

KAMRAN AHMED

Level-6 Safety Diploma, NEBOSH IGC

B.Sc Electrical Engineering

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Current Add: Wadi Laban, Riyadh, KSA

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OBJECTIVE:

A dedicated HSE professional with 10 years of experience in Construction and FMCG sites, specializing in workplace safety, risk management, and regulatory compliance. Holding a Level 6 Safety Diploma, NEBOSH IGC, and a degree in Electrical Engineering, I have a strong technical foundation in hazard identification and mitigation. Additionally, my Saudi Red Crescent First Aid Certification enhances my ability to handle medical emergencies effectively. I have a proven track record of implementing HSE policies, conducting audits, and fostering a proactive safety culture to ensure a safe and compliant work environment.

ACADEMICS:

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|---|-----------------|
| Level 7 Diploma in Environmental and Sustainability Management | 2025 (continue) |
| Level 6 Safety Diploma in Occupational Health and Safety Practice | 2024 |
| NEBOSH International General Certificate in Occupational Health & Safety | 2022 |
| B.Sc. Electrical Engineering: University of Engineering & Technology, Lahore | 2015 |
| LinkedIn Certifications in Personality, skill development and Decision Making | 2021 |
| Certified First Aider from Saudi Red Crescent Authority | 2023 |

PROFESSIONAL EXPERIENCE:

HAIF Contracting & Trading Company

Health and Safety Manager

July 2024 to date



Location: Delta B: Qiddiya Lower Plateau, Riyadh

Client: Qiddiya Investment Company (QIC)

Scope of Work: Mass Grading, Earth Work, Road Works, Infrastructure Development, Rip Rap Channels and Ponds

Project Value: 1.0 Billion SAR

HAIF Contracting & Trading Company

Deputy Manager Health and Safety

July 2023 to June 2024



Location: AMAALA Staff Village

Client: Red Sea Global (RSG)

Scope of Work: Mass Grading, Asphalt Roads, Infrastructure Development, Fire Fighting lines, Sewerage Tanks, Utility Buildings, Electrical, Communication and Power Lines installation

Project Value: 850 Million SAR

Key Responsibilities as Health and Safety Manager:

- Conducted site **safety audits** and achieved a **95% compliance** score in the previous project through proactive risk management and consistent monitoring.
- Led and facilitated regular Client and Supervision Consultant **Safety meetings** to ensure clear communication, collaboration, and alignment on safety goals and performance.
- Implemented **Heat Stress Management measures** on-site as per the Summer Working Plan, including monitoring worker hydration, providing rest breaks, and adjusting work schedules to reduce heat exposure.
- Led root cause **analysis and trend evaluations** of incidents and near misses, developing and executing **CAPA** (Corrective and Preventive Action) techniques to resolve issues and prevent recurrence.

- Planned, designed, and executed **safety campaigns** on key topics like heat stress, safe lifting, working at height, and housekeeping to raise awareness and drive safe behaviors.
- Improved electrical safety across the site by conducting **Lockout/Tagout (LOTO)** training and leading focused electrical safety inspections to ensure compliance and reduce electrical hazards.
- Prepared comprehensive **Risk Assessments** for various project activities, identifying hazards, assessing risks, and recommending control measures to mitigate potential incidents.
- Designed and maintained **HSE dashboards** to track safety KPIs, incident trends, and audit results, enabling data-driven decision-making and continuous improvement.
- Led focused inspections and **life-crucial audits** for high-risk activities, including lifting operations, hot work, confined space entry, and work at height.
- Developed and implemented **HSE Plans and Procedures** tailored to project requirements, aligned with client guidelines, and regulatory frameworks.
- Conducted **mass toolbox talks** for large workforces during critical project phases to communicate high-risk activity protocols and reinforce safety standards.
- Organized and led emergency **medical drills**, collaborating with first aiders, safety officers, and emergency services to ensure site readiness.
- Performed inspections of **worker accommodation camps** to ensure compliance with hygiene, fire safety, ventilation, and welfare standards.
- Conducted scaffolding inspections to verify compliance with safety standards for erection, access, and stability.
- Managed **third-party safety training programs**, including Working at Height, Confined Space, Rigging & Sliding, and First Aid, to ensure workforce competency.
- Supervised site security systems, access control, perimeter safety, and **emergency preparedness**.
- Monitored logistics and material storage to ensure safe handling, fire prevention, and unobstructed access routes.
- Managed safety **documentation via Aconex**, ensuring accurate tracking, uploading, and archiving of all safety-related documents (permits, inspection reports, training logs).
- Managed **safety inventory**, ensuring the availability of PPE, firefighting equipment, and spill kits, advising on timely replenishment based on usage trends.
- **Monitoring of Delivered toolbox talks**, safety inductions, and refresher training to maintain a safety-conscious workforce.
- Planned, designed, and coordinated **Reward and Recognition Ceremonies** to acknowledge and celebrate safety achievements, fostering a culture of appreciation and motivation.
- Worked as Pilot Runner with **Jincom** for the implementation of the safety training portal across Qiddiya City, ensuring seamless integration and user adoption

PEPSI COLA INTERNATIONAL Private Limited (SNACKS DIVISION)

Electrical Engineer, Shift Safety Specialist

August 2018 to June 2023



- **Permit to Work System** compliance as per PepsiCo standards
- Electrical, HOT, and Height preventive maintenance jobs execution according to PepsiCo Safety Protocols.
- **Won Safety Kaizen Champion Award** from Engineering Department for installation of LiftEmergency Alarm and Sounder.
- Sound knowledge of **HSE and Food safety** standards which are playing key roles in any FMCG Industry.
- **Near miss reporting** to management and monitoring its rectification plan.
- **Preventive Maintenance** and troubleshooting of snacks bagmakers, vibratory conveyors, PLC Panels, servo, and control communication cards according to **LOTOTO** Standard.
- Conduction of safety toolbox talks and on-site task supervision provision to contractor workers.
- Smooth Execution of **PM Plans** ensuring zero LTI or RIR.

- Electrical inspections and tools tagging compliance as per PepsiCo standards.
- Preparation of Risk assessments, job safety analysis preparation and review according to routine and project tasks.
- Managing of **PM Compliance** and development of smart techniques to reduce the downtime of production.
- Working on **SAP Software** for Maintenance and Store inventory issuances.
- Sound Knowledge of **SAP PM Orders**.
- **Downtime analysis** Excel made software development for E&I.
- Currently have developed **Inventory Dashboards for T-Store** which is very powerful tool for T-Store in managing supplies and giving them a deep dig down analysis regarding issuance, receiving, current stock, above ROL Stock and many other things for analysis.
- Sound knowledge of **TPM, AM, and PM Standards**.

BB Chempack Private Ltd (Pasta Food and Plastic Blown Film Extrusion)

Maintenance Manager / Plant Safety Manager

April 2016 to July 2018



Multilayer Extruder Plant Erection and Commissioning:

- Installation of new machines and electrical appliances in the plant with close coordination with contractor on Work Method Statements, Risk Assessments and Safety Challenges of the project.
- Design of Electric Distribution Panels for the different purposes at the plant keeping in view electrical safety schemes
- Sound knowledge about **Lifting Operating Plan (LOP)**.
- Successful completion of 3-Layer and ABA Machines with zero Lost time accident.
- Developed the **line walk and near misses reporting system** for reporting to Head office
- **Fire Safety Control measure** installation in Generator Area
- Organized **Safety trainings** for workers on the Multilayer extruder Cleaning and maintenance jobs.
- Updated the Plant **Safety Induction Training** Programmed.
- Strong monitoring checks on the Worker PPEs such as safety shoes, earplugs, safety gloves and uniforms.
- Installed **Industrial Power Receptacle** with provision of 30mA ELCB in all areas of plant and replaced old two pin sockets.
- **Designing** of Power cables, Earth cables for the plant with the consultancy of concerned person.
- Safety Audits and Line Walks Reports preparation.
- Developed **Daily toolbox talks** and **on-site training campaigns**

PEPSI COLA INTERNATIONAL Private Limited (SNACKS DIVISION)

HSE Manager in TR Electrical Services

August 2015 to April, 2016

- Managing Safety training of all new employees.
- Attended the HSE Orientation for Electrical, Height and Hot work given by PepsiCo.
- Monitoring HSE Rules and regulation on the labor to maintain the safety.
- Developed the Safe Operating Procedure (SOP) for routine maintenance work.
- Documents and record monitoring of all projects.
- Developed Safety Toolbox talks and Induction Training modules for site workers.
- Risk assessment and Work Method Statements documents preparation of all projects and getting alignment from PepsiCo team on it.
- Planned the Project according to the shutdown time intervals.
- Material inspection, availability, and coordination with vendors to ensure timely delivery of material to workers.
- Installation of new conveyor at PC-32 LINE with zero Recordable Injury incident.

Achievements:

- 1 million Safe Manhours in AMAALA STAFF Village Project (0.85 Billion SAR Project)
- 1 million Safe Manhours in Delta B, Qiddiya Lower Plateau Project (1.0 Billion SAR Project)
- Safety Star of Month in AMAALA Project for designing Data Dashboards and Tracking System
- Safety Star Appreciation Shield received by Supervision Consultant (AECOM) for best performance in Delta B.

- Received Letter of Appreciation for Site Safety Campaigns and Safety Culture Development
- Safety Star of Month in Pepsi Cola International for Production Hall Conveyors and Lift Safety. Magnetic Safety Interlocking for Bagmaking Machines.
- LinkedIn Certifications in Personality and Skill Development

COMPUTER PROFICIENCY

- **ACONEX**
- Microsoft Outlook
- Microsoft Teams
- MS Office (Excel, Power Point, Word)
- Zoom
- Google Meet

INTERESTS:

- MS Excel advance data analytical tools learning and practice,
- Dashboard designing,
- Newspaper

Languages:

- English
- Urdu
- Arabic
- Punjabi
- Saraiki
- Hindi

Reference:

Will be Furnished on demand