

Muhammad Nabeel Abbas *HSE Engineer*

✉ hm.nabeelabbas@gmail.com

☎ 0532379482

📍 Riyadh

📅 1992/11/24

👤 Married

🇵🇰 Pakistani

🚗 Saudi Driving License

Profile

Experienced and dedicated HSE Engineer with strong construction and maintenance experience across road works, traffic management, pipeline projects, and data center environments. Proven expertise in site safety inspections, hazard identification, excavation safety, permit-to-work systems, toolbox talks, and traffic control plans (TCP), ensuring full compliance with OSHA standards, company HSE policies, and project-specific requirements. NEBOSH-certified and First Aid Officer, committed to safeguarding personnel, maintaining safe working environments, and continuously improving HSE performance on high-risk infrastructure and data center projects.

Projects

GREEN RIYADH PROGRAM - TSE NETWORK & INFRASTRUCTURE PROJECTS

MMR STC DAMMAM DAY 2 PH3 EXPANSION VERTIV | DMM, SA

MMR SEC HA MDC Phase 2 RUH VERTIVE| RIYADH, SA

MMR KKIA DPP 98mw ROLLS ROYCE | RIYADH, SA

MMR DUBA Solar Combine DPP 36mw HYUNDAI | RIYADH, S

Work Experience

2024/08 – present
Riyadh, Saudi Arabia

Health Safety Environment Engineer

Abdullah Ibrahim Al Sayegh and Sons Company

- Led HSE activities for pipeline, TSE network, road construction, and traffic management works under the Green Riyadh Program.
- Supervised and coordinated a team of HSE officers, ensuring consistent implementation of HSE policies and Saudi regulations across all sites.
- Conducted daily safety inspections for excavation, ROW, lifting operations, heavy equipment, and backfilling activities.
- Managed Temporary Traffic Management Plans (TMP/TCP), including detours, lane closures, signage, and pedestrian safety on main roads.
- Implemented permit-to-work systems, enforced PPE compliance, and delivered toolbox talks and safety inductions.
- Prepared incident and near-miss reports and worked closely with construction teams to ensure safe and compliant work execution.

2020/02 – 2024/08
Khobar, Saudi Arabia

Health Safety Environment Supervisor


Mohammed Mansour Al Rumaih MMR ✉

- Provided hands-on supervision and leadership in all HSE aspects on site, overseeing engineering construction projects from inception to completion.
- Effectively supervised and mentored on-site staff, ensuring compliance with safety protocols, timelines, and budgets.
- Played a pivotal role in formulating project parameters and maintaining quality standards in collaboration with project stakeholders.
- Coordinated and allocated internal resources efficiently to optimize project outcomes and meet customer expectations.
- Led regular project meetings to review progress, address challenges, and ensure clear communication among team members.

- Maintained meticulous documentation of project activities to uphold compliance with HSE regulations and standards.
- Conducted comprehensive safety inspections and audits to identify potential hazards and promote a safe working environment.
- Collaborated closely with stakeholders to identify opportunities for process improvement in HSE management.
- Served as a key liaison between the on-site team and senior management, providing regular updates on project progress and resource utilization.
- Developed and maintained safe working practices for the engineering team, in accordance with HSE regulations.

2017/02 – 2019/12
Riyadh, Saudi Arabia

Health Safety Environment Officer

Mohammed Mansour Al Rumaih MMR 

- Developed and implemented HSE policies, procedures and protocols in accordance with industry best practices.
- Reporting to the Safety Manager of the company.
- Conduction regular HSE meetings with Engineers and Management.
- Induction training for new employees.
- Site inspection.
- Implementation of HSE rules & regulations all the time at the site.
- To maintain and improve upon HSE performance.
- Coordinated with Managers, Site Staff Clients & other subcontractors to ensure safety at the site.
- Develop Job Safety Analysis and Hazards identification.
- Create safety awareness by promoting safety meetings, presentations, open forum discussions, and training.
- Preparation of Accident & Incident reports.
- Check the Subcontractor's HSE Performance in Accordance with Company HSE Regulations & Procedures.
- Monitored and maintained HSE equipment, such as safety harnesses and respirators.
- Conducted risk assessments and inspections to ensure compliance with applicable HSE standards.

Education

2012 – 2016	BSC Hons Agriculture & Resource Economics
Faisalabad, Pakistan	<i>University of Agriculture Faisalabad</i>
2010 – 2012	Intermediate Pre Medical
Faisalabad, Pakistan	<i>Superior College</i>
2008 – 2010	Matric Science Group
Faisalabad, Pakistan	<i>City Cadet School</i>

Certificates

ProQual Level 7 Diploma in Strategic Health and Safety Leadership and Management (In progress)	NEBOSH Occupational Health and Safety
IOSH Managing Safely	OSHA 30 Hours
First Aid	ILF Approved
Certified ISO 45001:2018 Occupational Health & Safety Management System	

Memberships

2026/01 – 2027/01

Saudi Council of Engineers

Membership No : 1204724

Skills

Traffic Management and Road Safety	● ● ● ● ●	Accident investigation	● ● ● ● ●
Job safety analysis	● ● ● ● ●	Safety meeting coordination	● ● ● ● ●
Communication skills	● ● ● ● ●	Site inspection expertise	● ● ● ● ●
Recordkeeping proficiency	● ● ● ● ●	Corrective action implementation	● ● ● ● ●
Problem-solving ability	● ● ● ● ●	Collaborative teamwork	● ● ● ● ●
Job Safety Analysis	● ● ● ● ●	Risk Assessment	● ● ● ● ●

Languages

- English
- Urdu
- Arabic

Interests

- Creative pursuits
- Sports
- Travel
- Technology
- Book Reading
- Environmentalism