

MUHAMMAD TAHIR RASHEED

(HSE OFFICER)

Al-Muzahmiya Riyadh • +966-553716560 • tahir.cheema831@gmail.com
•Transferable Iqama

OBJECTIVE

To provide the highest of health, safety and environmental (HSE) that benefits both the company and the client through increasing productivity, providing a safe working environment and significant reduction in injuries and accidents.

Professional Certifications

- NEBOSH IGC
- IOSH (Managing Safety)
- OSHA (Safety Administration)
- Diploma (Safety Inspector)

Professional Trainings

- Work at Height
- Confined Space
- Fire Safety
- Ladder Safety
- Manual Handling
- ERP Plan
- Heat Stress training by ILO
- Basic Life Support

Education

DAE in Electrical (PBTE Lahore, Pakistan)

Matriculation in Science, Pakistan

Skills

- Emergency Response Planning
- Hazardous Material Management
- Risk Assessment
- Training of employees on Safety protocols, procedure and best practices

- Strong Communication skills to convey HSE information to employees • Documentation and Reporting
- MS Office
- Team Work Oriented

Experience

Jan 2025 – PRESENT

Position: HSE OFFICER

Company: Building Roots Contracting

Project: Diriyah Historical City, Saudi Arabia

Feb 2022 – Nov 2024

Position: HSE OFFICER

Company: Arabian Yalin Contracting

Project: Waste water treatment plant phase 3, Qiddiya City

Mar 2021 – Dec 2021

Position: HSE OFFICER

Company: Albadar Builders

Project: Roseland Hotel Package 2, Saudi Arabia

July 2018 – Jan 2020

Position: HSE Inspector

Company: Fatima Saqqar Holdings LLC, Dubai

Project: Maple Villas Project, Dubai

Roles & Responsibilities

- Identify hazards at workplace and implement control measures
- PPE compliance
- Conducting Toolbox talk
- Conduct orientations for new employees
- Developing emergency response plan
- Ensure Permit to work is available with each activity
- Fire extinguishers inspection & record
- Near miss reporting
- Perform risk assessments
- Identification of unsafe act and conditions
- Maintain welfare facilities
- Conduct fire fighting drills at site

- Manage waste and disposal at workplace
- Maintain the site statistics
- Maintain and update the site injuries record
- Training for employees
- Conduct safety campaigns
- Equipment inspections
- Maintain the observations record at site
- Incident investigation and record
- Take disciplinary actions
- Conduct weekly walkthrough visits with contractor and client
- Promote safety culture at site

Personal Information

Nationality: Pakistani

Marital Status: Single

Languages: English, Urdu, Arabic, Punjabi & Hindi



nebosh

NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

Muhammad Tahir Rasheed

was awarded this qualification on

16 February 2023

Les Philpott
Chair

Dee Arp
Accountable Officer

Master log certificate No: 00665389/1336609

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

MUHAMMAD TAHIR RASHEED

on successfully completing

Managing Safely

a course approved and validated by the

Institution of Occupational Safety and Health

in association with

Descon Technical Institute

Approved Centre: 3736

Signed on behalf of IOSH

Vanessa Hamood-Ullah

Chief Executive

Tooba Mojiz

Course Organiser



Descon Technical Institute



It is to certify that

MUHAMMAD TAHIR RASHEED

S/O

MUHAMMAD RASHEED

has successfully completed 3 months training program for

Safety Inspector

in grade B+ with 75 % marks

CNIC No: 34104-1236722-9

DTI No: SS-125-3681

Issue Date: 19-NOV-21

Following subjects were offered

Breathing Apparatus
Electric Safety
Hazard Identification
Pressure Testing
Safety Signs

Confined Space
Fire Safety
Work Permit
Radiography Safety
Tools Safety

Causes of Injuries
First Aid
Machine Guarding
Rigging Safety
Tool Box Talk

Compressed Air Safety
Gas Monitoring
Safety Gears (PPE's)
Scaffolding Safety
Spoken English & Soft Skills



A handwritten signature in blue ink, appearing to read 'Zunair Abbas', written over a horizontal line.

Zunair Abbas

Unit Head

A handwritten signature in blue ink, appearing to read 'Adil Mobashir', written over a horizontal line.

Adil Mobashir

Head Academics



OSHAcademy™

Occupational Safety & Health Training



MUHAMMAD TAHIR RASHEED

Construction Safety and Health

237178-184

04-13-2024

Steven J. Geigle, MA, CET, CSHM-E
Director, Instructor
OSHA Safety and Health Training

Asif Mehmood
Training Director
Cardiff School of Certified Professionals
Pakistan
ATP #: 184

Validate Certificate



Certificates can be validated through the
OSHAcademy website.
Validation Code: 237178-184-353-06f1a
www.oshacademy-atp.com/verify



The content of this training conforms with U.S Department of Labor (OSHA) training standards and ANSI Z490.1, Criteria for Accepted Practices in Safety, Health and Environmental Training.



International
Labour
Organization

Certificate of Attendance

Muhammad Tahir Rasheed

Attended the NEBOSH webinar

**The Impact of Climate Change and Heat Stress
on Occupational Health and Safety**

Delivered as part of ILO World Day for Health and Safety at Work 2024

29 April 2024, 12pm-1pm





**CERTIFIED
FIRST AID & CPR**

TAC12113

NAME : MUHAMMAD TAHIR

ID NO : 2558648107

ISSUED : 06-JUN-2024

EXPIRY : 05-JUN-2025

COMPANY : ARABIAN YALIN

CONTRACTING COMPANY

PROJECT : NA



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TRAINED BY : TAHSEEN USMAN

ENR NO

APPROVED BY : SAYED RAFIK ABDULLAH

GAT04263

LEVEL / CATEGORIES / OTHERS

NA



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THIS IS NOT A SAUDI GOVERNMENT LICENSE ID.



WASTEWATER TREATMENT PLANT-3
PHASE-1



CERTIFICATE

OF RECOGNITION
Awarded to

Muhammad Tahir Rasheed

For outstanding Performance In safety, Hard work and dedication as
employee of the Month March 2024

Imran Akram
Health and Safety Manager



Eng. Sibghatullah Khan
Project Manger



شكر وتقدير

Certificate of Health & Safety Excellence Awarded To

M TAHIR RASHEED

SAFETY OFFICER - AYC

**In Recognition of His Contribution to the Health & Safety
at WWTP3 Project Achievement of**

500,000 Safe Man - Hours

October 2024

**Irshad Ahmad Wani
Project Manager - Parsons**

**Abdelhamid Mahmoud
Project Director WETICO**

