



Health Safety Environment (HSE) Safety Professional

Dear Sir,

Sub: Application for the Post of Safety/OHS Manager

I have 15 years' experience in the field of Construction/Oil Gas Safety. I have been able to advance in my career through demonstrated initiative and the ability to work effectively under pressure.

I have had the opportunity to work independently in a complex environment, which has strengthened my communication and organization skills. I believe that both my skills and personal attributes match the requirements you seek for this role and that I would be able to effectively contribute to the team and the organization.

I have enclosed my CV along with this application.

Your favorable reply in this regard will be highly appreciated.

Thanking you.

Yours faithfully.

Ahmad Saeed



Career Objective:

He Who Saved One Life, Saved All Humanity




Mr. Ahmad Saeed

Email: ahmad2151987@yahoo.com
 OR Gmail: asaheed4422@gmail.com
 Mobile contact **+966-543977838**

Attributes:-

To be a part of an organization, which can provide me a dynamic platform to my capabilities to add value to their business Well-versed, accomplished system analyst and to gain experience in the field of occupational Safety Health environment and also utilize my skills, to increase the productivity of an organization and individual growth.

Academic Qualification:-

Degree	University	Subject
BACHELOR OF ARTS	 University of Malakand KPK Pakistan	(Statistics & economics)

Qualifications & Certification:-

- NEBOSH IDIP Level 6(BSc) National Examination Board of Occupational Health & Safety United Kingdom (UK) in Progress.
- Diploma of HSE engineering from Professional Skill Educational Council (PSEC) PAK
- NEBOSH IGC National Examination Board of Occupational Health & Safety United Kingdom (UK)
- Diploma Health Safety & Environment from Institute of Safety Management & Advanced Technologies
- Institute Trade Testing Professional Council Skill Development Government Punjab Pakistan from diploma in HSE as a Safety specialist
- Institute of Occupational Safety Health Managing Safely (IOSH MS) Certified from united kingdom UK
- Occupational Safety & Health Administration (OSH Academy 48 Hours) Certified From the USA
- National Fire Protection Association Pakistan (NFPAP) Certified Professional. This is a Forum for Fire Safety Awareness & Training Programs in Pakistan Region to Save Human Lives and Property Losses.
- Fire Safety Management course " FIRE SAFETY IN BUILDINGS " Certified From International Labor Organization (ILO).



- Fire Safety Management course " EMERGENCY ACTION PLAN "Certified From International Labor Organization (ILO).
- Management, Basic CPR & First Aid, fire warden, fire Marshal Safety and also other Basic work Safety Training
- Appreciation certificates received excellent works performances from Saudi Aramco & Hyundai and also EL-Seif Engineering contracting company Ltd.



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Key Responsibilities:-

- Ensure that the workplace possesses an ideal and safe work environment to protect the health of the staff and visitors
- Identify hazardous elements like chemical, physical, radiological, and biological in the workplace
- Inspect and evaluate all equipment, practices, and procedures by safety legislation and government regulations
- Develop, implement and monitor health and safety policy, programs, and plans
- Ensure that the company Safety rules and policies are followed, while working on a health and safety project
- Predict all kinds of potential risks (accidents, diseases, etc.), identify their causes, and recommend measures to prevent or minimize them
- Report all critical emergencies, accidents, staff complaints to the management, and investigate such cause
- Set up emergency plans and educate all employees on how to handle such situations
- Act as a liaison with the fire department regarding emergency procedures, communications, and fire safety education programs
- Suggest ways of recycling, waste disposal, pollution, and industrial waste prevention practices
- Increase health and safety awareness across all levels and departments of the organization
- Conduct safety inspections, health & safety test of the workplace periodically to prevent hazardous work environment
- Coordinate and provide necessary training in the areas of safety like first-aid, fire drills, accidents, etc.
- Maintain good relation and coordination with the company staff, management, and external parties to maximize a healthy environment and minimize risks
- Lead and assist colleagues at all levels in carrying out health and safety measures
- Coordinate and deal with health and safety committees, department of labor, government bodies, and regulating agencies
- Prepare budget proposals for the operation of health and safety measures, programs, and other requirements
- Prepare, review, and update appropriate sections of the company's emergency procedures manual
- Develop, implement and manage HSEQ policy, procedure and practice across all departments and sites. Ensure that policies and procedures are strictly adhered to, in order to maintain the integrity of the operational activities.
- Liaise as necessary with other organisations and relevant authorities to ensure compliance with legal obligations and statutory requirements.
- Proper and timely assessment of risks and subsequent implementation of appropriate action and interventions.
- Manage requirements for all appropriate training, through in-house training or external providers. Manage requirements for examinations, qualifications, registration and renewals where appropriate. Ensure that full training records are maintained.

- Promote a culture of responsibility, compliance and continuous improvement for all aspects of HSEQ. Develop and drive initiatives to minimise accidents and incidents.
- Develop, implement and manage emergency procedures, first-aid facilities, safety signs, relevant protective clothing and equipment, accident and incident reporting to the relevant authorities.
- Maintain up to date knowledge of environmental legislation and good practice. Raise awareness, at all levels of the impact of emerging environmental issues, whether legislative or best practice, on corporate, ethical and social responsibility.
- Manage and control policy, procedure and practice for exposure to hazardous substances and danger from flammable, explosive, electrical equipment, noise, radiation and manual handling, and all other potential risks. Knowledge of COSHH (Control of Substances Hazardous to Health -UK) regulations or equivalent.
- Provide training to staff at all levels to ensure that all members of the workforce recognise their own contribution to improved environmental performance.

Essential Skills

- Strong oral and written communication skills
- Competent and goal-oriented with experience in health and safety management
- Excellent leadership and analytical skills
- Ability to handle multiple projects
- Ability to complete the project within the deadline
- Ability to assess and predict potential risks and recommend essential remedial measures
- Excellent organizational and management skills
- Ability to handle high stress, emergency, fast-paced environment
- Energetic and self-motivated team player
- High problem-solving skills



Professional work Experience Records:-

Date	: JAN 2024 to up to date.
Company	: Awad Saad Binzafrah Contracting Company
Job Title	: OHS/Safety Manager
Project Name	: The Port Operation Upgraded Facilities W-O 26 P
Client	: NEOM & PARSONS Consultant
Reference	: Nagy Elshabrawy corporative Manager
Contact Details	: (+966-536617139) (nagy.elshabrawy@binzafrah.com)
Date	: September 2023 to up DEC 2024.
Company	: Awad Saad Binzafrah Contracting Company
Job Title	: OHS/Safety Manager
Project Name	: The Rock Clearance and Earthworks for Oxagon Greenhouse W-O 25- P
Client	: NEOM & AECOM Consultant
Reference	: Nagy Elshabrawy corporative Manager
Contact Details	: (+966-536617139) (nagy.elshabrawy@binzafrah.com)





Date : August 2022 to up September 2023.
Company : Awad Saad Binzafrah Contracting Company
Job Title : OHS/Safety Manager
Project Name : The Connector Installation of new concrete jersey Barriers(Zones) W-06- project .
Client : NEOM & BECHTEL Consultant
Reference : Nagy Elshabrawy corporative Manager
Contact Details : [\(+966-536617139\)](tel:+966-536617139) (nagy.elshabrawy@binzafrah.com)



Date : JAN 2022 to JULY 2022
Company : Awad Saad Binzafrah Contracting Company
Job Title : OHS/Safety Manager
Project Name : Sindalah Island cut &fill cluster (1 to 6) W05- project
Client : NEOM & AECOM Consultant
Reference : Nagy Elshabrawy corporative Manager
Contact Details : [\(+966-536617139\)](tel:+966-536617139) (nagy.elshabrawy@binzafrah.com)



Date : July 2019 up to Dec 2021.
Company : Mughals Pakistan Private Limited
Job Title : HSE/Safety Manager
Project Name : Women &child Health excellence center 071- project (WCH) PAK
Client : Aga khan University Hospital.
Reference : Saleem Akhtar Dhariwal project Manager (south Division)
Contact Details : [\(+92-3320420424\)](tel:+92-3320420424) (s.dhariwal@mughalspak.com)



Date : January 2018 to June 15 2019.
Company : Zamil Offshore Services CO. Ltd.
Job Title : HSE officer.
Project Name : Offshore maintain potential M/V 26 Project KSA.
Client : Saudi Aramco (SA) KSA.
Reference : Martine Mongaliaa HSE Manager
Contact Details : [\(+966 13 806 8500\)](tel:+966-13-806-8500) (contact@zamiloffshore.com)





Brief Job Description :-

- Assist HSE manager with overall project HSE orientation and training implementation, and regularly organize all the departments to conduct a joint safety inspection
- Compile project HSE system manuals, establish HSE management policies and safe operation procedures, investigate unsafe potentials, and regularly update emergency response programs and supervise exercises
- Responsible for safety regulations and laws' publicity and implementation, liaise with local safety administration and HSE department and receiving the inspection and acceptance from the local safety supervision department and HSE department before drilling
- Inspect and manage environmental protection in field and operation, and liaise with local environmental protection department HSE department, and support their supervision
- Supervising and managing the hygiene and health status of their working environment and living condition, responsible for the prevention of occupational disease in all company production activities.
- Others like safety training, incident investigation, HSE documentation system maintaining, HSE meeting, site supervision, Etc.

Date : 20 December 2015 to 16 December 2017
 Company : El-Seif Engineering Contracting Co.
 Job Title : HSE officer.
 Project Name : King Abdullah Project (KAP2B) Hail KSA.
 Client : Ministry of Interior (MOI) KSA.
 Reference : Fahim Ahmed Shaikh Senior HSE Engineer
 Contact Details : (+966-54-33-65-475) (s.fahim@el-seif.com.sa)



Brief Job Description :-

- Conducts a Safety training for all supervisors/foreman
- Monitors the safety performance of all construction operations in assigned jobsite areas with respect to one or more elements of the job safety program.
- Conducts risk assessment
- Performs accidents record analysis, and issues report on a regularly scheduled basis
- Inspect jobsite to detect and correct safety hazards
- Establishing, implementing and monitoring site safety procedures and policies
- Prepares weekly and monthly reports
- Initiate Corrective and Preventative Action
- Implement QHSE Management System & Procedures in the Organization in line with the International Standards
- Ensuring that all legal requirements are identified and implemented as well as HSE targets are met
- Generate Reports regarding the status, progress and the performance of the organization in implementing the QHSE
- Conduct / Assist and evaluate Risk Assessments of the organization
- Ensure that HSE standard requirements are identified and implemented.

Date : 16 MAY 2013 to 19 December 2015
 Company : El-Seif Engineering Contracting Co.
 Job Title : HSE officer (Saudi Aramco) Approved)
 Project Name : King Abdullah Sports City Jeddah KSA
 Client : Saudi Aramco
 Reference : Edgardo D Plata RSM. HSE Manager
 Contact Details : (+966-54-02-38-938) (e.plata@el-seif.com.sa)





Brief Job Description:-

- Carry out site surveys to see that only safe work methods are in operation, health and safety requirements are being observed, and that welfare and first aid facilities are adequate and properly maintained.
- Perform HSE requirements, recommendation, preventive measures needed in all project sites for compliance and safety of personnel.
- Supervise the recording and analysis of information on injuries, damage, and production loss.
- Determine the cause of any accident or dangerous occurrence and recommend means of preventing recurrence.
- Issued regular reports showing safety performance and accident trends.
- Incorporate safety instruction in routine orders and see that they are obeyed.
- Ensure that the employees are properly instructed in precautions to be taken before they are allowed before start the work.
- Performing Risk Assessment and Job-Risk Analysis.
- HSE daily, weekly and monthly inspection as per annual matrix schedule.
- Daily man hour monitoring, Weekly Man Hour Report w/ PTW & Toolbox. Report, Monthly Man Hour Report w/ PTW & Toolbox Report.
- Camp inspection, Environmental, Equipment / Power. tools, Firefighting equipment, Warehouse, Maintenance Workshop, Water, Scheduled Safety training.
- Update Report Register of Daily Observation / Recommendation / Corrective action and update Report Register Personal Protective Equipment Audits.
- Monthly HSE Report and Monthly Waste Consignment update



Date	:	August 2012 TO April, 2013
Company	:	NESMA & PARTNERS
Job Title	:	Safety Officer
Project Name	:	King Abdullah Financial District
Client	:	Rayadah Investment Company (RIC)
Reference	:	Rajesh UNNITHAN D. HSE Manger
Contact Details	:	(+966-54-4783-1173) (rajeshunnithan@nesmaeseronur.com)



Brief Job Description

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- Attend the pre job planning meeting with the client with regards to the assigned project.
- Conduct toolbox talk meeting to all the company employees
- Conducting proper safety trainings for the workers .Always Reminder to the worker for their safety.
- Hazard identification in working area .inspect all the tools, equipments and PPE.
- Implement proactive safety rules & standard procedure
- Planned and directed regular programs of safety inspection. Reviewed procedure for compliance with the applicable Laws and safety codes.
- Prepared all necessary Permits needed in construction / infrastructure Project.
- Prepared all required safety reports and checklist documents.

- Promotion of Safety awareness, safety campaign advising, trainings', and educations for the employees.
- Provide Barricade and safety signages to all the construction Area.
- Supervise all construction Activities 'such as excavation concrete pouring, confined space, cranes and heavy equipments operation, hot work and cold work operation.
- Supervise and Appraise Accident investigation.

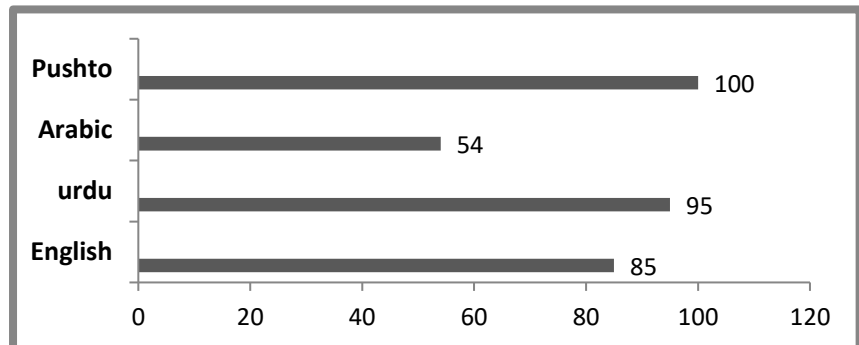
Date : March 2010 to August15, 2012
 Company : Dubai Binladin (DB)
 Job Title : Safety Officer
 Project Name : King Abdullah Financial District
 Client : Rayadah Investment Company (RIC)
 Reference : Mohammed AL-Omari HSE Manager
 Contact Details : (+966-59-36-11-977) (malomari@pbad.sbg.com.sa)



☼ Brief Job Description :-

- Conduct worksite inspection regularly in all working areas and ensure that all requirements have been fully complied and inspection report of non-compliance must be prepared.
- Conduct safety induction to all employee/new hire employee to the company, Personal protective Equipment must be implemented in all working areas.
- Training to workers ensuring they are provided with adequate information & instruction for awareness of safe work practices.
- Promote hazard identification and techniques to eliminate the hazard and eliminate their causes systematically.
- To stop any kind of work if the hazard is present on the certain areas.
- Implementation of permit to work system to all working activities as per required area.
- Material safety data sheet must be implemented and up to date record of all information connected to health, safety and environment operation
- Maintain a record for all chemical/dangerous substances, materials safety data sheets and advice on safe handling, storage practices which refer to the manufacturer's instruction.
- Minimize the quantities of combustible materials kept on site; ensure that stack materials are properly maintained.
- Providing adequate firefighting equipment and maintain adequate housekeeping in all working areas.
- Conduct investigation of all types of accident / incident as well as incident prevention and maintaining accident records and suggest preventive solutions.
- Ensure that all employees are trained to work at height and use of fall arrest system.
- Ensure that all elevated working areas have proper barriers, hand rails and suitable working platform and provide instruction to carry out their works.
- Ensure scaffolds in higher level floor are adequately tied to the structures and hook anchorage to a proper point.
- Ensure a proper access provided to the working platform, ladders must be free from defects.
- Ensure that the workers working on the edge of the building must be provided with rigid protection to prevent them from falling.
- To conduct inspection of all Electrical, Mechanical & Electrical Equipment in accordance with the company requirements prior to its use in worksite.
- To identify all equipment in accordance with the procedures inspected tested with test certification.

🕒 Speaking Skill:-



Declaration:-

I hereby declare that all information furnished above is true and best of my knowledge.

I will contribute my best to your organization.