

COVER LETTER

Dear Hiring Manager,

I wish to apply for the position, providing opportunities for growth & advancement. My experience aligns well with the qualifications you are seeking at your prestigious company, and I am certain I would make a valuable addition to your organization.

In addition to my experience and personal qualities, I have a solid educational foundation and a passion for safety. I am extremely enthusiastic about your company's focus on safety supervision in oil and gas exploration and would welcome the opportunity to contribute to your success in these endeavors.

Please review my attached resume for additional details regarding my qualification, expertise and career achievements. I will follow up to request an appointment to discuss how my experience and background meet your needs.

Thank you for your time and consideration.

Best wishes & profound regards!
HSE Deputy Manager
Farooq Niaz
Mob: 0583193263
Email: farooqniaz1122@gmail.com

CURRICULUM VITAE

Farooq Khan

HEALTH, SAFETY ENVIRONMENTAL DEPUTY MANAGER

[Farooqniaz1122@gmail.com | 0583193263
[Saudi Arabia Riyadh] | Visa Status: Transferable | [Nationality: Pakistani
| Languages: English | Urdu | Arabic | Pashto
|KSA driving license]



Profile

An Impeccable Personnel and Result - Oriented Professionally Qualified HSE Professional with Updated Skills & Knowledge Experienced Safety Deputy manager/Officer with Excellent Expertise of 10 Years in Health, Safety & Environmental Issues Management. Diversified Skills Set Include Site Management, Operations Management, HSE Planning & Implementation, Continuous Improvement & Risk Assessment and HSE Standards & Laws. Efficient in Professional & Personal Relationship Development
Looking Forward to Develop Career further in HSE Environments as Senior Safety Engineer/Manager

Work Experience

Contractor: China Harbour Engineering Company

Position: HSE DEPUTY MANAGER 2025 till Date

**Client: Project: new Murabba (PMC: BECHTEL AND CONSALTANT KEO INTERNATIONAL
.Riyadh**

Duties & Responsibilities

- Conducted gap analysis of the HSE Plan and ensured timely closure of all identified issues.
- Ensured effective implementation and monitoring of the HSE Plan across the project.
- Closure of Safety Violation Reports (SVR), Non-Conformance Reports (NCR), near-miss reports, and incident investigation reports.
- Compiled and submitted weekly and monthly HSE statistical reports, including frequency and severity rates.
- Prepared detailed risk assessments and incorporated control risk strategies (CRS) into work activities.
- Updating project HSE, traffic management, welfare , etc updating procedures
- Participated in weekly coordination meetings and HSE forum meetings with internal and external stakeholders.
- Conducted routine site inspections and submitted comprehensive HSE observation reports.
- Accompanied clients, PMC, and consultants during HSE walk-throughs and ensured compliance with safety standards.
- Developed mock drill scenarios, executed drills, and conducted post-drill assessments to evaluate emergency preparedness.
- Organized and conducted HSE campaigns, workshops, safety •trainings, and induction sessions for new workers and subcontractors.
- Prepared Senior Leadership Team (SLT) reports and HSE management inspection reports.
- Documented and shared good practices to promote a proactive safety culture on-site.
- Developed and delivered professional presentations related to HSE performance, initiatives, and strategic planning.
- Taking proactive measures against the nature of work, including participating in minutes of meetings and site visits
- Develop a system for a man of the month award quarterly throughout the project in terms of gifts and cash to improve staff workflow morale towards health and safety.
- Maintaining safety protocols, in terms of statistical reports and staff KPIs, continuously evaluating their performance.
- Executed of the project from mobilization till the end, attending internal and external meetings for continual improvements.

Contractor: China Harbour Engineering Company

Position: Safety Supervisor/Deputy Manager 2021 To 2024

Client: Red Sea Global

Project: offshore Sheybarah island (piling, foundation, haul roads, access platform Tabuk (Umluj) KSA.

Project: Pr-12 Dredging and beach sand cont. Project Tabuk (Umluj) KSA.

Duties & Responsibilities

- Assist Safety Manager in implementing the HSE Plan.
- Develop and supervise project safety programs per regulations and client requirements.

- Conduct hazard analysis and provide technical support on safety matters.
- Ensure compliance with Site-Specific HSE Plan.
- Liaise with authorities, clients, consultants, and subcontractors on PTW system.
- Perform site inspections and record findings.
- Deliver safety inductions for workforce, supervisors, and visitors.
- Attend project management meetings.

Contractor: Rawafid Industrial construction Company

Position: Safety Supervisor 2020 to 2021

Client: SWCC Project: Tabuk (Haql) KSA

Duties & Responsibilities

- Ensured compliance with health, safety, and legal requirements.
- Identified hazards, conducted risk assessments, and implemented controls.
- Performed site audits, inspections, and incident/accident investigations.
- Supervised contractors and monitored adherence to HSE procedures.
- Reviewed and updated safety policies and procedures as required.
- Prepared and presented HSE reports to senior management.
- Advised staff and workforce on safety issues (fire, hazardous substances, noise, etc.).
- Organized toolbox talks, safety inductions, and training sessions.
- Attended coordination meetings and supported the HSE Manager in daily activities.
- Assisted with office HSE record-keeping and data management.
- Managed vehicle/plant maintenance and conducted routine/random site inspections.

Contractor: Rawafid Industrial construction Company

Sub-con: Peak's construction & maintenance Company|

Client: SWCC

Position: Safety Officer 2019 to 2020

Project: Tabuk (Haql) KSA

Duties & Responsibilities

- Monitored subcontractors' compliance with HSE standards and safe work procedures.
- Coordinated corrective and preventive actions for identified hazards.
- Conducted daily inspections of scaffolds, equipment, and tower cranes.
- Assessed environmental aspects of hazardous activities based on method statements.
- Issued work permits for critical activities (hot work, cold work, excavation, confined space, electrical).
- Ensured risk assessments were completed and appropriate PPE was used.
- Delivered awareness programs, inductions, and toolbox talks.
- Supervised hot work, electrical activities, and temporary power supply systems.
- Prepared HSE reports, checklists, and maintained accident/incident/near-miss records.
- Ensured full compliance with HSE rules, permit-to-work systems, and hazard identification procedures.

Contractor: GS Construction Arabian Company

Position: Safety Officer 2017 to 2018

Client: Petrorabgh

Project: Rabgh KSA

Duties & Responsibilities

- Assessed risks and identified potential safety hazards across operations.
- Inspected production equipment and processes to ensure safe conditions.
- Developed safety plans with improvements to infrastructure and work processes.
- Collaborated with project leadership to maintain consistent safety standards.
- Investigated accidents, near-misses, and unsafe conditions to determine root causes.
- Supervised hot work, electrical activities, temporary power supply, and permit-to-work systems.
- Prepared HSE reports, checklists, and maintained records of incidents and observations.
- Ensured compliance with HSE rules, hazard identification, PPE issuance, and regulatory requirements.
- Oversaw permit-to-work compliance for excavation, hot work, and confined space activities.

Education

The Crescent public school and collage MirAli
Board of Intermediate & Secondary Education, MirAli (Pakistan).

Certification

NVQ Level 7 Diploma in Strategic Health and Safety Leadership and Management from ICTQUAL UK

NVQ Level 6 Diploma in Occupational Health and Safety from ICTQUAL UK

NEBOSH IGC International General Certificate

ISO 45001:2018 (OHSMS) Lead auditor
Occupational Health & Safety American society

Diploma 3 Years
Modern Institute of science & Technology Islamabad

Trainer Level 3 international award in delivering training

IOSH Managing Safely Institution Occupational Safety and Health from UK Board

OSHA Occupational Safety and Health Administration from USA Board

Fire Safety international award in fire safety

First Aid Award in emergency first Aid at work

H2S Hydrogen Sulphide Safety

Skill

- HSE Management
- HSE Operations
- HSE Planning
- HSE Policy Development
- HSE Policy Implementation
- Site Safety Management Continuous Improvement
- Risk Assessment
- HSE Inspection & Audit
- Observation & Testing
- Training & Development
- HSE Procedures
- HSE Standards

REFERENCES

Will be provided upon request