

ADIL NAWAZ KHAN

KSA Driving License. Phone : 00966-558581510

Email · adilnawazkhan623@gmail.com

HEALTH SAFETY & ENVIORNMENT OFFICER

OBJECTIVES

To offer my services as a Safety officer to work in a professional and friendly team I have more than 5 years' experience to utilize and develop my abilities and skills acquired over the course of my professional work and study. On a personal level I can communicate effectively and confidently both on a one-to-one basis and in groups. As a true professional I have the ability to work co-operatively with others to complete tasks and implement process improvements. Currently I would like to join a company that will offer me tangible and exciting career progression in a diverse and pioneering business.

EXPERIENCE

WORK EXPERIENCE IN HSE OFFICER

⋮

Company: ALEC FITOUT
Contractor: SAUDI TAMATE CONSTRUCTION COMPANY
Project: RED SEA MARINE LIFE INSTITUTIONS (RESMLI)
Designation: Safety Officer
Date: MAY-2025 TO UP-TO-NOW

Company: XAD TECHNOLOGY
Contractor: Syed Ali Shah
Project: STC & MOBILY TECHNOLOGY
Designation: Safety Officer
Date: May-2024 to Up-to-MAY-2025

Company: Azmeel Contracting Company
Project: South Dhahran Home Ownership Project
Job title: Safety Officer
Date: Jan-2023 to April-2024

Company: China Communications Construction Company
Project: King Salman Energy Park (Spark) Abqaiq
Designation: HSE Officer
Date: 25- June-2020 to 27- December 2022

Professional Courses

- General Environmental Health & Safety Certificate OF HUAWEI
- MINDMERGE CERTIFICATE OF ELECTRICAL SATEY AWARENESS
- MINDMERGE CERTIFICATE OF DEFENSIVE DRIVING & WORK & RESCUE AT HEIGHT
- OSHA Certificate in Occupational Health and Safety American Society
- IOSH Certificate in Occupational Health and Safety American Society
- NEBOSH Certificate in Occupational Health and Safety UK

- **Units Passed IG1: Management of Health and Safety**
- **IG2: Risk Assessment**
- **NEBOSH Certificate No: 00535418/1376986**
- **ISO: 14001:2015 (EMS) Lead Auditor Course**
- **ISO: 45001:2018 (OHSMS) Lead Auditor Course**
- **OSHA Certificate No: 0068361**
- **IOSH Certificate No: 78389741-01-L2E2**
- **EHS Certificate No: SGME1SAEHS8096634492417949**

Duties and Responsibilities

- Establish and communicate safety rules and standards to all employees and contractors.
- Prepare daily, weekly and monthly reports and submit them to the HSE Manager.
- Monitoring of work practices/conditions.
- Carrying out safety inspections, internal safety procedural audits, and safety surveys.
- Ensure that all job-related documents are completed before starting the job as per activity.
- Check the site to ensure a safe location for working.
- Ensure firefighting safety equipment and first aid equipment is readily available where required and used where hazards dictate
- Identifying HSE hazards and carrying out risk assessments
- Advising, mentoring, and supporting all project staff on all matters related to Safe Work Practices on-site.
- Provide safety training and awareness to the employees.
- Remain at the site until the day finishes and monitor all the worker activities.
- Inspecting grinding, cutting, welding, portable, lifting and handling tools before job.
- Maintain and produce health, safety and environmental statistics and records
- Install safety signs, traffic control signs, and other safety promotion posters to remind workers to work safely and enhance safety awareness among them.
- Organizing training sessions and toolbox talks
- Arranging first-aid training for members of staff
- Create safety awareness by promoting safety meetings, presentations, and open forum discussions.
- Assure all the personnel work within the guidelines of appropriate safety rules and regulations.
- Motivate employees to work safely and ensure zero accident.
- Before leaving the job site, ensure that all unfinished jobs such as open pit, overhead and other must-have safety precautions of signboard and safety tape.
- Record the weekly and monthly Man-hours.
- Maintaining safety equipment (CCTV, alarms, first aid kit etc.
- Inspection Power/Hand tools for reliability and safety.
- Ensuring the ground connections for machines under overhead power transmission lines and in the vicinity of the substation.
- Perform safety hazard inspection of construction works, lay down and office area to ensure compliance with project safety and fire manuals.
- Ensure consistent and effective implementation company's contractor safety policies.
- Monitor cranes and mobile equipment and report relevant inspection of power and tools and fire extinguishers.
- Maintain good housekeeping of plant area.
- Report any deviations from construction safety norms.
- Participate in safety campaigns conducted by the company/client (Posters Pasted on all notice boards and all site areas.
- Promote safety, health, and sanitation programs in various phases of the project.

Training Programs

- Work permit training.
- Basic Scaffolding awareness training course.
- Basic Electrical safety for construction.
- Tools & equipment safety training.
- Fall protection safety training.
- LOTO (Lockout/Tag out) training.
- Works at height & rescue of workers at heights training.
- JSA (Job Safety Analysis) & risk Assessment training.

- Pre-commissioning & commissioning training.
- Manual handling training.
- Basic firefighting training

EDUCATION

BACHELOR'S OF SCIENCE IN COMPUTER SCIENCE

THE UNIVERSITY OF AGRICULTURE PESHAWAR PAKISTAN

SKILLS

- Team leader and good management skill Good
- Administrative and communication skill
- Handle the situation very well in pressure.

Social Skills

- Excellent Communication skills, ability to work independently.
- Ability to do teamwork.
- Ability to adapt myself in the changing environment.
- Confident and Disciplined

Additional Information

Hobbies

Reading articles, motivational and leadership books.
Watching autobiographies and interviews of successful leaders.

LANGUAGE

- English
- Arabic
- Urdu
- Pashto

DECLARATION

I hereby declare that the above written particulars are true to the best of my knowledge and belief.



Occupational
Safety & Health
American Society

Cert No. : 0068361

Certificate of Completion

Adil Nawaz Khan Pir Muhammad Khan

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



19-08-2024

Issue Date

Marcus Hilton
Director Training



www.oshas.us

OSHA



NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

Adil Nawaz Khan

was awarded this qualification on

06 May 2020

Les Philpott
Chair

Dee Arp
Accountable Officer

Master log certificate No: 00535418/1376986

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



Occupational
Safety & Health
American Society

OSHAS

CERTIFICATE OF COMPLETION

This certificate is

Proudly presented to

Adil Nawaz Khan

The learner has exhibited exceptional academic achievement by satisfying all academic prerequisites in the Professional Development Certificate Program offered by an OSHAS Authorized Training Provider. This signifies their unwavering commitment and professionalism in the designated course and serves as a testament of their dedication.

Course: ISO 14001:2015 (EMS) Lead Auditor Course

Course Date : **08-07-2024 to 12-07-2024**

Certificate Number : **97825**

Course Number : **EMS-1838**

Date of Issue : **15-Jul-2024**

HENRY D'COOPER

CHIEF EXECUTIVE OFFICER

MARCUS HILTON

DIRECTOR TRAINING



Certificate can be
validated by scanning the
bar code or by visiting
www.oshas.us





Occupational
Safety & Health
American Society

OSHAS

CERTIFICATE OF COMPLETION

This certificate is

Proudly presented to

Adil Nawaz Khan

The learner has exhibited exceptional academic achievement by satisfying all academic prerequisites in the Professional Development Certificate Program offered by an OSHAS Authorized Training Provider. This signifies their unwavering commitment and professionalism in the designated course and serves as a testament of their dedication.

Course: ISO 45001:2018 (OHSMS) Lead Auditor Course

Course Date : **03-06-2024 to 07-06-2024**

Certificate Number : **97827**

Course Number : **OHSMS-1861**

Date of Issue : **15-Jun-2024**

HENRY D'COOPER

CHIEF EXECUTIVE OFFICER

MARCUS HILTON

DIRECTOR TRAINING



Certificate can be
validated by scanning the
bar code or by visiting
www.oshas.us





This is a certificate awarded to

Adil Nawaz Khan

on successfully completing

IOSH Managing Safely

a course approved and validated by the

Institution of Occupational Safety and Health

in association with

Smart Trainings and Consultancy Services

Approved Centre: 4820

Signed on behalf of IOSH

Vanessa Hamsed-Williams

Chief Executive

[Signature]

Course Organiser



IOSH certificate number: 78389741-01-L2E2

Issued Date: 08 October 2024

Certificate No: SGME1SAEHS809634492417949



HUAWEI

CERTIFICATE

of participation and successfully passing Huawei assessment for

General EHS Certificate

adilnawaz_khan

adilnawaz_khan

Has participated in Saudi General EHS Course and passed the Examination. This certificate is hereby issued to the participant to perform his/her duty for Huawei projects only.

Certificate Validity Period: May 11, 2024 – May 10, 2026

Certificate of Attendance

This is to certify that

Adil Nawaz

2556718399

Has successfully completed all assignments and the training requirements for the following course

Electrical Safety Awareness

The training included the following topics:

- BASIC CONCEPT OF ELECTRICITY
- HAZARD RECOGNITION
- ELECTRICITY SHOCKS AND IT'S EFFECTS ON BODY
- FACTORS INFLUENCING SEVERITY OF THE EFFECTS OF ELECTRIC SHOCK ON THE BODY



- COMMON CAUSES OF ELECTRIC SHOCK
- ELECTRIC HAZARD PROTECTION
- HOW TO RESPOND/REPORT A PROBLEM
- SUPERVISOR & EMPLOYEE RESPONSIBILITIES

Tawfiq S. Al Rammah

PRESIDENT

Kaldoun AlHazzah

INSTRUCTOR

9-May-24

ISSUE DATE

9-May-26

EXPIRY DATE

Reda Shokry

**HSE TRAINING
COORDINATOR**



Verify at <https://verification.givemycertificate.com/v/4037be65-6b02-4083-8107-5219a4dca33>



TVTC Lic. No. 224585255291812
MoE Lic. No. 5300841
CR. No. 205104228 VAT No. 3005115737

Cert. No.

HSE-03-24-0828

Certificate of Attendance

This is to certify that

Adil Nawaz

2556718399

Has successfully completed all assignments and the training requirements for the following course

WORKING & RESCUE AT HEIGHT

The training included the following topics:

- FALL HAZARD EVALUATION
- ELEMENTS & COMPONENTS OF A FALL
- POSITIONING AND SUSPENSION SYSTEMS
- RESCUE AND RETRIEVAL SYSTEMS



- FALL ARREST SYSTEMS
- HORIZONTAL LIFELINE AND VERTICAL LIFELINE
- BODY WEIGHT CALCULATION
- DEVELOPING AN EMERGENCY-RESPONSE PLAN

Tawfiq S. Al Rammah

PRESIDENT

Kaldoun AlHazzah

INSTRUCTOR

27-May-24

ISSUE DATE

27-May-26

EXPIRY DATE

Reda Shokry

**HSE TRAINING
COORDINATOR**



Verify at <https://mindmerge.verification.givemycertificate.com/v/4349e24b-b1aa-4e5e-a0a3-440eab4e15c9>



TVTC Lic. No. 224585255291812
MoE Lic. No. 5300841
CR. No. 205104228 VAT No. 3005115737
Cert. No.

HSE-03-24-0933

Certificate of Attendance

This is to certify that

Adil Nawaz

2556718399

Has successfully completed all assignments and the training requirements for the following course.

Defensive Driving

The training included the following topics:

- PREVENTABLE COLLISION
- COLLISION PREVENTION FORMULA
- ROAD CONDITIONS
- BLIND SPOTS & 4 Rs



- STOPPING DISTANCE
- BEHAVIORAL CONTROL
- UNSAFE DRIVING EXAMPLES
- SAFETY AND TRAFFIC CONDITIONS

Tawfiq S. Al Rammah

PRESIDENT

Kaldoun AlHazzah

INSTRUCTOR

27-May-24

ISSUE DATE

27-May-26

EXPIRY DATE

Reda Shokry

**HSE TRAINING
COORDINATOR**



Verify at <https://mindmerge-verification.givemycertificate.com/v/d18d710-017e-4b6a-a2fa-ef4a3e50abaa>



TVTC Lic. No. 224585255291812
MoE Lic. No. 5300841
CR. No. 205104228 VAT No. 3005115737
Cert. No.
HSE-03-24-0922



KING SALMAN ENERGY PARK (SPARK) ABQAIQ

Date: 27/Dec/2022
Ref: SPARK-CCCC-DT-2020-0222

TO WHOM IT MAY CONCERN

This is to certify that **Adil Nawaz Khan** , **Passport No.EZ4152351** has been employed with **China Communication Constructions Company Saudi Arabia** as **HSE Officer**.

During his tenure, he demonstrated exceptional professionalism, dedication, and expertise in ensuring the highest standards of health, safety, and environment. He was HSE Officer during the period from 25-June-2020 to 27 December 2022 .

We hereby confirm **Adil Nawaz Khan's** service and recommend him for future opportunities

Liu Xiang
Employee Director
China Communication Constructions Company
PO Box-7872, Riyadh 12222
Kingdom of Saudi Arabia



أزمييل
AZMEEL

مقاولات
Contracting

Azmeel Contracting Company

P.O. Box 11662, Al-Jubail
3196 K.S.A

Experience Certificate

It is certified that **Adil Nawaz Khan** with ID # **19135433** was under the Employer of **Azmeel Contracting Company** as **Safety Officer** in HSE Department South Dhahran Home Ownership Project from

Jan- 2023 to April- 2024.

His exposure in this area is very good, during his job he easily handled major responsibilities and found him to be hardworking.

Azmeel wish him all success in his future endeavors.

Sirajuddin Ahmed

Safety Manager

SDHOP Project District-1



Dammam
P.O.Box 3043
Dammam- 31471 KSA
Tel.: +966 3 826 7250
Fax: +966 3 826 2196

HEAD Office Jubail
Dammam
P.O.Box 3043
Dammam- 31471 KSA
Tel.: +966 3 826 7250
Fax: +966 3 826 2196