED SCORE**

**3.3**

OSHAS trainings are provided as per ANSI Standard Z490.1-Criteria. This transcript verifies that the learner have acquired knowledge to satisfy the employer's safety training program requirements.





OSHAS

Occupational  
Safety & Health  
American Society

Cert No. : 0079988

# Certificate of Completion

## Rashid Khan

Has successfully completed all academic requirements in this Occupational Safety & Health course of study presented by OSHAS authorized training provider (ATP)

### 30-Hours Construction Safety & Health

**Henry D'Cooper**  
Chief Executive Officer



**Marcus Hilton**  
Director Training

**22-07-2020**

Issue Date



[www.oshas.us](http://www.oshas.us)





Occupational  
Safety & Health  
American Society

OSHAS

## CERTIFICATE OF COMPLETION

**This certificate is**

Proudly presented to

**Rashid Khan**

The learner has exhibited exceptional academic achievement by satisfying all academic prerequisites in the Professional Development Certificate Program offered by an OSHAS Authorized Training Provider. This signifies their unwavering commitment and professionalism in the designated course and serves as a testament of their dedication.

**Course: Level 3 Award in Environmental Management**

Course Date : **27-01-2025 to 31-01-2025**

Certificate Number : **79368**

Course Number : **EM3-495**

Date of Issue : **05-Feb-2025**

**HENRY D'COOPER**

CHIEF EXECUTIVE OFFICER

**MARCUS HILTON**

DIRECTOR TRAINING



Certificate can be  
validated by scanning the  
bar code or by visiting  
[www.oshas.us](http://www.oshas.us)





## CERTIFICATE

### OF ACHIEVEMENT

PROUDLY PRESENTED TO

# Rashid Khan

The recipient of this certificate has successfully completed a rigorous training program, demonstrating a commitment to professional development and excellence in their field. Through this training, the recipient has acquired the knowledge and skills necessary to perform at the highest level and meet the demands of today's dynamic workplace. This certificate signifies that the recipient possesses the expertise and proficiency required to excel in their profession and contribute to the success of their organization.

## Level 2 Award in Fire Safety

In association with HiQual UK approved training center

### HSE Academy Pvt Ltd.

10th December 2024

ISSUE DATE

*Reece Ch.*

**REECE CHERRY**  
TRAINING DIRECTOR



CREDENTIAL'S ID : 139814



## CERTIFICATE

### OF ACHIEVEMENT

PROUDLY PRESENTED TO

**Rashid Khan**

The recipient of this certificate has successfully completed a rigorous training program, demonstrating a commitment to professional development and excellence in their field. Through this training, the recipient has acquired the knowledge and skills necessary to perform at the highest level and meet the demands of today's dynamic workplace. This certificate signifies that the recipient possesses the expertise and proficiency required to excel in their profession and contribute to the success of their organization.

## Level 2 Award in First Aid at Workplace

In association with HiQual UK approved training center

**HSE Academy Pvt Ltd.**

**3rd December 2024**

ISSUE DATE

*Reece Ch.*

**REECE CHERRY**

TRAINING DIRECTOR



CREDENTIAL'S ID : 139815





Occupational Safety  
& Health  
American Society

Certificate No: 0077283

# Rashid Khan

Has successfully completed

**OSHA 30 Hours General Industry Standards**

16-01-2025

**Date of Issue**

Sr.	Topics Covered	Hrs
01.	Introduction to OSHA, H&S Management System	4hrs
02.	Workplace Emergency Management	2hrs
03.	Fire and Electrical Safety	4hrs
04.	Energy Isolation and LOTOTO	3hrs
05.	Personal Protective Equipment	4hrs
06.	Hazards and their Controls	3hrs
07.	Mechanical and Welding Safety	3hrs
08.	Confined Space Safety	3hrs
09.	Fall Protection and Working at Height	2hrs
10.	Job Hazard Analysis	2hrs

**OSHAS Headoffice**

1202 N Tatnall St ,  
Wilmington ,DE 19801  
Website: [www.oshas.us](http://www.oshas.us)  
Email: [info@oshas.us](mailto:info@oshas.us)