

# Muhammad Sulaman

HSE Professional

+966537580419

+966583096134

muhammadsulaman41@gmail.com



## Personal Summary

I am a seasoned Health, Safety, and Environment HSE Supervisor with 8 years of experience in industrial and construction fields. I aim to join a dedicated HSE team to enhance operational efficiency and foster a positive safety culture. Committed to protecting people, property and the environment through effective leadership and communication

## Experience

**8 years, HSE Industrial and Construction field related Experience**

- **Building Roots Pvt. Ltd.**  
(Sep 2025 to April 2025)  
**Generic Engineering Technologies and contracting.**
- (Feb 2024 to Sep 2025)
- **Etimaad Engineering (PVT) Limited**  
(Jan 2022 to Jan 2024)
- **CGGC - Descon**  
(Jan 2020 to Dec 2021)
- **Sapphire Textile finishing mills limited**  
(Feb 2019 to Dec 2019)

## Academic Qualifications

- **MSC Physics (Nuclear Physics)** Gomal University, Pakistan.
- **BSc (Physics, Chemistry, Mathematics)** BZ University, Pakistan.
- **Intermediate in Science**

## Professional Qualifications

- ProQual Level 6 NVQ Diploma in Occupational Health and Safety Practice.
- NEBOSH- IGC-1, IGC-2,
- IOSH - Managing Safely
- Health, Safety and Environmental Engineering Diploma
- Fire Safety, First Aid and Confined Space Safety

## Training Courses and Seminars

- Risk Assessment, Job Safety Analysis.
- Neom Black hat training, COSHH training,
- Hot, Cold, Excavation Permits, Confined Space Entry Permit Program.
- Electrical Safety, Lock out and tagout system training,
- OSH Essential training, Defensive training
- Excavation Safety, Work at height, Use of full body harness.
- Safety Orientation / Induction, First Aid, CPR Drill.
- Emergency Evacuation Drill, Fire Fighting and Equipment Maintenance Drill.
- Fire hose handling, Fire hydrant and Fire monitor operation.

**Project:** Trojena Dam Project

**Client:** Neom

**Contractor:** Building Roots

### **Responsibilities**

#### **HSE Supervisor (Sep 2025 - April 2026)**

- Responsible for making sure daily AB, PTW, workers Inducted, trained and PPE'S compliance.
- Responsible for implementation of approved project safety plan and company's H&S manual through the project.
- Monitor and modify safety techniques to achieve zero injury, zero accident and zero accident goal.
- Review of daily observations, near miss, injuries on daily basis and ensure timely closeout of action created and taking steps to avoid repeat.

**Project:** Hotel West (Shurra Island)

**Client:** Red Sea Global

**Contractor:** GET (Generic Engineering Technologies & Contracting)

### Responsibilities

#### **HSE supervisor (27 February 2024 – Aug 2025)**

- Conducting and participating in daily Toolbox Talk/ Pre-Start Talk Meeting with Employees.
- Enforcing Safe Work Practices.
- Attending meetings with Client.
- Implementing the Safety rules and regulations as per the Client recommendations & Company's Safety Policy.
- Preparation of Daily, Weekly & Monthly Safety Reports.

**Project:** Hydrogen Peroxide Plant Extension

**Client:** Engro Polymer and Chemicals Limited (EPCL)

**Contractor:** Etimaad Engineering (PVT) Limited

### Responsibilities

#### **HSE supervisor (25 January 2022 – 10 January 2024)**

- Implementation and enforcement of the work permit system.
- Conducting safety toolbox meetings and weekly safety talks (D-level).
- Identifying hazard at workplace / taking corrective action.

- Responsible for preparation of accident / incident near miss reports.
- Pre and post inspection of all critical activities including lifting, Confined Space and hot work arrangement and conducting inspection of heavy machinery, light machinery, power tools and hand tools.
- Carried out Risk assessment, Method statement and Job safety analyses.
- Confined space entry arrangements, maintaining emergency response procedure as mentioned in CSM.
- Coordination of monthly safety meetings and tracking follow-ups.
- Conducting induction, training sessions and developing positive Health and safety culture in Sub-Contractors.

**Project:** Mohmand Dam Hydro Power Project.

**Client:** WAPDA

**Contractor:** CGGC - DESCON

### **Responsibilities**

#### **HSE Inspector (5 January 2020 - 15 December 2021)**

- Practical firefighting and give basic training to employees.
- Inspection and maintenance of firefighting appliances.
- Emergency evacuation and first aid training to employees, electrical safety.
- Responsible for implementation of approved project safety plan and company's Health and Safety Manual throughout the project.
- The other responsibilities included attending pre-construction meetings, Implementation of safety guidelines from crucial and high-risk activities.
- Inspection of all power tools, heavy machinery and manual tools etc. on daily and monthly basis.
- Conducting training sessions for Work at Height safety, Excavation safety and hot work safety.

Sapphire Textile finishing mills  
limited

### **Responsibilities**

#### **HSE Officer (2 February 2019 – 3 December 2019)**

- Conducting monthly emergency evacuation drill
- conducting emergency response procedure planning, training and demonstration.

- Conducting risk base training for workers.
- Responsible for Permit compliance.
- Conducting Fire emergency appliances inspection including fire hose reel, hose pipe, Hydrant pump etc.
- Emergency exit doors and emergency evacuation light inspection.
- Smoke detector and fire alarming system inspection.
- Fire resistance doors inspection
- Emergency Eye washer inspection

### **Skills**

- Sufficient Computer literacy.
- Computer software, MS (Word, Office, Power Point).
- Occupational Safety and Health Safety Trainings, Audits and Inspection of Worksite Safety Reports.

### **Contact Detail**

Mobile: +966537580419  
Mobile: +966583096134  
Email: muhammadsulaman41@gmail.com  
Address Diriyah Riyadh, KSA

### **Languages**

**English** ★★★★★  
Professional level

**Arabic** ★★★★★  
Communication level

**Urdu** ★★★★★  
Language

### **Declaration**

I hereby declare that all the information furnished above is true to the best of my belief.



Muhammad Sulaman



## ProQual Level 6 NVQ Diploma in Occupational Health and Safety Practice

Has been awarded to

**Muhammad Sulaman**

20 / 02 / 2026



Scan QR Code to verify certificate

An award of ProQual AB Ltd. accredited by Ofqual  
**603/3106/9**  
European Qualifications Framework Level 6  
Certificate number 443671

Mike Hewitt  
Executive Director  
ProQual AB Ltd



## Muhammad Sulaman

Has been awarded units/credits for

Unit Reference Number	Unit Title	Unit Level	Credit Value
J/616/9532	Develop and implement effective communication systems for health and safety information	L5	8
M/616/9539	Develop and implement health and safety emergency response systems and procedures	L6	12
H/616/9540	Develop and implement health and safety review systems	L6	9
H/616/9537	Develop and implement proactive monitoring systems for health and safety	L6	10
K/616/9538	Develop and implement reactive monitoring systems for health and safety	L6	15
F/616/9531	Develop and implement the health and safety policy	L6	14
R/616/9534	Develop and maintain individual and organisational competence in health and safety matters	L5	10
Y/616/9535	Identify, assess and control health and safety risks	L6	18
K/616/9541	Maintain knowledge of improvements to influence health and safety practice	L5	8
D/616/9536	Promote a positive health and safety culture	L5	4

20 / 02 / 2026



nebosh

# NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

**Muhammad Sulaman**

was awarded this qualification on

06 October 2022

Les Philpott  
Chair

Dee Arp  
Accountable Officer

Master log certificate No: 00695393/1315276

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





This is a certificate awarded to

**Muhammad Sulaman**

on successfully completing

**Managing Safely**

a course approved and validated by the

**Institution of Occupational Safety and Health**

in association with

**Cardiff School of Certified Professionals (CSCP)**

*Approved Centre: 3331*

Signed on behalf of IOSH

*Vanessa Hamood-Williams*

Chief Executive

*Malaika*

Course Organiser



Date: 12 April 2025

Cert No: MS563420T

Possession of this certificate does not confer exemption from accredited qualifications which lead to membership of IOSH.

# Hearts Saver First Aid



Saudi Heart Association  
جمعية القلب السعودية

This certifies that the holder of this card has successfully completed the national cognitive and skills performance examination in accordance with the standards and guidelines of the Saudi Heart Association for the Heart Saver First Aid.

## MUHAMMAD SULAMA ASHIQ HUSSAIN

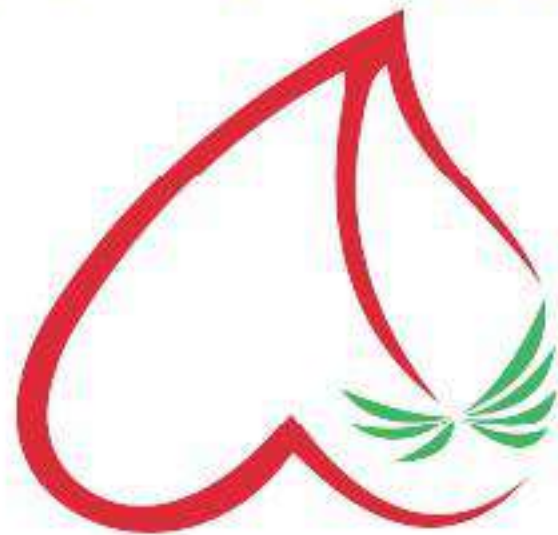
Registration ID: 418289  
Issued: Oct 22 2025  
Expired: Oct 22 2027  
eCertificateID: 418796112843  
Training Center: ALLIANCE INFINITE INSPECTION TRAINING



**Prof. Fahad Alsohime**  
Chairman, National CPR Committee  
Saudi Heart Association

To view or verify authenticity, students and employers should scan this QR code with their mobile device.

Saudi Heart Association  
جمعية القلب السعودية



NATIONAL LIFE  
SUPPORT COMMITTEE





**TIMES UNITED**

Passion & Precision

**Card No.: 12082**



**Name: Muhammad Sulaman Ashiq**

**ID No.: 2568377457**

**Company: Generic Engineering Tech.**

**Issue Date: 19 / 08 / 2024**

**Expiry Date: 18 / 08 / 2025**



**First Aid & CPR**



**TIMES UNITED**

Passion & Precision

Card No.: 12083



**Name: Muhammad Sulaman Ashiq**

**ID No.: 2568377457**

**Company: Generic Engineering Tech.**

**Issue Date: 19 / 08 / 2024**

**Expiry Date: 18 / 08 / 2025**

**Fire Warden**



Roll No 113370

Sr. No 3370



**Skill Development Technical Council (SDTC)**  
Established Under (ACT, XXI OF 1860 Govt. of Punjab Pakistan)



# Diploma

This is Certify that MUHAMMAD SULAMAN

S/D/W of ASHIQ HUSSAIN

Registration No. SDTC/AIT/C33-3370 Date of Birth 04 MAR 1993

Has been satisfactorily completed the THREE YEARS Program of Instructions  
in HEALTH, SAFETY & ENVIRONMENTAL ENGINEERING

From 2020 to 2023 He/She showed the Following in Exams

Total Marks	Obtained Marks	Percentage	Grade
3000	2431	81%	A+

## *This Diploma Awarded*

to student through internal assessment / examination held

by ALLIED INSTITUTE OF TECHNICAL TRAINING, RAWALPINDI

Training Center / Workshop Campus SDTC



Secretary



Online Verification on  
([www.sdtec.org.pk](http://www.sdtec.org.pk))



DIRECTOR / PRINCIPAL

Note: This diploma/certificate issued without alteration or erasure Errors/omissions expected



# Skill Development Technical Council (SDTC)

Established Under (ACT, XXI OF 1860 Govt. of Punjab Pakistan)

## TRANSCRIPT

### HEALTH, SAFETY & ENVIRONMENTAL ENGINEERING (1<sup>ST</sup> YEAR)

NAME : MUHAMMAD SULAMAN  
FATHER NAME : ASHIQ HUSSAIN  
REGISTRATION NO : SDTC/AITT/C33-3370  
ROLL NUMBER : 113370  
SESSION : 2020 - 2021  
CONDUCTED AT : ALLIED INSTITUTE OF TECHNICAL TRAINING, RAWALPINDI  
MODULE -I

SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	HEALTH & SAFETY FOUNDATION	100	79
02	ENVIRONMENTAL CHEMISTRY	100	74
03	BASIC SAFETY ORIENTATION	100	76
04	GENERAL SAFETY & HEALTH	100	84
05	HEALTH HAZARDS IN CONSTRUCTION- COMMUNICATION	100	85
	TOTAL MARKS	500	398

#### MODULE -II

SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	SOLID WASTE MANAGEMENT	100	79
02	AIR & NOISE POLLUTION	100	87
03	PROCESS SAFETY MANAGEMENT OF HIGHLY HAZARDOUS	100	86
04	PERSONAL PROTECTIVE EQUIPMENTS	100	75
05	SAFETY CULTURE	100	79
	TOTAL MARKS	500	406

OBTAIN MARKS	804
TOTAL MARKS	1000
PERCENTAGE	80.4%
GRADE	A+

CONTROLLER OF EXAMINATIONS





# Skill Development Technical Council (SDTC)

Established Under (ACT, XXI OF 1860 Govt. of Punjab Pakistan)

## TRANSCRIPT

### HEALTH, SAFETY & ENVIRONMENTAL ENGINEERING (2<sup>ND</sup> YEAR)

NAME : MUHAMMAD SULAMAN  
FATHER NAME : ASHIQ HUSSAIN  
REGISTRATION NO : SDTC/AITT/C33-3370  
ROLL NUMBER : 113370  
SESSION : 2021 - 2022  
CONDUCTED AT : ALLIED INSTITUTE OF TECHNICAL TRAINING, RAWALPINDI  
MODULE -I

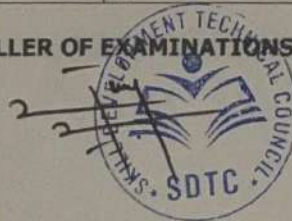
SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	JOB SAFETY ANALYSIS	100	79
02	ENVIRONMENTAL SCIENCE	100	77
03	WATER POLLUTION	100	74
04	MATERIAL HANDLING	100	71
05	HEALTH, SAFETY & ENVIRONMENT ISSUES	100	85
	TOTAL MARKS	500	386

#### MODULE -II

SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	PHYSICAL & PHYSIOLOGICAL HEALTH	100	82
02	WASTE WATER TREATMENT	100	81
03	OCCUPATION HEALTH & SAFETY	100	85
04	BIOMASS ENERGY	100	83
05	SUSTAINABLE DEVELOPMENT	100	76
	TOTAL MARKS	500	407

OBTAIN MARKS	793
TOTAL MARKS	1000
PERCENTAGE	79.3%
GRADE	A

CONTROLLER OF EXAMINATIONS





**SDTC**

# Skill Development Technical Council (SDTC)

Established Under (ACT, XXI OF 1860 Govt. of Punjab Pakistan)

## TRANSCRIPT

### HEALTH, SAFETY & ENVIRONMENTAL ENGINEERING (3<sup>RD</sup> YEAR)

NAME : MUHAMMAD SULAMAN  
FATHER NAME : ASHIQ HUSSAIN  
REGISTRATION NO : SDTC/AITT/C33-3370  
ROLL NUMBER : 113370  
SESSION : 2022 - 2023  
CONDUCTED AT : ALLIED INSTITUTE OF TECHNICAL TRAINING, RAWALPINDI  
MODULE -I

SR NO.	SUBJECT	TOTAL MARKS	MARKS OBTAIN
01	CONFINED SPACE ENTRY	100	83
02	LEAD SAFETY IN THE WORKPLACE	100	82
03	CLIMATE CHANGE	100	85
04	STRUCK BY & CAUGHT IN BETWEEN	100	87
05	ENVIRONMENTAL IMPACT ASSESSMENT	100	72
	TOTAL MARKS	500	409

#### Practical

Marks Obtained	Total Marks
425	500

Grand Total: 1<sup>st</sup> Year: 804/1000, 2<sup>nd</sup> Year: 793/1000, 3<sup>rd</sup> Year: 834/1000

OBTAIN MARKS	2431
TOTAL MARKS	3000
PERCENTAGE	81%
GRADE	A+

CONTROLLER OF EXAMINATIONS



# GOMAL UNIVERSITY

DERA ISMAIL KHAN

(NWFP) PAKISTAN  
KHYBER PAKHTUNKHWA



(Session 2016-2018 )

MUHAMMAD SULAMAN SON of ASHIQ HUSSAIN and  
a student of PHYSICS DEPARTMENT

having passed the prescribed examination in PHYSICS 20 18,  
is this day admitted by the GOMAL UNIVERSITY to the DEGREE of

## MASTER OF SCIENCE

in the CGPA 2.70 Class GRADE

The subject of examination being PHYSICS.


The Examination was taken as a whole/ in parts.


Registered No. 872-PHY-16

Roll No. 41

Result declared on JANUARY 17, 2019

Countersigned

  
Controller of Examinations

  
Vice-Chancellor

# BAHAUDDIN ZAKARIYA UNIVERSITY MULTAN-PAKISTAN



SESSION 2016

THIS IS TO CERTIFY THAT

MUHAMMAD SULAMAN

*Son of*

ASHIQ HUSSAIN

of GOVERNMENT COLLEGE BLOCK 17 DERA GHAZI KHAN ( LATE COLLEGE STUDENT )

has passed the Annual examination of the academic session held in April -May ,2016 securing 400/800 marks and has been placed in SECOND Division.

Having fulfilled the requirements he has been admitted to the degree of

***BACHELOR OF SCIENCE***

in this University.

The examination was taken by parts

  
Controller of Examinations

  
Chancellor

No. INT- 166848

ROLL NO. 411302

Enrol. NO. 8-2-206309-11

BOARD OF INTERMEDIATE AND SECONDARY EDUCATION  
DERA GHAZI KHAN, PUNJAB  
(PAKISTAN)



INTERMEDIATE(ANNUAL) EXAMINATION, 2013  
PRE-ENGINEERING GROUP

Certified that MUHAMMAD SULAMAN

Son / Daughter of ASHIQ HUSSAIN

College / District GOVT. HIGHER SECONDARY SCHOOL MANA AHMEDANI D G KHAN

has passed the Intermediate Examination conducted by this Board in FULL

as a REGULAR candidate

**DETAIL OF MARKS**

Sr#	SUBJECT	MARKS	
		MAXIMUM	OBTAINED
1	Urdu	200	136
2	English	200	116
3	Islamic Education	50	45
4	Pakistan Studies	50	42
5	Physics	200	123
6	Chemistry	200	131
7	Mathematics	200	112
TOTAL MARKS(in figures)		1100	705

(IN WORDS) SEVEN HUNDRED AND FIVE

GRADE B

DATED 23<sup>rd</sup> SEPTEMBER 2013.



SECRETARY

No. SSC- 274819

ROLL NO. 70247

REG. NO. 8418-DGB109-2008

BOARD OF INTERMEDIATE AND SECONDARY EDUCATION  
DERA GHAZI KHAN, PUNJAB  
(PAKISTAN)



SECONDARY SCHOOL CERTIFICATE(ANNUAL)EXAMINATION, 2010  
SCIENCE GROUP

Certified that MUHAMMAD SULAMAN

Son/Daughter of ASHIQ HUSSAIN

School/District GOVT. HIGHER SECONDARY SCHOOL MANA AHMADANI (D.G.KHAN)

Date of birth (in words) Fourth March, Nineteen Hundred and Ninety Three

04/03/1993 has passed the Secondary School Certificate

Examination conducted by this Board in FULL as a REGULAR candidate.

DETAIL OF MARKS

Sr#	SUBJECT	MARKS	
		MAXIMUM	OBTAINED
1	Urdu	150	98
2	English	150	125
3	Islamiyat	75	62
4	Pakistan Studies	75	69
5	Mathematics	150	145
6	Physics	150	129
7	Chemistry	150	134
8	Electrical Wiring	150	123
TOTAL MARKS(in figures)		1050	885

(IN WORDS) EIGHT HUNDRED AND EIGHTY FIVE

GRADE A+

DATED: 4<sup>th</sup> AUGUST 2010.



SECRETARY

Note: This certificate is issued without alteration or erasure.

**webuild**



**BECHTEL**




## Valley Cluster Security Pass



**Muhammed Sulaman**  
Safety Supervisor

Emp ID.	RAL0065
Blood G.	A+
Issued On.	13/Sep/25
Valid Until.	13/Sep/26

**HSE Approved**

 <p>جنرال انجنييرينج والقاولات ذ.م.م GENERIC ENGINEERING TECHNOLOGIES &amp; CONTRACTING W.L.L.</p>	<b>Shura Island P06- HW2,3 &amp; 4 C35</b>	Document Ref	
	<b>Experience Letter</b>	GET-HSE-SOP-0067	
		Rev	Date
		0	30.08.2025

## TO WHOM IT MAY CONCERN

This is to Certify that **Mr. Muhammad Sulaman s/o Ashiq Hussain** bearing IQAMA ID: **2568377457** has been worked as H&S Supervisor from **27 February 2024 to 30 August 2025**, for our **SHURA ISLAND HW Project**.

During his employment record, he has exhibited excellent leadership skills. We have found Muhammad Sulaman to be a reliable and dedicated employee who has always been willing to go above and beyond the call of duty.

He has shown great professionalism and has been an asset to our company.

We wish Muhammad Sulaman all the best for his future endeavors.

Sincerely,

**GENERAL MANAGER (ADMIN & HR)**

**Aly Adra**



## TO WHOME IT MAY CONCERN

This is certified that below mentioned person has worked as a Site Safety Supervisor with CGGC at Mohmand Dam Hydropower Project, whereas his particulars are as under.

Name: Muhammad Sulaman  
CNIC#: 32102-3657576-5  
Job Title: Site Safety Inspector  
Department: Health, Safety & Environment (HSE)  
Duration: January 5", 2020, to December 15", 2021

**Remarks:** During his tenure with his organization, he has worked hard with honesty. His services remained satisfactory in all respect up to the entire satisfaction of project management.

We wish him all the best in his forthcoming future endeavoring and his credential capabilities endorsed accordingly.



Director HR & Admin



**DATED: 10-JAN-2024**

**EXPERIENCE CERTIFICATE**

**HYDROGEN PEROXIDE PROJECT ENGRO POLYMER & CHEMICALS Limited**

It is certified that Mr. **MUHAMMAD SULAMAN S/O ASHIQ HUSSAIN CNIC # 32102-3657576-5** has worked as **"HSE SUPERVISOR"** in our organization from **25-JAN-2022 to 10-JAN-2024**.

He has wide range experience in his Field. In this period, we found him hardworking, honest and talented.

He always made sincere efforts to get the maximum output intelligently and tactfully, He bears well.

Moral character and his performance with our organization was very commendable.

I wish his success and it is my pleasure to recommend him to anyone without reservation.

**Nasir Khokhar**  
**Admin Manager**  
**Etimaad Engineering Pvt Ltd.**

