

# Muhammad Umer Aziz (Grad IOSH)

**M.sc Occupational Health and Safety**  
**NEBOSH IGC Level 3 UK**  
**DEWA Approved Safety Officer, UAE.**

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Address : Riyadh, Saudi Arabia.  
Availability : Immediately



## About Me

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I am an adaptable, proactive and confident person having good knowledge of HSE regulations, and practices with experience as Health, Safety and Environment Supervisor, Officer and Trainer. I have managed Health and Safety by preparing and implementing HSE policies, Procedures and Method Statements on different complex projects with diverse workforce. My objective is to work in a challenging, dynamic and proficient environment, where I can utilize my knowledge, skills and experience to achieve organizational goals.

## HSE Qualification & Certifications

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- M.sc Occupational Health and Safety
- NEBOSH IGC (UK)
- IRCA certified Lead Auditor OHSAS 18001:2007
- ISO 45001:2018
- The COSSH Risk Assessor Certification™ (20575396)
- The Safety Data Sheet Awareness Certification™ (21255108)
- Train the Trainer (IOSH, UK)
- AHA Heart Saver First Aid, CPR and AED

## HSE Officer Approvals

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- Dubai Electricity and Water Authority (DEWA), UAE.
- Siemens, UAE.
- Mott MacDonald, UAE.

## HSE Trainer Approvals

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- Institute of Occupational Safety and Health (IOSH, UK).
- American Heart Association. America (1902002616)
- Highfield Awarding Body for Compliance, United Kingdom. (HABC, 30311)
- Ministry of Manpower Oman as HSE Trainer
- Distribution Code Review Panel (DCRP), Muscat, Oman.

## Memberships

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- Graduate Member of Institute of Occupational Safety and Health (IOSH), UK (204007)

## Core Competency

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- Risk Assessment and Management
- Incident Investigation
- Hazard Identification and Communication
- Workplace Safety Inspections including Smoke Detectors, Fire Alarms etc.
- Fire Safety, Use of Fire Hydrant, Fire Truck, Fire Extinguisher.
- First Aid, CPR & use of AED
- Excellent presentation, time management & communication skills
- Self-organized and quick learner
- Strong leadership qualities
- HSE Training
- Advanced Microsoft Office skills, (Office Management)

## Work Experience

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**Company: Regnant Engineering Services Pvt. Ltd. Islamabad**

**Designation: HSE Supervisor**

**Duration: 21-01-2020 to 26-11-2021**

**Location: Islamabad**

### Job Responsibilities:

- Implementation of HSMS, Policy and Procedures to achieve HSE objectives.
- Ensuring quality, availability and usage of Personal Protective Equipments (PPEs).
- Conducting Risk Assessments to reduce the risk as low as reasonably practicable.
- Conducting the incident investigation.
- Preparing emergency and evacuation procedures.
- Giving Tool Box Talk to workers on safety issues prior commencing work.
- Preparing and Submitting HSE reports to Management.
- Participate in Preparing and implementing method statements.
- Ensuring the availability of suitable and safe equipment for the job.
- Inspecting the working areas to ensure safe practices are being adhered.

**Company: Ingenuity Training and Development Services LLC. (ITDS)**

**Designation: QHSE Training Manager**

**Duration: 10-Dec-2018 to 15-Dec-2019 (1 Year)**

**Location: Muscat, Sultanate of Oman.**

### Job Responsibilities:

- Preparing emergency procedures.
- Conducting Risk Assessment for the Institute and its parking and Practical areas.
- Ensuring the implementation of HSE policy and emergency procedures.
- Conducting Fire drills.
- Ensuring the proper operation of Fire Alarms, Smoke Detectors, and Fire extinguishers.
  
- Coordinating with the local emergency services.
- Prepare Training modules and courses to get approval from ministry of education, Oman.
- Review and update the course contents and presentations.

- Delivering trainings like IOSH Managing Safely, AHA First Aid, CPR & AED, Incident Investigation, Risk Assessment, Safety Leadership, Work at Height, Fire Safety, Scaffold Safety etc.
- Supervising other trainers and administrative staff.
- Ensuring trainings meet the legal applicable standards of ministry of education Oman and other awarding bodies.
- Reviewing and updating all policies and procedures
- Coordinating with the clients and preparing customized training courses.
- Designing, reviewing and updating the assessment criteria for different courses.
- Resolving basic IT issues in computers systems.

**Company: Applied Corrosion Technology (ACT)**

**Designation:** HSE Officer

**Duration:** 10-01-2018 to 17-07-2018 **(7 Months)**

**Project:** Jebel Ali Metro Extension Project (Power Station 700MW)

**Client:** Dubai Electricity and Water Authority (DEWA)

**Location:** Dubai, United Arab Emirates.

**Job Responsibilities:**

- Ensuring the implementation of HSE policy and monitoring the workforce.
- Reviewing risk assessments.
- Be active member of the Emergency Response Team (ERT).
- Tracking the Key Performance Indicators **(KPIs)** and monitoring the HSE performance.
- Participating in Fire Fighting Drills. (Fire Truck, Fire Hydrant & Fire Extinguisher Use).
- Participating in Scenario based Emergency drills (Confined Space Rescue, Recovery of IP from Heights, Spinal Injury Care, Use of Spine board etc.)
- Ensuring the compliance of environmental regulations regarding hazardous substances handling and disposal.
- Preparing weekly and monthly safety and environment reports.
- Conducting the COSH assessments.
- Attending weekly HSE meeting with client
- Participating in the walk-through inspections.
- Inspecting, blasting equipment and hoses including blasting hoods and spray hoods.
- Giving induction training to new employees and visitors.
- Conducting in house trainings.
- Conduct investigation of HSE incidents to identify the root cause and suggest control measures to prevent reoccurrence.
- Maintained record of all training necessities.

**Company: Descon Engineering Ltd. (Pakistan Business Area)**

**Projects:**

- YEL Wind Energy Power Project (Sindh) 2015
- Adhi Gas Field 2016-2017
- National Refinery Karachi 2017

**Designation:** HSE Officer

**Duration:** 04-01-2015 to 07-12-2017 **(2 Years 11 Months)**

**Job Responsibilities:**

- Participate in Developing and implementing HSE management system based on OHSAS 18001:2007.
- Keep track of HSE plan, processes and policies and update them when required.

- Conduct monthly inspections to check the effectiveness of HSE system.
- Prepare monthly HSE statistics and company HSE performance reports.
- Maintain and update risk assessment register and performing risk assessment on key business activities.
- Keep track of incident log, fire extinguisher list, equipment & tools list and calibrations certificates record and update them as and when required.

## **Personal Information**

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Marital Status : Married  
Nationality : Pakistani  
Languages : English (Excellent), Urdu (Mother language), Hindi, Punjabi