

## **SHEHAR YAR**

Safety Officer

*Mob: (+966) 572019118*

*Iqama Valid & Transferable*

[shahrirana2@gmail.com](mailto:shahrirana2@gmail.com)



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### PROFESSIONAL OBJECTIVE:

To gain a valuable position within a supportive environment to allow full use of my educational experience and technical skills to further benefit the company's productivity and increase opportunities for personal advancement.

### QUALIFICATION:

- **Bachelor in Arts**  
University of Punjab, Lahore, Pakistan
- **Intermediate in Faculty of Arts**  
Board of Intermediate and Secondary Education, Lahore, Pakistan

### PROFESSIONAL CERTIFICATION:

- **NEBOSH** (International General Certificate)
- **OSHA** (30 Hours General Industry Standards)
- **IOSH** (Managing Safely)
- **BLS** (Basic Life Support)
- **FFF** (First Aid & Fire Fighting)
- **Safety Officer Diploma** (1 Year)

### COMPUTER SKILLS:

- Microsoft Word
- Microsoft Excel
- Microsoft PowerPoint
- Email Writing

## PROFESSIONAL EXPERIENCE:

I have more than 5 years of experience as HSE OFFICER.

**Company** : **(CCE) Construction & Contracting Enterprises**  
Client : Ministry of education  
Project : Taif University Staff Housing Project  
Position : Safety Officer  
Duration : September 2024 to Till Present

**Company** : **Theeb – AL – Otaibi for Const.& Roads**  
Client : Riyadh Municipality  
Consultant : iLF Consulting Engineers  
Project : King Abdulaziz Park (KAP)  
Position : Safety Officer  
Duration : May 2021 to July 2024

**Company** : **Reliance Engineering & Construction Services**  
Client : Pakistan Petroleum Limited  
Project : Construction of Chemical Storage Shade  
Position : HSE Officer  
Duration : February 2020 to March 2021

## ROLE & RESPONSIBILITIES:

- Conduct daily toolbox talk (TBT) with supervisor or foremen.
- Ensure that proper permit to work (PTW) system is available in the process areas.
- Verifies that all tools and equipment's are adequate and safe for use.
- Reporting of accidents and near misses.
- Making sure emergency exits are clear from obstacles.
- Ensure that employees use proper PPE.
- Identifying potential safety or fire hazard.
- Assisting in the investigation of accidents and determining immediate cause and root causes and recommend corrective measures.
- Carrying out weekly housekeeping campaign to clear ground and scaffold platform debris making the access and egress safe and clean.

- Special attention to confined spaces, excavations, gas testing, lifting operation and hot work activities.
- Attained Daily pre-shift HSE meeting to enhance safety in the work site.
- Verify third party certification of lifting gears, electrical equipment's etc. are correctly color code and being used properly.
- Ensure that all scaffolding is properly tagged and safe for use.
- Ensuring that JSA is available and properly implemented at job site.
- Ensuring lock out and tag out procedures are carrying out for electrical activities or activities involve de energized and depressurizing of equipment's or system.

## PERSONAL DETAILS:

Father's Name	:	Rana Sajjad Ahmad
Nationality	:	Pakistani
Iqama	:	2612050803
Address	:	Exit-21 Riyadh
Date of Birth	:	24-October-1997
Marital Status	:	Unmarried
Gender	:	Male
Languages	:	English,Urdu

Theeb - M - Al - Otaibi  
For Const.& Roads  
C.R 1010158786  
Fax : 0112482561  
Riyadh -Al- Shuhada Area - Khalid Bin Al-Waleed Road



مؤسسة ذيب مفيران العتيبي  
للمقاولات والطرق  
س.ت ١٠١٠١٥٨٧٨٦  
ف : ٠١١٢٤٨٢٥٦١  
الرياض - حي الشهداء - طريق خالد بن الوليد

Date 09 / 07 / 2024

التاريخ: ١٤ / / ١٤

## Employment Service Certificate

### To whom it may Concern

This is to certify that **Mr. Shehar Yar S/O Rana Sajjad Ahmad** Pakistani Nationality, Holder of Passport No, BJ6997211 was an employee since **May 2021 to July 2024** as a Safety Officer at King Abdulaziz Park (KAP).

During his employment we found him to be Professional, knowledgeable and result oriented with theoretical & practical understanding of work requirements.

Wish him all the best in his future **endeavours**.

Khalid Theeb Al Otaibi  
HR & Admin Manager

الرياض - حي الشهداء - طريق خالد بن الوليد - ص.ب ٩٢٣١٦ - الرمز البريدي: ١١٦٥٣ - تليفاكس: ٠١١٢٤٨٢٥٦١  
Riyadh - Al Shuhada District - Khalid Bin Al Waleed Road - PO Box 92316 - Postal Code: 11653 - Telefax: 0112482561  
Theeb.est@hotmail.com



**RelianceEngineering**  
& Construction Services

NTN.3421753-3  
GST. 17-00-3421-753-13  
PEC. C4-12524  
ISO 9001:2008  
QAIC/PK/20206-A

Date: 27 MARCH, 2021

Ref: RECS/AHDI/76

## TO WHOM IT MAY CONCERN

This is Certify that **Shehar Yar S/O Rana Sajjad Ahmad** Holding **CNIC#35103-5090721-3** has been working with our organization from **15-02-2020 to 14-03-2021** as **HSE Officer** at the Project Construction of Chemical Storage Shade at Ahdi Oil & Gas Field Gujar Khan, Punjab Pakistan. During His Stay with us we found him hard working, Competent, Innovator and keen in his work. A Part of his duties he has working in close coordination with the Clint i.e. PPL (Pakistan Petroleum limited). We are feeling proud to say that he was one of the best employee. He has the ability to work as a team Leader. I highly recommend him to go for higher career and wish him Shining Future.

NASEER AHMED  
MANAGING DIRECTOR



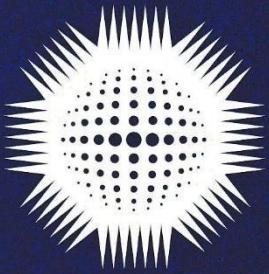
Head Office & Works:  
Plot # 267, Multan Industrial Estate, Phase II,  
Multan. Pakistan.  
Contact # 0331-2825092, 0309-4318850  
Email: [info@reliance-pakistan.com](mailto:info@reliance-pakistan.com)  
[office@reliance-pakistan.com](mailto:office@reliance-pakistan.com)

House # R55, Jinnah Housing Society,  
Malik Halt, Karachi. Pakistan.  
Contact # 021-34590155, 0332-3441169

Karachi Office:  
Email:



The use of the Accreditation Mark indicates accreditation in respect of those activities covered by the accreditation certificate number 046



nebosh

# NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

**Shehar Yar**

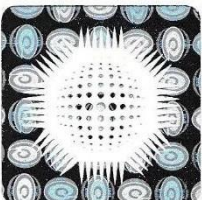
was awarded this qualification on

**17 March 2025**

Rob Hull  
Chair

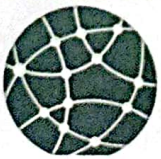
Dee Arp  
Accountable Officer

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**

Cert No. : 0098838

# Certificate of Completion

## Shehar Yar

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



**Marcus Hilton**  
Director Training



[www.oshas.us](http://www.oshas.us)

**19-08-2020**

Issue Date



# TRANSCRIPT



LEARNER NAME:

**Shehar Yar**

COURSE:

**30 Hours General Industry Standards**

Certificate Number : **0098838**

Issue Date : **19-Aug-2020**

SERIAL #	TOPIC	OBTAINED SCORE	TOTAL SCORE
01	<i>Introduction to Health &amp; Safety Management System</i>	2.7	4.0
02	<i>Ergonomics &amp; Work Related Upper Limb Disorders</i>	3.1	4.0
03	<i>Energy Isolation &amp; LOTOTO</i>	2.8	4.0
04	<i>Electrical Safety &amp; Controls (Basics)</i>	4.0	4.0
05	<i>Introduction to Safety Accountability</i>	2.3	4.0
06	<i>Hazards &amp; their Controls</i>	2.4	4.0
07	<i>Introduction to Safety Supervision</i>	3.0	4.0
08	<i>Fall protection &amp; Safe working at height</i>	4.0	4.0
09	<i>Personal Protective Equipment (PPE)</i>	2.7	4.0
10	<i>Bloodborne Pathogens</i>	3.0	4.0



**Morgan Maxwell**

Exam Coordinator

**OBTAINED SCORE**

**3.0**

OSHAS trainings are provided as per ANSI Standard Z490.1-Criteria. This transcript verifies that the learner have acquired knowledge to satisfy the employer's safety training program requirements.





This is a certificate awarded to

**Shehar Yar**

on successfully completing

**IOSH 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 Hamed-Williams*

Chief Executive

*[Signature]*

Course Organiser



## CERTIFICATE OF COMPLETION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

**Shehar Yar**

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.

**Basic Life Support (BLS)**

IN ASSOCIATION WITH OSHAS APPROVED TRAINING PROVIDER

**HSE Academy Pvt Ltd.**

DATED : 06-Jun-2022

CERTIFICATE NO : 0098840



**MARCUS HILTON**

DIRECTOR TRAINING



Certificate can be

# TRANSCRIPT



Occupational  
Safety & Health  
American Society

OSHAS

LEARNER NAME:

**Shehar Var**

COURSE:

**Basic Life Support (BLS)**

Certificate Number : **0098840**

Issue Date : **06-Jun-2022**

SERIAL #	TOPIC	OBTAINED SCORE	TOTAL SCORE
01	Cardiopulmonary Resuscitation (CPR) Fundamentals	2.0	4.0
02	Chain of Survival	4.0	4.0
03	Use of Automated External Defibrillators (AEDs)	2.9	4.0
04	Choking and Airway Management	3.2	4.0
05	BLS Algorithms	2.4	4.0
06	Use of Protective Equipment	2.0	4.0
07	Scene Safety and Prioritization	4.0	4.0
	Team Dynamics and Communication	2.8	4.0
09	Legal and Ethical Considerations	2.4	4.0
10	Post-Event Support	4.0	4.0

**Morgan Maxwell**

Exam Coordinator

**OBTAINED SCORE**

**3.0**

OSHAS trainings are provided as per ANSI Standard Z490.1-Criteria. This transcript verifies that the learner have acquired knowledge to satisfy the employer's safety training program requirements.





**INTERNATIONAL  
SAFETY SOLUTION**

# CERTIFICATE OF COMPLETION

*This certificate is proudly presented to*

**SHEHAR YAR**

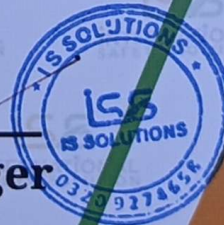
**HAS SUCCESSFULLY COMPLETED THE COURSE**

**First Aid & Fire Fighting (FFF)**

**Dated: 18-January-2025**



**Training Manager**



[internationalsafetysolution.com/certificate-verification](http://internationalsafetysolution.com/certificate-verification)

رجسٹریشن نمبر  
Registration Number  
2018-3-8741

# University of the Punjab



جامعہ پنجاب

رول نمبر  
Roll Number  
049060

This university hereby confers upon  
**Shehar Dar**  
son of **Rana Sajjad Ahmad**  
of the **Kasur District**

the degree of

**Bachelor of Arts**

together with all the rights, privileges and  
honours belonging to this degree.

Session 2016-2018  
Marks Obtained 376/800  
Division Second

B1335497



*M. Sarwar*

Chancellor

چانسلر

Lahore : Pakistan 27 AUG 2021

Controller of Examinations

کنٹرولر امتحانات

یہ جامعہ  
شہریار  
بن رانا سجاد احمد  
از ضلع قصور  
کو

بی۔ اے

کی سند عطا کرتی ہے مع تمام حقوق، امتیازات  
اور اعزازات جو اس سند کے ساتھ وابستہ ہیں۔  
دورانیہ ۲۰۱۸-۲۰۱۶ء  
حاصل کردہ نمبر ۸۰۰/۳۷۶  
درجہ دوم

لاہور: پاکستان  
002984 18 E

Serial No. 6625796

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# Board of Intermediate & Secondary Education, Lahore

Roll No. 232551



**INTERMEDIATE SUPPLEMENTARY EXAMINATION 2016**

**HUMANITIES Group**

**(DUPLICATE)**

Certified that SHEHAR YAR

Son/Daughter of RANA SAJJAD AHMAD (35103-2425781-5)

Registration No. 10136-3336-2014

College/District LAHORE

has passed the Intermediate Examination conducted by this Board in PARTS as a PRIVATE candidate. He/She offered the subjects and obtained the marks as follows:

Sr. No.	Subject	MARKS	
		Maximum	Obtained
1.	URDU	200	95
2.	ENGLISH	200	69
3.	ISLAMIC EDUCATION	50	38
4.	PAKISTAN STUDIES	50	42
5.	CIVICS	200	93
6.	EDUCATION	200	102
7.	ISLAMIC STUDIES	200	99
<b>TOTAL MARKS (In Figures)</b>		<b>1100</b>	<b>538</b>

(In Words) **FIVE HUNDRED THIRTY EIGHT**

External Grade : D

Result Declared On January 12, 2017.



  
**SECRETARY**





Occupational Safety  
& Health  
American Society

**Certificate No: 00988838**

**Shehar Yar**

Has successfully completed

**OSHA 30 Hours General Industry Standards**

**19-08-2020**  
**Date of Issue**

## **Sr. Topics Covered**

**Hrs**

01.	Introduction to OSHA, H&S Management System	4hrs
02.	Workplace Emergency Management	2hrs
03.	Fire and Electrical Safety	4hrs
04.	Energy Isolation and LOTO	3hrs
05.	Personal Protective Equipment	4hrs
06.	Hazards and their Controls	3hrs
07.	Mechanical and Welding Safety	3hrs
08.	Confined Space Safety	3hrs
09.	Fall Protection and Working at Height	2hrs
10.	Job Hazard Analysis	2hrs

### **OSHAS Headoffice**

1202 N Tatnall St.,  
Wilmington, DE 19801  
Website: [www.oshas.us](http://www.oshas.us)  
Email: [info@oshas.us](mailto:info@oshas.us)