

# ABDULLAH ESSAM MAREI

Riyadh, Saudi Arabia | +966 579315996 | abdallhessam8@gmail.com

## PROFESSIONAL SUMMARY

Highly motivated **HSE Officer** with experience in construction and supply sectors. Expert in risk assessment, accident investigation, and international safety standards (ISO 45001, IOSH). Dedicated to zero-harm environments and boosting productivity through effective safety management.

## EDUCATION

### Bachelor of Physical Education

University of Sadat City

Grade: Very Good

Graduated: 2023

## PROFESSIONAL EXPERIENCE

### HSE Officer

Al-Sultan General Contracting Company

2025 – 2026

- Overseeing site safety operations and ensuring full OSH compliance.
- Conducting inspections and risk assessments to mitigate workplace hazards.
- Supervising teams to maintain safety protocols and professional ethics.

### HSE Officer

First General Supplies Company

2024 – 2025

- Implemented safety procedures and conducted staff training sessions.
- Maintained safety records and ensured equipment regulatory compliance.

### HSE Officer

Black Horse General Supplies Company

2023 – 2024

- Managed HSE protocols and developed emergency response and first aid plans.

## CERTIFICATIONS & TRAINING

- NEBOSH IGC (Studying - March 2026)
- IOSH Managing Safely (July 2025)
- Safety Management Systems (March 2025)
- First Aid Training (Oct 2024)
- Accident Investigation (Nov 2025)
- ISO 45001 Standards (July 2025)
- NFPA 101 Principles (Jan 2025)
- OSHA General & Construction Safety

## CORE SKILLS

- Team Supervision
- Work Ethics & Commitment
- Time Management
- Effective Communication
- Problem Solving
- Risk Assessment

## LANGUAGES

Arabic: Native | English: Very Good