

# Zeeshan

## Health and Safety Professional

Address: Riyadh, Saudi Arabia  
Phone: +966 57 849 3440  
Iqama: Valid & Transferrable  
Email: [zeeshan.chemist78@gmail.com](mailto:zeeshan.chemist78@gmail.com)



### OBJECTIVE SUMMERY

I have done a Master degree in Chemistry, with extensive experience in research and practical application. I have gained significant knowledge and expertise in areas such as supervision, problem-solving and material management. Health and Safety professional based in Saudi Arabia, with Five (5) plus years of experience in the field of occupational Health, Safety and Environment in different construction, upstream, infrastructure and maintenance projects as a safety officer. Skilled in hazard identification, compliance enforcement, and incident response. Adapt at fostering a culture of safety through effective training and proactive risk assessment management, ensuring a secure work environment aligned with regional regulations.

### CORE COMPETENCIES

Training program implementation	Hazard Identification	Toolbox Talks
Work inspection at daily basis	Fire safety	Documentation

### PROFESSIONAL EXPERIENCE

#### ----- EXPERIENCE -----

**Contractor:** Al Hussam Contracting Company KSA  
**Client:** Najran University  
**Project:** Art & Science College( Extension Building 04 Block C)  
**Position:** Safety officer  
**Period:** Aug 2022 to Mar 2025

**Contractor:** ESEC International Contracting company Ltd  
**Client:** Al Dar Properties  
**Project:** Al Falah Community Development 200 Villas  
**Position:** Safety Officer  
**Period:** Mar 2021 to May 2022

**Contractor:** KPOGCL  
**Client:** Govt of Khyber Pakhtunkhwa  
**Project:** East west Pipeline installation Phase -02 Extension  
**Position:** Safety Assistant  
**Period:** Jan 2019 to Nov 2020

As a Safety Officer, I was responsible for the following task:

#### **Safety Officer Responsibilities;**

- Induction of new employee and vertigo test of the new employee.
- Regular risk assessment for tasks, places of posters and signage.
- Conduct daily TBT every morning.
- Ensure daily work permit to work permit system.
- Conduct and safety inspection of PPE's.
- Continuous monitoring of the work site.
- Safety inspection of tools, equipment and machinery with their documentation.
- Identify and record hazards and safety observations.
- Inspection of scaffolding Tags.
- Supervision of confined space entry job.

- Making daily observation report.
- Provide progress report weekly to HSE manager.
- Inspection of cutting, welding, grinding, lifting and handling tools to ensure safety.
- Provide training on emergency procedures to be followed.
- Involve management meeting and preparing minutes.
- Ensure that all accidents/incidents are properly investigated and reported.
- Checking documentation of the workers i.e orientation card, passport and also TUV from skilled labors.
- Barricading the working areas with safety warning tape.
- Checking the work and health condition of the workers.
- Correct unsafe acts and unsafe conditions.
- Implementation of safety policies and procedure at all levels of construction.
- Check and updates weekly and monthly inspection Tags like fire extinguisher and scaffolding Tags.
- Serve as primary contact to oversee injury case management per HSE manager direction.
- Implementation of HSE policies.

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### **TRAINING AND COURSES**

- ✓ Completed two-days “**Be-Safe**” “Violence prevention (prevention of violence against children)” training at Pakistan Red Crescent Society (PRCS).
- ✓ Completed Six-days “**Community based health and first aid (CBHFA)**” training at PRCS.
- ✓ Completed three-days “**Community based Disaster Risk Reduction/Disaster Management (DRR/DM)**” training at PRCS.
- ✓ Completed two-days “**Basic first aid to the Injured w/o CPR response**” training at PRCS.

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### **PROFESSIONAL QUALIFICATIONS AND EDUCATION**

- 1 **NEBOSH IGC in Occupational Health and Safety**
- 2 **Health & First Aid at work place**
- 3 **Diploma in Environmental and Sustainability**
- 4 **Manual Handling Operations Awareness**
- 5 **Personal Protective Equipments (PPEs)**
- 6 **Bachelor in Science**
- 7 **Master in Chemistry**

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### **IT SKILLS**

- ✓ **Microsoft Excel** Elementary level skills
- ✓ **Microsoft Word** Elementary level skills
- ✓ **Power Point (PPT)** Elementary level skills

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### **PERSONAL INFORMATION**

- **Linguistic Proficiency:** English, Arabic (Basic), Urdu and Pashto
- **Driving License:** Pakistani Driving License
- **Marital Status:** Single



Date: 20-03-2025

## EXPERIENCE CERTIFICATE

This to certify that **Mr. Zeeshan** has worked with our Company as **Safety Officer** from **August 2022** to **March 2025**.

He performed his duty very efficiently and professionally. He exerted very good effort and showed very high level of proficiency and experience on the Project of Art & Science College (Extension Building -04 Block C) Najran University.

We recommend him highly to do any Safety Job due to wide variety of safety professional experience he gained.

This certificate is given to him upon his request.

Best Regards,  
**Engr. Nawar Easy**  
Projects Manager



شركة (س) العامة للحقن  
Al Husam General Contracting Saudi Arabia L.L.C.

شركة (س) العامة للحقن AZZALY  
Al Husam Bo Al Street Rawda, Riyadh, Saud Arabia, P.O Box 271055, Riyadh 11552 T: \*966 1 2543338 F: \*966 1 2543838  
E: \*usanf@faam.comsa www.alhusam90up.com



**Date:** 20-05-22

## EXPERIENCE CERTIFICATE

This is to certify that **Mr. Zeeshan** was employed with us as a **Safety Officer** from **March 2021** to **May 2022**.

During his tenure, he was responsible for overseeing site safety, ensuring compliance with occupational health and safety regulations, conducting toolbox talks, and promoting a safe working environment. Mr. Zeeshan carried out his duties with dedication, professionalism, and a proactive approach to risk prevention.

He has proven to be a reliable and competent safety professional.

We appreciate his contributions and wish him all the best in his future endeavors.

  
Talal Ahmed  
Project Manager



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**KHYBER PAKHTUNKHWA OIL AND GAS COMPANY LIMITED  
(KPOGCL)**



(KP Government Fully Owned & Provincial Holding Company)  
3<sup>rd</sup> Floor, Ali Tower, Opposite Custom House, University Road, Peshawar, Pakistan

Tele: - +92 91-9216283 Fax: - +92 91-9216295

[www.kpogcl.com.pk](http://www.kpogcl.com.pk) [www.facebook.com/kpogcl](https://www.facebook.com/kpogcl) [www.twitter.com/kpogcl\\_oil\\_gas](https://www.twitter.com/kpogcl_oil_gas)

In relentless pursuit for Energy Security of Pakistan

KPOGCL/1-59-0184/O&G-IN0182/2016

Dated: 30-Nov-2020

## **TO WHOM IT MAY CONCERN**

This is to certify that **Mr.Zeeshan S/O Mumtaz** has worked in Khyber Pakhtunkhwa Oil and Gas company Limited (KPOGCL) as a **Safety Assistant** from **Jan 2019** to **Nov 2020**.

During his working with KPOGCL he has proved to be reliable and hardworking person throughout the career.

“We wish him all the best in his future endeavors”



Junaid Ahmed  
HR Officer

+92 333 9397195

[junaid.hr@kpogcl.com.pk](mailto:junaid.hr@kpogcl.com.pk)



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Serial No. 01

20006103

جامعة hazards

Registration No. 13-MSC-CH-F-HU-1  
Roll No. 33575

# HAZARA UNIVERSITY

Mansehra, Pakistan



The University in recognition of the fulfilment of prescribed requirements has conferred upon

Mr / Ms Zeeshan Son / Daughter of Mumtaz

The Degree of **MASTER OF SCIENCE** in Chemistry

in the examination held in August, 2015 session 2013-15 (Regular)

He / She was placed in 2.66 Division / Grade / CGPA.



*[Signature]*

Controller of Examinations

Date 16-11-2015

*[Signature]*

Vice Chancellor

*[Signature]*  
Registrar

Roll No: 111627

Sr. No: 700827



# National Technical Training Council

Registered with Government of Punjab Pakistan

# Diploma



This is Certify that ZEESHAN  
S/D/W of MUMTAZ  
Registration No ITPE/111627/RWP  
Has satisfactorily completed the TWO YEARS Program of Instructions  
in ENVIRONMENTAL AND SUSTAINABILITY ENGINEERING  
From 2015 To 2017 He/She showed the Following in Exams

Total Marks	Obtained Marks	Percentage	Grade
2000	1540	77 %	A

In recognition therefore

## This Diploma is Awarded

to student through internal assessment / examination held

by INSTITUTE OF TECHNICAL & PROFESSIONAL EDUCATION, RAWALPINDI  
Training Center / Workshop Campus of NTTC



CONTROLLER (EXAMS)



<http://www.nttc.org.pk/>

Note: This diploma/certificate issued without alteration or erasure Errors/omissions expected



DIRECTOR / CEO NTTC



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nebosh

# NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

**Zeeshan -**

was awarded this qualification on

**13 December 2021**

Les Philpott  
Chair

Dee Arp  
Accountable Officer

Master log certificate No: 00624186/1258320

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



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# CERTIFICATE

FOR SUCCESSFULLY COMPLETING

**Manual Handling Operations Awareness**

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PRESENTED TO

**zeeshan -**

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**DALE ALLEN**  
FOUNDER OF THE KNIGHTS OF SAFETY

**ROY ROGERS, CFIOASH**  
COURSE PROVIDER





# CERTIFICATE

FOR SUCCESSFULLY COMPLETING

**Personal Protective Equipment (PPE)**

PRESENTED TO

**Zeeshan -**

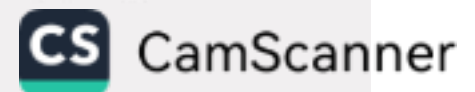
**DALE ALLEN**  
FOUNDER OF THE KNIGHTS OF SAFETY

**ROY ROGERS, CFIOSH**  
COURSE PROVIDER

Issued: 2025-06-10

Expires: 2026-06-10

Certificate ID: hyugzt2qsp



## بيانات مقيم

تاريخ التقرير ١٤٤٧-٠٢-٠٦  
رقم المشغل ١١٠٠٥٥٠٧٩٥  
الموقع بوابة مقيم

## بيانات الشخص - رب أسرة

رقم الإقامة	٢٦٠٨٤٠٦٨٧٨	رقم النسخة	١	الجنس	ذكر
الاسم	ZEESHAN MUMTAZ	دولة الميلاد	باكستان	الحالة الاجتماعية	أعزب
الاسم المترجم	ذیشان ممتاز	المهنة	عامل تحميل وتنزيل	مكان الدخول	مطار الملك خالد
تاريخ الميلاد	١٤١١-٠٧-١٧	تاريخ الدخول	١٤٤٦-١٢-١٢		
الديانة	الاسلام				
الحالة	صالح				

## بيانات الجواز

الرقم	DB0٨٤٣٨٦١	الجنسية	باكستان	مكان الإصدار	PAKISTAN
تاريخ الاصدار	١٤٤٥-٠٩-٠١	تاريخ الانتهاء	١٤٥٠-١٠-٢٥		

## بيانات الإقامة

تاريخ الإصدار	١٤٤٧-٠١-٠٥	تاريخ الانتهاء	١٤٤٧-٠٣-١٤	مكان الإصدار	جوازات الرياض
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## بيانات صاحب العمل

الرقم	٧٠٤٩٧٣٨٢٧٦	الاسم	شركة العنود محمد بن علي ال منصور
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# هوية مقيم

رقم النسخة ١

المملكة العربية السعودية

وزارة الداخلية



ذیشان ممتاز

ZEESHAN MUMTAZ

تاريخ الانتهاء: ٢٠٢٥/٠٩/٠٦

رقم الهوية: ٢٦٠٨٤٠٦٨٧٨

مكان الميلاد: باكستان

تاريخ الميلاد: ١٩٩١/٠٢/٠١

الديانة: الاسلام

الجنسية: باكستان

المهنة: عامل تحميل وتنزيل

هوية صاحب العمل: ٧٠٤٩٧٣٨٢٧٦

مكان الإصدار: جوازات الرياض

مكان العمل: منطقة الرياض



يجب التحقق  
من الرمز السريع  
قبل اعتماد  
التعامل مع الهوية



اسم صاحب العمل CS CamScanner شركة العنود محمد بن علي ال منصور

