

Adel Mohamed Ahmed

Health, Safety, and Environment (HSE)

I am a law graduate from Ain Shams University, and I have completed my military service, during which I gained valuable experience in handling challenging situations and strengthened my analytical skills as well as my proficiency in Microsoft Office programs. I am currently developing my expertise through specialized courses in Occupational Health & Safety (HSE), with the goal of applying my combined legal and safety background to contribute effectively to the organization's success and support a safer, more efficient work environment.

Work experience

➤ HSE Experience – Etqan for Modern Construction & Contracting Cairo – Sheraton | 2020-1 – 2022-2

During my time at **Etqan for Modern Construction & Contracting**, I gained practical experience in applying safety standards within construction environments and developed several essential HSE skills, including:

- Conducting on-site hazard identification and risk assessments.
- Monitoring workers' adherence to safety rules and PPE requirements.
- Supporting daily toolbox talks and participating in safety briefings.
- Reporting unsafe conditions and assisting in incident and near-miss reporting.
- Following up on corrective actions to ensure safe work practices.
- Coordinating with site engineers to maintain a safe workflow.
- **Utilizing Microsoft Office programs to prepare reports, document inspections, and organize safety-related data efficiently.**

➤ HSE Manager & Operations Supervisor – Premier Hospitality & Advertising Services Cairo – Nasr City | 2022-3 – 2025-10

At **Premier**, I further enhanced my understanding of safety systems and gained deeper exposure to HSE procedures through:

- Implementing company safety policies and ensuring compliance with HSE regulations.
- Assisting in preparing safety documentation, checklists, and inspection reports.
- Monitoring site activities to ensure control measures were effectively applied.
- Supporting emergency response planning and evacuation drills.
- Communicating safety instructions clearly to workers and contractors.
- Promoting a strong safety culture through continuous awareness and engagement.
- Using Microsoft Office programs to create reports, maintain safety records, and analyze HSE data effectively.

Education and Qualifications

Ain Shams University of Law 2019 -2022 (Bachelor of Laws)
NEBOSH International General Certificate in Occupational Health & Safety
OSHA (Occupational Safety and Health Administration) Training Courses
Completed an online ICDL course



CONTACT NAME

Adel Mohamed Ahmed

Address

Egypt , Cairo , Obour City

Phone

00201005079197

00201101307917

+966547497601

+966599307985

Email

Adelmohamed7108@gmail.com

LANGUAGES

English

HOBBIES

Football

Travel

Reading

Learning

Date of birth

25 – 05 – 2000

Driving license

B2

SKILLS

Technical & HSE Skills:

- Hazard identification and risk assessment
- Implementation of safety procedures and policies
- Safety inspections and compliance monitoring
- Incident reporting and investigation
- Emergency preparedness and response planning
- Promoting safety culture and awareness on site

Legal & Analytical Skills:

- Understanding of labor laws and safety regulations
- Policy review and regulatory compliance
- Strong analytical and problem-solving abilities

Computer & Software Skills:

- Proficient in Microsoft Office (Word, Excel, PowerPoint, Outlook)
- Safety documentation and reporting

Interpersonal & Soft Skills:

- Effective communication with teams and contractors
- Teamwork and collaboration on cross-functional projects
- Strong organizational and time-management skills



The National Examination
Board in Occupational
Safety and Health

Dominus Way
Meridian Business Park
Leicester LE19 1QW

www.nebosh.org.uk

17 November 2025

NEBOSH International General Certificate in Occupational Health and Safety

UNIT RESULT NOTIFICATION

Learner number: **00930802**
First name/s (given name): **Adel Mohamed Ahmed**
Surname (family name): **Abdel Mgeed**
Full name: **# Adel Mohamed Ahmed Abdel Mgeed**

Learning Partner: **774 - Gulf Technical & Safety Training Centre**

Unit	Description	Mark	Status	Exam Date	Results expected	Learning Partner	Unit result	High valid mark
IG1	Management of Health and Safety	52	Pass	10/09/2025	14/11/2025	774	Pass	52
IG2	Risk Assessment		Pass	11/06/2025	13/08/2025	774	Pass	

Overall mark: **52**

Grade: **PASS**

Your name will appear on your qualification parchment as shown above, please ensure your full name is displayed correctly.

An adjustment may have been made to the mark published on this document following the Awarding process. To view the final pass mark and any adjustments made to this unit please visit our website page [Mark adjustments following Awarding](#)

For any information on your Certificate/Parchment you can visit the [Policy regarding learner certificates including corrections and reissues](#).

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If your qualification is regulated, you can view the credit and levelling information in our [qualifications](#) page.

If you have received a refer in your unit(s) and would like to re-sit the unit, please contact your Learning Partner to book a re-sit. Alternatively, if you believe your mark does not reflect your performance, you can apply for an Enquiry About Result. For more information please visit our website Policies page [Enquiries About Results \(EARs\)](#).

NEBOSH offers a wide range of qualifications for learners at all stages of their career.
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شهادة خبرة

تشهد شركة بريميير للدعاية وإدارة الفنادق ش.م.م بأن السيد/ عادل محمد احمد عبد المجيد قد عمل لدينا في وظيفة مسؤول سلامة وصحة مهنية بالإضافة الي مهامه في قسم العمليات (Operations) وذلك خلال فترتين تفصلهم مدة خدمته داخل القوات المسلحة المصرية من {2022/03/01} الي {2023/04/01} ومن ثم بعد انتهاء فترة الخدمة {2024/07/01} الي {2025/10/01} أي لمدة سنتين وأربع أشهر كاملين.

وخلال فترة عمله اظهر السيد/ عادل محمد احمد عبدالمجيد التزاما عاليا بمعايير السلامة والصحة المهنية وشارك بفاعلية في تطبيق السياسات والإجراءات الخاصة بضمان بيئة عمل امنة الي جانب قيامه بمهامه التشغيلية علي أكمل وجه. وقد كان مثالا للانضباط والإخلاص في العمل ونتمنى له دوام التوفيق والنجاح في مسيرته المهنية.

شركة بريميير للدعاية وإدارة الفنادق ش.م.م



..... الاسم:
..... التوقيع:
..... التاريخ:
..... الختم:



NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

Adel Mohamed Ahmed Abdel Mgeed

was awarded this qualification on

14 November 2025

Rob Hull
Chair

Dee Arp
Accountable Officer

SQA Ref: R630 04



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Occupational Safety and Health
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