

ABDUL HAMMAD

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Visa status: Azad visa_transferable Iqama



PROFESSIONAL SUMMARY

NEBOSH Certified Safety Officer with 5+ years of experience in occupational health and safety (OHS) across construction, engineering, and industrial projects in Saudi Arabia and Pakistan. Skilled in risk assessment, hazard identification, safety audits, accident investigation, and emergency response planning. Strong knowledge of Saudi Labor Law, Saudi Aramco Safety Standards, OSHA regulations, and ISO 45001 requirements. Proven ability to implement HSE management systems, conduct toolbox talks, deliver safety training, and foster a proactive safety culture while reducing workplace incidents.

PROFESSIONAL EXPERIENCE

*Safety Officer | Advance Precision Measurement Company | Riyadh,
Saudi Arabia*

Jan 2023 – June 2025

- Ensured compliance with Saudi Aramco Safety Standards, NEBOSH guidelines, and Saudi safety regulations.
- Oversaw safety operations for the Gulf Cooperative Council Interconnection Authority project.
- Conducted safety inspections, and toolbox talks, ensuring ISO 45001 & OSHA compliance.
- Reduced workplace incidents by 25% through hazard identification & mitigation.
- Delivered training to 100+ workers on emergency response, fire safety, confined space entry, and first aid.
- Supervised overall HSE compliance for GCCIA Manhole Replacement and Fire-Rated Doors Replacement projects.
- Reduced near-miss incidents by 30% through proactive hazard control measures.
- Achieved zero lost-time incidents (LTI) during project execution.
- Investigated incidents/accidents, prepared reports, and implemented corrective actions.
- Developed Job Safety Analysis (JSA) for high-risk construction activities.
- Delivered toolbox talks and daily safety briefings to over 120 workers.
- Monitored implementation of Permit to Work (PTW) for all high-risk tasks.

Safety Officer / Kaizen Engineering Company / Pakistan

Jan 2020 – Jan 2023

- Implemented HSE management systems across multiple projects, achieving zero lost-time incidents.
- Coordinated with engineers & supervisors to enforce safety policies and procedures.
- Conducted emergency drills, fire safety, and first aid training sessions.
- Prepared safety documentation, incident reports, and compliance records.
- Promoted a safety-first culture through awareness campaigns and monitoring.
- Implemented HSE management system across multiple construction projects.
- Conducted risk assessments and hazard identification for civil, mechanical, and electrical tasks.
- Ensured legal compliance with Pakistan OSHA standards and client requirements.
- Delivered induction and refresher safety training to workers and subcontractors.
- Investigated incidents and prepared reports with root cause analysis.
- Achieved milestone of zero lost-time incidents over 2.5 years of service.
- Reduced unsafe acts by 25% through behavioral-based safety programs.

EDUCATION & CERTIFICATIONS

- **NEBOSH IGC – England (2023)**
- **BS Physics – Pakistan**
- **F.Sc. (Pre-Engineering) – Pakistan**
- **Matric (Science) – Pakistan**
- **First Aid – Rescue 1122, Pakistan**
- **Fire Safety – Rescue 1122, Pakistan**

TRAINING

- 5 Star Safety Training under Loss Prevention Program
- Electrical Substation Safety
- Confined Space Entry Procedures
- Work at Height Safety
- Fire Safety & Evacuation Procedures
- First Aid & Emergency Response

KEY SKILLS

- Occupational Health & Safety (OHS)
- HSE Management Systems (Saudi Aramco, OSHA, ISO 45001)
- Risk Assessment & Hazard Identification
- Safety Audits, Inspections & Compliance Monitoring
- Accident/Incident Investigation & Reporting
- Emergency Response & Crisis Management
- Safety Training & Toolbox Talks
- Microsoft Office Suite & Documentation
- MS Office Suite (Word, Excel, PowerPoint, Outlook)
- Excel (Data Analysis, Safety Statistics, Charts & Reports)

LANGUAGES

- English (Fluent)
- Urdu / Hindi (Fluent)
- Basic Arabic

Serial No. 009339

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Registration No. 18-AUST-F-GC10-1700

Roll No. 187839

ABBOTTABAD UNIVERSITY OF SCIENCE & TECHNOLOGY, PAKISTAN



The University in recognition of the fulfilment of prescribed requirements has conferred upon
Mr. / Ms. ABDUL HAMMAD Son / Daughter of ISRAR MEHMOOD

The Degree of
BACHELOR OF SCIENCE IN PHYSICS

in the examination held in JUNE, 2022 session FALL, 2018-SPRING, 2022

He / She was placed in 3.26 Division / Grade / CGPA.

THE EXAMINATION WAS TAKEN AS A WHOLE




Controller of Examinations

Date AUGUST 19, 2022



Vice Chancellor



Registrar



nebosh

NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

Abdul Hammad

was awarded this qualification with credit on

11 September 2023

Rob Hull
Chair

Dee Arp
Accountable Officer

Master log certificate No: 00773245/1377808

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

S/No: 09

Date: 13-11-2023



GOVERNMENT OF KHYBER PAKHTUNKHWA

ERS RESCUE (1122)
ABBOTTABAD



Certificate of Training

This certificate is awarded to

Mr. ABDUL HAMMAD S/D ISRAR MEHMUDI

for Successful completion of 07 days training of
First Aid (Rescue) from 22ND MAY to 29th MAY

*District Emergency Officer
Rescue 1122 Abbottabad*

MUHAMMAD AARIF KHATTAK
DISTRICT EMERGENCY OFFICER
ERS (RESCUE 1122)
ABBOTTABAD

APM-HR-EL-022 Rev. 00

TO WHOM IT MAY CONCERN

I hereby certify that Mr Abdul Hammad Israr Mehmood holding Passport number ER6277811 has been employed by Advance Precision Measurement Company as 'Safety Officer' from 07 January 2023 to 18 June 2025, for the Gulf Cooperative Concil Interconnection Authority project of Manholes Replacement Project and Fire Rated Doors Replacement Project.

We are issuing this letter on the specific request of our employee without accepting any llability on behalf of this letter or part of this letter on our company.

Regards,

Advance Precision Measurement Company



Experience Certificate

It is to certify that Mr. **Abdul Hammad** has worked in our company from November 2021 to November 2023. We found him responsible hard worker and dedicated to his work honestly. We wish him all the best for future job.

The certificate is issued upon his request

HSE Manager

Muhammad Tayyab

