



# AHMAD ZAKRIA

## HSE OFFICER

### Phone

+966549100341

### Email

ahmadzakria08@outlook.com



[www.linkedin.com/in/ahmadzakria08](https://www.linkedin.com/in/ahmadzakria08)

## About Me

Highly dedicated HSE Officer with extensive experience in enforcing safety, health, and environmental policies across the oil & gas, construction, and manufacturing industries. Proven ability to reduce incidents, implement safety measures, and ensure regulatory compliance in high-risk environments. Seeking to contribute to a forward-thinking organization by promoting a safe and productive working atmosphere.

## Education

### Diploma: HSE Engineering

Professional Skill Education Council, Punjab, Pakistan-2020.

### FSc Engineering Science

Abbottabad Public School, Abbottabad-2018.

### SSC Science

Abbottabad Public School, Abbottabad-2016.

## Certifications

### NEBOSH (IGC)

International General Certificate in Occupational Health and Safety.

### IOSH Certification

Managing Safety.

### OSHA 30 Hours

General Industry Safety and Health

### CPR, AED & First Aid

## Experience

### Sr.HSE Officer Arabian Fal, KSA

Feb,2025-Present

- Trained staff on proper use of PPE and emergency evacuation procedure, leading to a 100% compliance rate in routine safety drills.
- Spearheaded safety initiatives that led to decrease in on-site incidents through enhanced training and improved safety protocols.
- Actively engage with site personnel during toolbox talks, providing guidance on safety issues and preventive measures.
- Conducted risk assessments and identified potential hazards, implementing safety measures that reduced incidents.

### HSE Officer

Jan,2022-Feb,2025

### Sendan International Company, KSA

- Lead HSE operations in high-risk environments, ensuring strict adherence to safety regulations and company policies.
- Conduct daily safety inspections.
- Identifying potential hazards, and implementing corrective actions to mitigate risks.
- Supervise the inspection and maintenance of lifting equipment, power tools, firefighting equipment, and personal protective equipment (PPE).
- Implement proactive safety measures, leading to reduction in workplace accidents and incidents.
- Actively engage with site personnel during toolbox talks, providing guidance on safety issues and preventive measures.
- Collaborate with project management teams to ensure safety compliance on new construction and maintenance projects.

## Skills

- Risk Management and Mitigation.
- Incident Investigation and Reporting.
- Toolbox Talks and Worker Training.
- Hazard Identification and Control.
- Site Safety Reports and Documentation.
- Environmental Assessments.
- Occupational Health Hazards Prevention.
- Accident Root Cause Analysis.
- Fire Safety.
- Safety and Compliance Inspections.
- Strong Communication and Interpersonal Skills.
- Problem Solving and Critical Thinking.
- Leadership and Team Management.
- Attention to Detail.
- Decision Making Under Pressure.
- Construction Management.
- Audit Management.
- Construction Safety.
- Microsoft Office.

## languages

- English
- Urdu

### HSEQ Inspector NEOM Veri-Fi, KSA

Feb,2023-Apr,2024

- Conduct safety inspections and audits across multiple construction sites, ensuring compliance with NEOM's stringent safety protocols.
- Develop and implement safety programs tailored to specific project needs, ensuring worker safety during complex construction activities.
- Investigate workplace accidents and near-miss incidents, preparing detailed reports and recommending process improvements.
- Train site personnel on safety protocols and emergency response procedures, increasing safety awareness across the workforce.

### HSE Officer

Aug,2020-Sep,2021

#### Eco Pak Limited, Pakistan

- Monitored the safety of manufacturing operations, conducting routine inspections and safety audits to ensure compliance with internal and regulatory standards.
- Trained staff on proper use of PPE and emergency evacuation procedures, leading to a 100% compliance rate in routine safety drills.
- Spearheaded safety initiatives that led to decrease in on-site incidents through enhanced training and improved safety protocols.
- Assisted in the development of environmental programs to reduce waste and improve sustainability efforts at the plant.

### HSE Officer

Jan,2019-July,2020

#### Bestway Cement Limited, Pakistan

- Developed and enforced health and safety guidelines during high-volume cement production activities.
- Conducted risk assessments and identified potential hazards, implementing safety measures that reduced incidents within the first six months.
- Managed safety compliance during the construction of new plant infrastructure, ensuring adherence to national safety standards.
- Delivered safety training sessions for new employees, emphasizing the importance of risk management and hazard identification.

## Projects

JIGPC Jazan project (Oct,2024-Feb,2025)

## Hobbies

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- Reading.
- Internet Surfing.
- Technology.
- Photography.
- Gardening.

## Industry

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- Construction.
- Oil & Gas.
- Manufacturing.

### **Yanpet Turnaround 2022, Yanpet Yanbu KSA**

- Led HSE operations during a 6-week maintenance project, ensuring compliance with safety regulations and minimizing downtime due to safety violations.

### **CO2 Injection Pipeline Project, Saudi Methanol Company Ar-**

#### **Razi (April-Dec 2022)**

- Oversaw safety during the construction and installation of a critical pipeline project, reducing potential hazards associated with high-pressure gas operations.

### **Scaffolding Services and Maintenance, Yanbu Crude Oil**

#### **Terminal - Saudi Aramco (Jan 2023)**

- Ensured the safety of workers during scaffolding erection and maintenance services, reducing the risk of falls and other scaffolding-related incidents.

## Online Certifications

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- Health and Safety Induction.
- Personal Protective Equipment Awareness Course.
- Sleep for better mental Health.
- Slip , Trips and Falls Awareness Course.
- Electrical Safety Awareness.
- Manual Handling Operation Awareness.
- Let's Break the Chain of COVID-19 Infection.
- Understanding Covid-19 : Economic Outlook.
- Understanding Covid-19 : Effects On Society.
- Understanding Covid-19 : Public Health Awareness.
- Understanding and Managing Panic Attacks.
- Understanding Depression and Anxiety.
- Accident Reporting Awareness.
- Accident Investigation.
- Administrative Professional Foundations.
- COSHH and working in Confined Spaces.
- Confined Space Safety.
- Construction Management: Managing Risk.
- Construction Management: Safety & Health.
- Everyday Ergonomics.
- Fall Protection for Construction.
- Hazard Communication Aligned with GHS.
- Hazard Identification.
- How to Collaborate with your colleagues to build Psychological Safety Together.
- ISO 14001: Environmental Management System Awareness.
- ISO 45001: Occupational Health & Safety Management System Awareness.
- ISO 50001: Energy Management System Awareness.
- ISO 9001: Quality Management System Foundations.
- Internal Audit Awareness.
- Introduction to ESG.
- OSH- Blood Borne Pathogens.
- OSH- Fire & Emergency Preparedness.