



Mustafeez Ur Rahman

Work : Al lith, Saudi Arabia

Email: urrahmanh97@gmail.com **Phone:** (+966) 549866012

WhatsApp Messenger: +966549866012

Gender: Male **Date of birth:** 10/03/2003 **Nationality:** Pakistani

ABOUT ME

Highly motivated and results-oriented HSE/Safety Officer with 2 years of experience in implementing and maintaining a comprehensive HSE (Health, Safety, and Environment) management system. Proven ability to identify and mitigate workplace hazards, conduct safety inspections, and deliver effective training programs. Strong analytical and communication skills with a commitment to fostering a safe and healthy work environment.

WORK EXPERIENCE

[26/10/2024 – Current]

HSE officer

Emaar Al badar

City: Al lith, Jeddah | **Country:** Saudi Arabia

[15/10/2022 – 15/10/2024]

HSE Officer

Universal Tobacco Pvt Limited

City: Mardan | **Country:** Pakistan

Responsibilities:

- Conduct tool box talk to aware the employees from the hazard and it's control measures.
- Inspected tools and equipment to ensure that they were safe to use and properly maintained.
- Monitored the color-coding of portable power tools, fire extinguishers, full body harnesses, etc. to ensure that they were properly identified and used.
- Conducted risk assessments and developed control measures to mitigate hazards.
- Conducted routine site safety inspections and reporting to identify and address potential hazards.
- Conducted and organized mock drills to ensure that employees were prepared for emergencies.
- Ensured that the site welfare facilities were adequate and properly maintained.
- Making daily reports regarding unsafe procedures on the Jobsite and preventive steps to avoid recurrence.
- To review and ensure" Lock Out Tag Out "for all High Voltage Medium Voltage, Low Voltage Switchgears, Transformer, and all electrical equipment on site.
- Captured near misses, first aid cases, and incidents and prepared reports to track trends and identify areas for improvement.
- Install different safety signage at different location in the site.
- Ensure that the firefighting equipment is present near all the sensitive areas.
- Monitor all workers to ensure proper safety outfits, such as safety harnesses, safety shoes, helmets, safety glasses, eye goggles, earplugs, and masks.
- Daily, weekly, monthly, and quarterly inspection and monitoring of all activities and facilities.

EDUCATION AND TRAINING

[07/09/2020 – 07/09/2023]

Diploma In Health & safety engineering

PIEMS College system

City: Peshawar | **Country:** Pakistan |

[02/09/2019 – 21/09/2021] **Higher secondary school certificate**

Mardan model school & college

City: Mardan | **Country:** Pakistan |

[10/02/2017 – 10/03/2019] **Secondary school certificate**

Govt. Centennial model high school for boys

City: Mardan | **Country:** Pakistan |

CERTIFICATION

NEBOSH IGC Level 3

International general certificate in occupational health and safety

OSHA 30 hours general industry standard

Occupational health and safety American society

IOSH

Institution of occupational health and safety

ISO 45001: Lead auditor course

Occupational health and safety American society

Level 2 award in fire safety principle

Aosh awarding body united kingdom

International Level 2 Award in First Aid at Workplace

Occupational health and safety American society

Basic life support

Saudi heart association

SKILLS

HSE Management System Implementation

Risk Assessment & Management

Permit to Work System & Method Statement

Workplace Safety & Welfare Management

OSHA Standard

Equipment & Tool Inspection & Management

Safety Inspection

Emergency preparedness

Communication Skills

Safety Training & Drill Preparation

Incident Reporting & Investigation

LANGUAGE SKILLS

Other language(s):

English

LISTENING B2 READING B2 WRITING C1

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Urdu

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

REFERENCES

Available upon request



nebosh

NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

Mustafeez Ur Rahman

was awarded this qualification on

17 April 2023

Les Philpott
Chair

Dee Arp
Accountable Officer

Master log certificate No: 00712697/1351634

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

Mustafeez Ur Rahman

on successfully completing

Managing Safely

a course approved and validated by the

Institution of Occupational Safety and Health

in association with

ACME Institute of Safety Professionals

Approved Centre: 3278

Signed on behalf of IOSH

Vanessa Howard-Williams

Chief Executive

[Signature]

Course Organiser





OSHAS

Occupational
Safety & Health
American Society

Cert No. : 0052706

Certificate of Completion

Mustafeez Ur Rahman

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



14-10-2022

Issue Date

Marcus Hilton
Director Training



www.oshas.us

OSHA



Occupational
Safety & Health
American Society

OSHAS

OSHAS

OCCUPATIONAL SAFETY & HEALTH AMERICAN SOCIETY

This is to certify that

Mustafeez Ur Rahman

Has successfully completed all the assessments & academic
requirements for following program

ISO 45001:2018 (OHSMS) Lead Auditor Course

12-10-2022

Issue Date

HENRY D'COOPER
CHIEF EXECUTIVE OFFICER

MARCUS HILTON
DIRECTOR TRAINING



www.oshas.us

Cert No. : 52710



This is to certify that

Mustafeez Ur Rahman

has successfully completed

Level 2 Award in Fire Safety Principles

a course approved and validated by the

Aosh Awarding Body United Kingdom

in association with

HSE Academy (private) Limited


Course Provider


Chief Executive



Cert. No.: 0078615875



Date: 04 Oct 2022



OSHAS

Occupational
Safety & Health
American Society

OSHAS

OCCUPATIONAL SAFETY & HEALTH AMERICAN SOCIETY

This is to certify that

Mustafeez Ur Rahman

Has successfully completed all the assessments & academic
requirements for following program

International Level 2 Award in First Aid at Workplace

19-12-2022

Issue Date

HENRY D'COOPER
CHIEF EXECUTIVE OFFICER

MARCUS HILTON
DIRECTOR TRAINING



www.oshas.us

Cert No. : 53181

BLS Provider

This certifies that the holder of this card has successfully completed the national cognitive and skills performance examination in accordance with the standards and guidelines of the Saudi Heart Association for the Basic Life Support.



Saudi Heart Association
جمعية القلب السعودية

MUSTAFEEZ UR RAHMAN

Registration ID: 220598
Issued: Jan 17 2025
Expired: Jan 17 2027
eCertificateID: 205550115040
Training Center: Al Borg Academy Center



Prof. Fahad Alshime
Chairman, National CPR Committee
Saudi Heart Association

To view or verify authenticity, students and employers should scan this QR code with their mobile device.

جمعية القلب السعودية
Saudi Heart Association



NATIONAL LIFE
SUPPORT COMMITTEE



Roll No. 9003737

Session: 2020-2023

Serial No. 33655

Pakistan Technical & Educational Council Islamabad

Islamabad - Pakistan

Established Under (ACT, XXI of 1860 Govt. of Punjab Pakistan)
www.ptec.com.pk



Diploma

Certified that Mr/Miss/Mrs. MUSTAFEEZ UR RAHMAN S.O/D.O/W.O HAFEEZ UR RAHMAN

Registration No. PTEC/PCS/A261-9880 Institute PIEMS COLLEGE SYSTEM PESHAWAR

appeared and passed the trade proficiency test in accordance with the requirements of the National Occupational Skills standards of 3 YEARS duration prescribed by the Pakistan Technical & Education Council, Government of Punjab in the Trade of HEALTH AND SAFETY ENGINEERING

The test was conducted by the Pakistan Technical & Education Council in the month of JULY, 2023

His/Her proficiency in the trade test is as under:- 1) Theory 1616 2) Practical 995

The examination was taken as a whole/in parts.

And in recognition thereof this Trade Certificate is issued on the TUESDAY SEPTEMBER 12, 2023

Total Marks	Marks Obtained	Percentage	Grade
3450	2611	75.68%	A



Controller of (Exam)



Secretary, PTEC



Pakistan Technical & Educational Council Islamabad

DETAILED MARKS CERTIFICATE

1ST YEAR HEALTH AND SAFETY ENGINEERING

Roll No: 7003757 Session: ANNUAL 2020-2021

Reg No: PTEC/PCS/A261-9880

Name of Candidate: MUSTAFEEZ UR RAHMAN

Father's Name: HAFEEZ UR RAHMAN

Institute / College: PIEMS COLLEGE SYSTEM PESHAWAR



S#	SUBJECTS	TOTAL MARKS	OBTAINED MARKS		
			TH	PR	TOTAL
01	Foundations in Health, Safety, and Environment	50	35	-	35
02	Policy	100	64	-	64
03	Organizing	150	124	-	124
04	Planning	50 / 50	29	31	60
05	Measuring, Audit, and Review	50 / 50	41	30	71
06	Work Equipment Hazards and Risk Controls	100 / 100	67	92	159
07	Fire Hazards and Risk Controls	100 / 50	95	45	140
08	Transport Hazards and Risk Controls	50 / 100	47	67	114
09	Electrical Hazards and Risk Controls	50 / 50	36	43	79
10	Construction Hazards and Risk Controls	50	-	28	28
TOTAL MARKS		1150	-	-	874

Errors and omissions excepted any mistake in above particulars must be intimidated within 30 days of issuance of this certificate.

Theory Passing Marks=40%
Practical Passing Marks=50%



Controller of Examination



Pakistan Technical & Educational Council Islamabad

DETAILED MARKS CERTIFICATE

2ND YEAR HEALTH AND SAFETY ENGINEERING

Roll No: 8003787 Session: ANNUAL 2021-2022
Reg No: PTEC/PCS/A261-9880
Name of Candidate: MUSTAFEEZ UR RAHMAN
Father's Name: HAFEEZ UR RAHMAN
Institute / College: PIEMS COLLEGE SYSTEM PESHAWAR




S#	SUBJECTS	TOTAL MARKS	OBTAINED MARKS		
			TH	PR	TOTAL
1ST YEAR MARKS		1150	-	-	874
01	Significance of HSE	100	50	-	50
02	Health and Safety Management and Administration	150	145	-	145
03	Health and Safety Management	50 / 50	28	39	67
04	Principles of Accident Prevention	50 / 50	36	48	84
05	Occupational Diseases and Conditions	100 / 100	81	59	140
06	First Aid	100 / 50	76	48	124
07	Construction and Contractors	50 / 100	25	55	80
08	The Working Environment	50 / 50	42	39	81
09	Dangerous Substances	50 / 50	26	48	74
TOTAL MARKS		2300	-	-	1719

Errors and omissions excepted any mistake in above particulars must be intimated within 30 days of issuance of this certificate.

Theory Passing Marks=40%
Practical Passing Marks=50%




Controller of Examination



Pakistan Technical & Educational Council Islamabad

DETAILED MARKS CERTIFICATE

3RD YEAR HEALTH AND SAFETY ENGINEERING

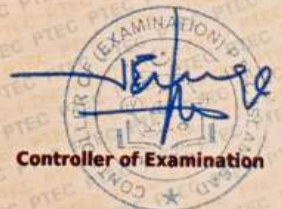
Roll No: 9003737 Session: ANNUAL 2022-2023
Reg No: PTEC/PCS/A261-9880
Name of Candidate: MUSTAFEEZ UR RAHMAN
Father's Name: HAFEEZ UR RAHMAN
Institute / College: PIEMS COLLEGE SYSTEM PESHAWAR



S#	SUBJECTS	TOTAL MARKS	OBTAINED MARKS		
			TH	PR	TOTAL
2ND YEAR MARKS		2300	-	-	1719
01	Safety in Offices, Workshops and in Catering	50	47	-	47
02	Introduction to Health and Environment	100	50	-	50
03	Environmental Quality and Human Activity	50 / 100	26	82	108
04	Energy use and Sustainable Development	100	94	-	94
05	Outdoor Air Pollution	150 / 50	140	40	180
06	The Indoor Environment	100 / 50	67	36	103
07	Global Climate Change and Human Health	100 / 50	95	38	133
08	The Balance of Ecosystems and Human Health	100 / 50	50	38	88
09	Action at Global and Local Levels	100	-	89	89
TOTAL MARKS		3450	-	-	2611

Errors and omissions excepted any mistake in above particulars must be intimated within 30 days of issuance of this certificate.

Theory Passing Marks=40%
Practical Passing Marks=50%



Controller of Examination

Roll No. 608685

Serial No. 438036

Reg_No:
26-B/MMCM-2019

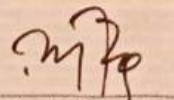
Group:
PRE MEDICAL

Board of Intermediate and Secondary Education
Mardan
Khyber Pakhtunkhwa Pakistan

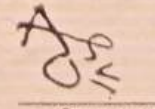


Higher Secondary School Certificate Examination ,Annual 2021

This is to certify that MUSTAFEEZ UR RAHMAN Son of HAFEEZ UR RAHMAN
and student of THE MARDAN MODEL SCHOOL & COLLEGE MARDAN
has passed the Higher Secondary School Certificate Examination of the Board of Intermediate and Secondary
Education, Mardan, held in July/August,2021 as a Regular Candidate.
He obtained 824 Marks out of 1100 and has been placed in Grade A Representing Excellent.
The Examination was taken as a whole.


Asstt. Secretary

This certificate is issued without alteration or erasure.


Secretary





BOARD OF INTERMEDIATE AND SECONDARY EDUCATION
MARDAN
Khyber Pakhtunkhwa, Pakistan

BISE MARDAN
KHYBER PAKHTUNKHWA

S.No.MB 0033421

Roll No: 608685

Reg No: 26-B/MMCM-2019



PROVISIONAL AND DETAILED MARKS CERTIFICATE
INTERMEDIATE (ANNUAL) EXAMINATION - 2021
PRE-MEDICAL (Part-II)

MUSTAFEEZ UR RAHMAN Son/Daughter of HAFEEZ UR RAHMAN

of Institution/District THE MARDAN MODEL SCHOOL & COLLEGE MARDAN

has secured the marks shown against each subject in the Higher Secondary School Examination held in the month of JULY/AUGUST as REGULAR Candidate.

Subjects	Marks	Marks Obtained				Total	Marks in Words
		Part-I		Part-II			
		Theory	Pract	Theory	Pract		
English	200	77	--	77	--	154	One Hundred Fifty-Four
Urdu	200	77	--	77	--	154	One Hundred Fifty-Four
Islamic Education	50	39	--	--	--	39	Thirty-Nine
Pakistan Studies	50	--	--	39	--	39	Thirty-Nine
Physics	200	48	12	48	12	120	One Hundred Twenty Only
Chemistry	200	62	13	62	13	150	One Hundred Fifty Only
Biology	200	70	14	70	14	168	One Hundred Sixty-Eight

Total : 1100

824-A Eight Hundred Twenty-Four Only

Remarks :

Prepared by :

Checked by : *Farman*

Date of Declaration of Result: 21-09-2021

Date of Issue: 21-09-2021

Note: Errors/Omissions are excepted. Any mistake in above particulars must be intimated within 30 days after declaration of result.

Rashidul

Controller of Examinations

BISE, Mardan

Roll No. 103336

Serial No. 685094

Group Science

Board of Intermediate and Secondary Education
Mardan
Khyber Pakhtunkhwa Pakistan



Secondary School Certificate Examination ,Annual 2019

Certified that MUSTAFEEZ UR RAHMAN Son of HAFEEZ UR RAHMAN
and student of GOVT. CENTENNIAL MODEL HIGH SCHOOL FOR BOYS MARDAN has passed the Secondary School

Certificate Examination of BISE, Mardan, held in Mar/Apr,2019 as Regular Candidate.

He obtained 843 Marks out of 1100 and has been placed in Grade A Representing Excellent.

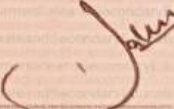
The candidate passed the following subjects:

- | | | | |
|------------|------------|---------------------|---------------------|
| 1. English | 2. Urdu | 3. Islamiyat (Comp) | 4. Pakistan Studies |
| 5. Maths | 6. Physics | 7. Chemistry | 8. Biology |

Date of birth as per record is: Tenth March Two Thousand Three (10-03-2003)


Asstt. Secretary

This certificate is issued without alteration or erasure.


Secretary





BISE MARDAN
KHYBER PAKHTUNKHWA

BOARD OF INTERMEDIATE AND SECONDARY EDUCATION
MARDAN
Khyber Pakhtunkhwa, Pakistan

S.No.MB 0251590

Roll No 103336

Enrolment No 94-B/GCMHM-
2017

Group SCIENCE

PROVISIONAL AND DETAILED MARKS CERTIFICATE
SECONDARY SCHOOL CERTIFICATE EXAMINATION
Session 2019 (Annual)



Mustafeez Ur Rahman

Son/Daughter of Hafeez Ur Rahman

of Institution/District Govt. Centennial Model High School For Boys Mardan

has secured the marks shown against each subject in the Secondary School Examination held in the
month of March/April as Regular Candidate

Subject	Marks			MARKS OBTAINED					In Words
	Theory	Pract	Total	9Th		10Th		Total	
				Th	Pract	Th	Pract		
1. English	75	-	150	52	--	61	--	113	One Hundred Thirteen
2. Urdu	75	-	150	56	--	60	--	116	One Hundred Sixteen
3. Islamiyat (Comp)	50	-	100	37	--	38	--	75	Seventy-Five
4. Pakistan Studies	50	-	100	37	--	39	--	76	Seventy-Six
5. Physics	65	10	150	38	10	45	10	103	One Hundred Three
6. Chemistry	65	10	150	59	10	41	10	120	One Hundred Twenty Only
7. Biology	65	10	150	57	10	57	10	134	One Hundred Thirty-Four
8. Maths	75	-	150	52	--	54	--	106	One Hundred Six

Total 1100

843-A Eight Hundred Forty-Three Only

Date of Birth (In Figures) 10 March , 2003

Remarks

(In Words) Ten, March , Two Thousand Three

Prepared by

Result Date

27-06-2019

Checked by

Issue Date

27-JUN-19

Rashidul .
Controller of Examinations BISE
Mardan

Note:- Error & Omissions are excepted. Any mistake in above particulars must be intimated within 30 days after declaration of result.



TO WHOM IT MAY CONCERN

It is certied **Mustafeez Ur Rahman S/O Hafeez Ur Rahman** has worked in our company as safety Officer in our projects from **15 October 2022 to 15 October 2024**.

His duties included an inspection of the hot work area, work at height, implemented LOTO, Captured near misses, Monitored the color-coding of equipment and tools etc.

Universal Tobacco (Pvt.) Ltd.

