

**MUHAMMAD ARIF ANAR**  
**(HSE OFFICER)**

**NEBOSH IGC CERTIFIED**

Email: [arifanar394@gmail.com](mailto:arifanar394@gmail.com)

Call and WhatsApp: [+966559081266](tel:+966559081266)

Experience: [5+ Years](#)

Languages: [English, Urdu, Arabic](#)

Iqama Status: [Transferable](#)



## HSE PROFESSIONAL SUMMARY

**More than 5.5 years of experience on Mega projects of Residential Towers & Buildings, high rise buildings. Experience achieved in KSA,**

Dedicated experience for assistance in developing HSE systems and managing all aspects of projects' life cycle. I'm driven, hardworking and completed a few projects to an excellent standard, on time and now looking to expand my experience within a role that combines new builds in my career and monitors and prevents potential workplace safety hazards through routine inspections and training, accurate and up-to-date documentation of policies, procedures and data and investigations into accidents, injuries, and unsafe conditions.

• HSE training	• Accident Prevention/Investigation
• Hazardous Wastes	• Interpersonal & Presentation skills
• Health and Safety Law	• Efficient in working under pressure
• Job Safety Analysis (JSA)	• Emergency Procedures, Evacuation & Fire Drill
• Toolbox Talks	• Root Cause Analysis, Accident Incident Reporting
• Occupational Health and	• Capable to deal and work with people from various cultures
• Well versed in deployment of Environmental, Health, and Safety (EHS) standards for Vertical Construction (High Rise Buildings),	

## EDUCATIONAL & PROFESSIONAL QUALIFICATION

- Bachelor of Geology
- NEBOSH - International General Certificate in Occupational Health and Safety (UK)
- Diploma of Information Technology (DIT)

## OSHA 30Hrs & IOSH

- First Aid Certification

## WORK EXPERIENCE

<b>Position</b>	Safety Officer
<b>Client</b>	Qiddiya
<b>Company</b>	Dar Aluminum Product Company (DALPCO)
<b>Project</b>	Qiddiya Six Flags (QSF)
<b>Duration</b>	21 April 2024 up To Till Date 2025

## RESPONSIBILITIES

- Ensure all action items identified as health, safety and environmental deficiencies are followed up and complete.
- Supervise the regular inspection of firefighting, safety and emergency response equipment.
- Attending tool box talks to all workers of particular work before work starts.
- Ensures that safety equipment and facilities are kept in best conditions. Inspection and preventive maintenance programs, setting up efficient record keeping systems of all equipment under my responsibility and recommend replacement for defective equipment.
- Make sure all the work permit requirements are fulfilled at job site.
- Responsible to stop all work when an unsafe act or condition is identified, take action to ensure all conditions safe before work is resumed;
- During field visits, observe and monitor compliance with safety corporate programs;
- Ensure that all field location practices are aligned with the expectations and standards for health and safety in t workplace;
- Closely monitor high risk activities such as lifting activities , work at height, air monitoring, movement of abnormal load etc.
- Ensure that all field employees have the appropriate up to date safety training certifications while making on-s visits;
- Ensure all field employees are properly trained with site specific emergency response procedures.
- Responsible for the on-site review of safety procedures;
- Conduct on-site safety drills with field personnel as required;
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<b>Position</b>	Safety Officer
<b>Client</b>	Arabian Centres (Cenomi Centers)
<b>Company</b>	Lynex Contracting Company
<b>Project</b>	Jawharat Al-Riyadh
<b>Duration</b>	June 2023 up to March 2024

## RESPONSIBILITIES

- To ensure implementation of dilient policies in all activities.
- Provide support to Project team in all aspects of occupational health safety and environmental issues.
- Inspecting entire work site based on planned schedule and taking suitable steps to eliminate all unsafe conditions.
- Investigate and complete process for close out of all Accident.
- Investigation Reports and prepare/submit lessons learned.
- Manage Safety Weekly, Monthly HSE statistic reporting, provide regular HSE performance reporting to Department head.
- Decision making, critical thinking and can work well under pressure.
- Work independently or in a team as per demand Quick learner, keen to learn and improve skills  
Conducting HSE induction training for all new employees.
- Conducting in-house HSE training programs, conducting emergency mock drills.
- Be a part of Risk assessment team while doing risk assessment
- Preparing Job Safety Analysis for activates and other required safety documentation.
- Attending all HSE meetings with client and their representatives to raise safety issues and constraints.
- Ensure training. TBT meetings, and drills implemented part of company's training and HSE program.
- Ensuring employees understand expectations during evacuation drills and addressing concerns raised by emergency response team.

<b>Position</b>	Safety Officer
<b>Client</b>	AR Riyadh New Mobility (ANM)
<b>Company</b>	Arail Construction & Industrial Co. Ltd
<b>Project</b>	3J1 Shallow Station (Riyadh Metro Project),KSA.
<b>Duration</b>	June 2022 to April 2023

## Responsibilities As HSE Officer:

- Verify third party certification for loose lifting gear, pressure vessels, electrical equipment etc and being used properly.
- Verify all scaffolding is tagged and a safe condition.
- Identify site hazards, non-conformances, corrective and preventive actions.
- Closely monitor high risk activities; confined space entry gas testing and air monitoring, lifting activities work at height, movement of abnormal loads etc.
- Identify additional safety training requirements to be delivered to the workforce.
- Investigate unsafe acts and conditions and provide solutions to prevent recurrences.
- Lead Junior Safety Officers and Safety Assistants in an immediate response to incidents and emergency situations that occur on site, act as emergency marshals and provide first aid **HSE**.

<b>Position</b>	Safety Officer
<b>Client</b>	Abu Dhabi Commercial Engineering (ADCE)
<b>Company</b>	Asqalan Construction &Development LLC
<b>Project</b>	Commercial & Residential Building Al-Raha Beach Abu Dhabi
<b>Duration</b>	November 2020 to January 2022

**RESPONSIBILITIES:** Planning of Daily Work Activities, Safety Standards, also Workplace monitoring and regular inspection of ongoing construction activities, mechanical jobs, Form Work for Construction erection, Working at height, Installation at height, etc. also Management Safety Walk, Safety Committee Meetings, Weekly Progress Meetings.

**Other Roles & Responsibilities are the following: -**

- Issuing Different PTWs.
- Ensure the client and Company's procedures to be followed during construction activities
- Ensure the promotion of HSE awareness among the construction personnel at all levels through Safety bulletins flyers, audio/visual means, Safety meetings and training.
- Controlled hazardous waste storage and disposal.
- Ensure the Safety Inspections on Scaffolding, Equipment, Ladders, Lifting Equipment and Tools on regular basis, recommend corrective actions and monitor implementation of recommended corrective actions.
- Ensure the committee meetings at this project monitoring of the improvements of safety performance in weekly tool box meetings and Safety
- Ensure that the accident investigation and reporting procedure is communicated to all employees.
- Ensure awareness of emergency procedure among all employees.
- Specific and Right PPE related to the Job. Accident/incident investigation report. Safe working procedure for working at height.
- Checking un-safe acts and un-safe conditions. Coordinating safety meetings/inductions.
- Make monthly inspection of moving Equipment's, Fire Extinguisher and ladder etc.
- Lighting Survey at night and noise survey at noisy area. Reporting of unsafe acts and unsafe conditions.
- Display the important safety information's on the safety board at several places.

## **HSE PROFESSIONAL TRAINING ATTENDED WERE**

- Working At Height (Fall Protection).
- First Aid.
- Power Tools.
- Scaffolding Safety.
- PPE's Usage.
- Ladder Safety.
- Safe Material Handling.
- Confined Space Training.
- Excavation Safety.
- Crane Safety.
- Permit to Work Training.
- Fire Warden

## **COMPUTER SKILL**

- MS Office (Word, Excel, PowerPoint)
- Outlook
- MS window

## **REFERENCES**

Available Upon Request

# KHUSHAL KHAN KHATTAK UNIVERSITY, KARAK (PAKISTAN)

Roll No/Class No: 10  
Result declared on: 19-11-2019



Serial No: 000818  
Registration No: 056-KKKUK(Geo)-F2015

SESSION FALL 2015 – SPRING 2019

MUHAMMAD ARIF ANAR Son / ~~Brother~~ of ANAR GUL

and a Student / ~~Parent~~ Candidate of DEPARTMENT OF GEOLOGY having completed

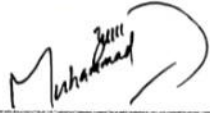
the prescribed requirements is this day admitted by the University to


THE DEGREE OF  
BS Geology

in 3.30 Division/Grade/CGPA

The examination was taken as a whole ~~in parts~~.



  
Controller of Examinations

  
Vice Chancellor

  
Registrar





# NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

**Muhammad Arif Anar**

was awarded this qualification on

11 April 2025

Rob Hull  
Chair

Dee Arp  
Accountable Officer

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



The National Examination  
Board in Occupational  
Safety and Health

Dominus Way  
Meridian Business Park  
Leicester LE19 1QW

www.nebosh.org.uk

16 April 2025

## NEBOSH International General Certificate in Occupational Health and Safety

### UNIT RESULT NOTIFICATION

Learner number: **00901118**  
First name/s (given name): **Muhammad Arif**  
Surname (family name): **Anar**  
Full name: **# Muhammad Arif Anar**

Learning Partner: **1382 - Charisma Workforce Development**

Unit	Description	Mark	Status	Exam Date	Results expected	Learning Partner	Unit result	High valid mark
IG1	Management of Health and Safety	51	Pass	05/02/2025	11/04/2025	1382	Pass	51
IG2	Risk Assessment		Pass	05/02/2025	11/04/2025	1382	Pass	

Overall mark: **51**  
Grade: **PASS**

For any information on your Certificate/Parchment please click [here](#).

If you have received a refer in your unit(s) and would like to re-sit the unit, please contact your Learning Partner to book a re-sit. Alternatively, if you believe your mark does not reflect your performance, you can apply for an Enquiry About Result. For more information on this process click [here](#).

NEBOSH offers a wide range of qualifications for learners at all stages of their career. For more information, please visit our website or click [here](#).

\*\* Your name will appear on your qualification parchment as shown above, please ensure your full name is displayed correctly.

To validate the information on this document, please select [here](#).

This qualification has been credit rated for the SCQF by SQA. Please refer to the table(s) below for the unit combinations concerned:

Title	Level	Credit Points
UNIT IG1	6	5
UNIT IG2	6	6
OVERALL CREDIT RATING	6	11



Registered in England and Wales number 2698100  
A charitable company limited by guarantee  
Registered charity number 1010444



This is a certificate awarded to

**Muhammad Arif Anar**

on successfully completing

**IOSH Managing Safely**

a course approved and validated by the

**Institution of Occupational Safety and Health**

in association with

**Professional Safety Training And Consultancy**

*Approved Centre: 2643*

Signed on behalf of IOSH

*Vanessa Howard-Wicks*  
Chief Executive



*[Signature]*  
Course Organiser

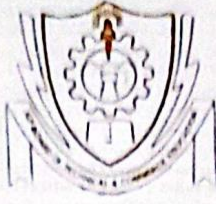
Date: 15 February 2020

Cert No: MS973859

Possession of this certificate does not confer exemption from accredited qualifications which lead to membership of IOSH.

S. No. 53631

Roll No 177066



**Khyber Pakhtunkhwa Board of Technical & Commerce Education  
Peshawar Pakistan**

**DIPLOMA IN INFORMATION TECHNOLOGY**

Session 1st Term 2021

*This is to certify that*

Mr/Miss. M. ARIF ANAR  
Son/Daughter of ANAR GUL  
Registration No. FPIK/KK/DITR/2nd-20/E-12766  
of FAIZAN POLYTECHNIC INSTITUTE AMBIRI KILLA KARAK

has satisfactorily completed the one year duration Information Technology course titled "Diploma in Information Technology" and passed the Examination held by the Khyber Pakhtunkhwa Board of Technical Education, Peshawar, in the month of March 2021

He/She secured 1116 Marks out of 1400 and has been placed in Grade A

In recognition thereof, this Diploma In Information Technology is awarded to him/her at Peshawar,

on the 24th day of November 2021

  
ASSISTANT SECRETARY

  
SECRETARY

*This Diploma is issued without any alteration or eraser*  
Printed by wajid Hassan