

AJMAL ABDUL NIZAR

ajmalabdulnizar@gmail.com • +966 574945958 • R i y a d h • Saudi Arabia

SUMMARY

HSE & Work Permit (Sender/Receiver) [SEC] with hands-on **4+ years of experience** in **firefighting system installation, testing, inspection, and maintenance** at SEC HQ and STC Data Centre projects, ensuring full HSE compliance and PTW/WPR adherence. Experienced in **high-rise construction and airport terminal maintenance**, conducting site inspections, risk assessments, safety briefings, toolbox talks, incident investigations, and promoting a strong safety culture across civil, MEP, and high-risk operations.

EXPERIENCE

Al Bilad Fire Fighting System Co Ltd, SEC HSE Officer & Work Permit Sender/Receiver

May 2025 - Present

Certified by **SEC for HSE & Work Permit (Sender & Receiver)** for **SEC HQ Project Riyadh**, responsible for ensuring health, safety, and environmental compliance during all activities related to firefighting systems and equipment at SEC projects. Experienced in installation, testing, inspection, and maintenance of fire detection, suppression, and hydrant systems, while monitoring high-risk operations, implementing PTW procedures, conducting safety briefings and toolbox talks, and supporting incident investigations and emergency preparedness in line with SEC HSE standards and Saudi regulations.

Elite Infrastructure and Technology Co Ltd, HSE Officer

JAN 2025 - MAY 2025

As HSE Officer with *Elite Infrastructure and Technology Co Ltd* on the **STC Data Centre Project**, Rawabi, Riyadh, responsible for ensuring HSE compliance during installation, testing, and maintenance of firefighting systems. Conducted site inspections, monitored high-risk activities, implemented PTW and safety protocols, delivered toolbox talks, and supported incident investigations and emergency preparedness in line with Saudi HSE standards.

Averda Saudi International, HSE Officer

Apr 2023 - Dec 2024

As HSE Officer with Asset Homes at the 24-story High-Rise Residential Flat Construction Project (Taurus Downtown, DAMMAM) from Apr 2023 to Dec 2024, I was responsible for ensuring HSE compliance in multi-story civil, lifting, and other high-risk activities. My role included conducting inspections and risk assessments, overseeing PTW, scaffolding, and lifting operations, delivering safety training's and drills, investigating incidents with corrective actions, and maintaining HSE documentation while promoting a strong safety culture across the site.

JS Constructions, HSE officer

Jan 2021 - Mar 2023

As HSE Officer on the Terminal Maintenance Project at Trivandrum International Airport (Terminal 1), I assisted in implementing safety programs for civil and MEP maintenance works, conducted daily site inspections, identified hazards with corrective actions, delivered toolbox talks and safety briefings, and maintained safety records and reports.

EDUCATION

Bachelor Degree of Science

LICENSES & CERTIFICATIONS

- **NEBOSH** International General Certificate in Occupational Health and Safety
- **IOSH** Managing Safely
- **NEBOSH** International Diploma Level 6 (Pursuing)
- **SEC Work Permit Sender & receiver**
- **SEC HSE Professional**

SKILLS

Risk Assessment (HIRA, JSA) • Incident Investigation (RCA) • HSE Data Analysis • PTW & WPR System Management • Safety Audits & Inspections • BBS & Toolbox Talks • Fire Safety & First Aid • Environmental Safety • Confined Space & Working at Heights Safety • MEP Safety Management • Contractor HSE Coordination • Emergency Response & Fire Fighting System Testing • ISO & OSHA Compliance • Permit Compliance • Communication & Training