

Mona Nasser Al-Rashidi

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Address: Riyadh

Education

Applied Technical College for Girls in
Riyadh – Diploma
Cumulative GPA: 4.33
Graduation : 2025

Skills

- Proficiency in using computers and Microsoft Office programs
- Ability to prepare and write technical and administrative reports accurately and clearly
- Inspecting and maintaining fire-fighting equipment and ensuring its readiness according to safety standards
- Risk assessment
- Employee awareness and training
- Commitment and seriousness at work
- Customer service
- Work proficiency
- Time management and problem-solving skills

Languages

- Arabic
- English

Professional summary

Contributing to the enhancement of a safe and healthy work environment by applying occupational health and safety standards and procedures, conducting regular equipment inspections, and accurately documenting reports to protect lives and property and raise compliance with regulations and policies.

Work Experiences

- King Fahd Medical City – Safety Management Department:
Participated in implementing and monitoring occupational health and safety procedures, conducted field inspections to ensure compliance with safety standards, inspected and maintained fire-fighting equipment, prepared technical reports and documented inspection results, and participated in employee awareness and training programs , I gained experience using Maximo to submit maintenance requests and write reports.
- Saudi Red Crescent Authority – Voluntary Work (2025): Contributed to voluntary work with the authority for 6 hours, supporting community efforts in first aid and humanitarian services.
- Providing a first aid training course for 40 employees of the Insan Association, to enhance awareness of safety and emergencies.

Courses

- Facility Security
- Customer Service Skills
- Labor Culture According to the Saudi Labor Law
- OSHA course in occupational health and safety
- Saving lives
- Role of human factors engineering in chemical safety
- Social insurance systems and executive regulations
- Evacuation, rescue, and first aid course
- Roadmap to professionalism in safety course