

MUHAMMAD RASHID – HEALTH AND SAFETY SUPERVISOR

PROFESSIONAL SUMMARY

Highly dedicated Safety Professional with comprehensive experience overseeing workplace health, safety, and environmental programs across diverse operational environments. Skilled in hazard identification, risk assessment, regulatory compliance, incident prevention, emergency response planning, and safety training. Proven ability to implement and maintain effective HSE management systems, promote a positive safety culture, and ensure safe work practices for employees, contractors, and visitors. Known for strong leadership, clear communication, and a proactive approach to minimizing risks, preventing incidents, and supporting continuous improvement in overall safety performance.

WORK HISTORY

HEALTH AND SAFETY SUPERVISOR

MAY /2023 TO NOV 2025

توريد الموارد للمقاولات وشركاه المحدودة. **NWC -SUPPLY OF RECOURSES FOR CONTRACTING & <https://co.ltd>**, Al Khobar, KSA

- Conduct toolbox talks, safety inductions, and refresher training for plant operators, technicians, and contractors.
- Train staff on hazardous chemicals, confined space entry, lockout/tagout (LOTO), and wastewater-related biological hazards.
- Ensure contractor personnel meet safety competency requirements.
- Identify hazards related to wastewater treatment processes, confined spaces, chemicals (chlorine, polymers, disinfectants), biological agents, and machinery.
- Ensure warehouse operations comply with NWC safety standards, national regulations, and environmental requirements.
- Implement and monitor adherence to HSE policies, ISO standards (ISO 45001 / ISO 14001), and internal audit recommendations.
- Conduct regular compliance inspections across storage areas, loading bays, and material handling zones.
- Conduct regular risk assessments, JHAs (Job Hazard Analyses), PTW (Permit to Work) reviews for operations and maintenance tasks.
- Implement control measures and monitor effectiveness.
- Ensure all STP/WWPS/WWTRP/WWTNK operations comply with local, national, and industry health-and-safety regulations.
- Maintain knowledge of environmental, wastewater, and occupational safety standards.
- Conduct internal compliance audits and support external regulatory inspections.

HSE OFFICER

09/2022 to 04/2023

DONGFANG ELECTRIC (JNHPP) JULIUS NYERERE HYDRO POWER PROJECT, RUFJI TANZANIA

- Continuous inspection of project sites, to ensure a hazard-free environment.

- Provided expert advice on HSE issues, aiding in decision-making processes.
- Investigated accidents thoroughly for root cause analysis.
- Fostered a culture of safety awareness within organization through regular workshops and seminars.
 - Recorded hazard and risk data for ongoing analysis and evaluation.
 - Conducted site inspections to determine hazard-free environment.

HSE CONTROLLER

APRIL/2021 to APRIL/2022

CONSULTANT YMA - CCI (COCA-COLA INTERNATIONAL) GREEN FIELD PROJECT, HARIPUR HATTAR INDUSTRIAL STATE KPK, PAKISTAN

- Train staff in fire prevention and evacuation drills
- Organize spot checks around the site
- Arrange regular fire alarm tests and fire drills
- Advising the management of any risks or conflicting requirements
- Control and implement HSE Risk Assessments, PTW System, WMS, JSA, HIRA etc.
- Ensured compliance with all regulatory requirements through rigorous monitoring and updating of policies.
- Investigated reports of injuries and near misses, testing equipment and inspecting work stations to locate hazards.
- Maintained updated records of incidents, helped in identifying patterns and introducing preventive measures.

HSE OFFICER

DEC/2015 to MAR/2021

VOITH HYDRO POWER CHINA VHH-VHS SHANGHAI, TARBELA DAM KPK, PAKISTAN

- Investigated accidents thoroughly for root cause analysis.
- Recorded hazard and risk data for ongoing analysis and evaluation.
- Devised and implemented policy adaptations for minimized health and safety risks.
- Documented accidents and injuries in detail to enable future prevention.
- Recommended measures to minimize exposure of workers to toxic environments.
- Provided expert advice on HSE issues, aiding in decision-making processes.
- Trained staff and contractors on occupational and environmental health compliance.
- Examined tools, machinery and equipment to determine safety and adequacy.
- Advising the management of any risks or conflicting requirements
- Control and implement HSE Risk Assessments, PTW System, WMS, JSA, HIRA etc.

EDUCATION

ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD, PAKISTAN
Bachelor of Arts, ASSOCIATE DEGREE IN ARTS, 2019

QUAID E AZAM COLLEGE, SWABI, KPK, PAKISTAN
INTERMEDIATE, FSC PRE ENGINEERING, 05/2012

TAMEER E MILLAT PUBLIC SCHOOL, TOPI, SWABI, PAKISTAN
HIGH SCHOOL, SCIENCE, 05/2010

CERTIFICATIONS

- **NEBOSH IGC** FROM CARDIFF INSTITUTE ABBOTABAD, DATE 05/2021
- **OTHM LEVEL 6 DIPLOMA IN OCCUPATIONAL HEALTH AND SAFETY (Cardiff Institute) issued on 07 October 2025 (OFQUAL REGULATED)**
- **IOSH MANAGING SAFELY**, FROM **BE SAFE TRAINING INSTITUTE ISLAMABAD, DATE** 2016
- **30-Hour OSHA Construction Safety and Health** From NYC Construction Safety Training LLC Completion Date: 03/08/2025 Certificate ID: NYCCST-2025030871435133
- **ISO 14001:2015 (EMS) Environmental Management System Lead Auditor Course (XEMPLAR GLOBAL) from ACE ACADEMY 17-03-2025 Issue Date, Ace0000312 Certificate No ,**
- **FIRE SAFETY LEVEL II** FROM **SWS LAHORE PAKISTAN, 2016**
- **INTRODUCTION OF ENVIRONMENTAL SCIENCE, FEB 22, 2025 FROM DARTMOUTH (Verify this certificate at: <https://coursera.org/verify/specialization/YNH7OP5Z4RYT>**
- **ISO 14001 2015 -EMS (ENVIRONMENTAL MANAGEMENT SYSTEM) CERTIFICATE OF PARTICIPATION, WORKSHOP BASED CERTIFICATION FROM DB HSE INTERNATIONAL (05-02-2024)**
- **ISO 9001-2015 QMS, QUALITY MANAGEMENT SYSTEM LEAD AUDITOR (CERTIFICATE OF PARTICIPATION FROM DB HSE INTERNATIONAL) 30-01-2024**
- **ISO 45001 2018 OHSMS**, FROM **ALISON, LINK** BELOW FOR VERIFICATION <https://alison.com/certification/check/12a13aec20>
- **FIRST AID, CPR-AED** FROM **NATIONAL CPR FOUNDATION, Date:** Jan 7, 2025 Renew: Jan 7, 2027, **ID#:252891** Instructor: Paul J. Scruton
- **FIRE PROTECTION & PREVENTION -OSHA** FROM **ALISON** (08 JAN 2025) LINK BELOW FOR VERIFICATION <https://alison.com/certification/check/13e9996216>
- **Fire Safety Awareness**, FROM **ALISON** (07 JANUARY 2025), LINK BELOW FOR VERIFICATION <https://alison.com/certification/check/9b21c9c331>
- **BASIC LIFE SUPPORT- BLS** FROM **NATIONAL CPR FOUNDATION**, (10, Jan, 2025) ID#:5E5985ESSENTIAL OF ELECTRICAL SAFETY, FROM ALISON, 10/JAN/2025, LINK BELOW FOR VERIFICATION <https://alison.com/certification/check/9b21c9c331>
- **First Aid Training in the Workplace** FROM **ALISON** (08 /JAN /2025), LINK BELOW FOR VERIFICATION <https://alison.com/certification/check/bf968786be>