



Sajad sher

HSE Office (NEBOSH Certified)

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Address: Al-Riyadh- KSA

Carrier Objectives:

NEBOSH Certified HSE Professional dedicated to ensure the constructing employees safety and a proven ability to establish and maintain HSE regulations on work place. Detail-oriented and excellent at identifying potential hazards and dangers on the work place. Easy going by nature and happy to work alongside senior managers, staff, contractors.

Right now looking for permanent HSE Officer/Safety officer position in an esteemed organization in order to utilize my education and experience in such a way that it benefits and out most satisfaction of the company.

Core Qualifications

- **NEBOSH IGC** (International General Certificate in occupational health and safety)
- **OSHA**
- **First-Aid training course**
- **IOSH**
- **Permit to work**
- **Confined Space Safety training course**
- **HSE**
- **Electrical safety training course**
- **Fire Warden training**
- **Work Permit Receiver**
- **Hole Watch Stand-by**



Academic Qualifications

Master in Journalism & Mass Communication

**University of
Peshawar Pakistan
2016**

Diploma in Information Technology
Technical Board
Peshawar Pakistan
2018

Key Skills

- Safety Program Development.
- HSE training for workers.
- Permit to Work Authorization.
- Risk Assessment System; Job Safety Analysis.
- Job Hazards Analysis and Identification.
- Accident/ Incident Investigation and Reporting Procedure.
- Hydraulic Mobile/ Plant/ Crane Lifting Operation Plan and Inspection.
- Work at height, safe use of ladder, safety harness procedure, Tagging system.

Personal/IT Skills

IT Skills

Basic Computer (Hardware & Software Installation)
Pleasing personality MS Office System and Internet
Windows Installation
Machine Learning

Personal Skills

Target Oriented
Leadership Skills
Individual working capabilities
Communication Skills
Willingness to learn New things
Individual working capabilities

Professional Experience

PROJECT HSE OFFICER

Company: FIRST-FIX

Project: Security Forces Medical Center (MOH)

From Oct 2021 till Now

At The “Mohmand Dam Pakistan”



Projects Name:

**Mohmand Dam CGGC – DESCON JOINT VENTURE
As an HSE Engineer Construction department
From Sep 2019 to Aug 2021**

Roles and Responsibilities:

- Implementation of Health and Safety Plan as per Company HSE policy.
- Liaise and cooperate with HSE Manager, Project Manager, Construction Manager, Planning Engineers and Site Engineers to ensure the safe execution of the works.
- Preparing of Risk Assessment and JSP.
- Reports to HSE manager and follow-up all the outstanding issues.
- Health and safety correspondences with client/consultant.
- Providing overall Site Safety requirements such as Personal Protective Equipment (PPE), proper working tools for Construction, proper certification for equipment, conducting daily and periodical tool box meeting, equipment check list verification.
- Accident Investigation and Root Cause Analysis, being part of investigation committee. Internal Training on HSE aspects.
- Educating construction personnel with the use of gas detector and alarms, safe exposure limit etc.
- Controlling the work place hazards by preparing hazard checklist pertaining details of existing hazards. Identification of hazards and preventing accidents by ranking the hazards to its risk level.
- Heavy Equipment Safety Inspection, verification and validating of Safety Certificates through approved Third Party Agencies for Cranes, Trailers, and Fork lifts as per Company Safety Rules and Regulations.
- Construction safety inspection on site safety administration including safety induction, Hazard identification plan, emergency procedures, incident / accident, fire reports.
- Safety Inspection of scaffolding systems during erection, construction and dismantling. Maintenance of approved scaffolding periodically for general conditions, loading, access and additional requirements of client on specific cases such as safety belts, mid rail, toe board, etc.
- Controlling the work place traffic problems by providing proper entrance and egress.
- Incident/accident investigation & reporting.
- Safety Inspection of Excavation works during and after digging.
- Effective PTW for hot work, excavation, work at height, confined space, and lifting.

- Safety induction to new employees.
- Maintain safety information boards/signs; Maintain safety promotional posters.
- Daily site inspection and reports.
- Weekly site safety inspection and reporting.
- Joint inspection with consultant/Client.
- Identification of hazards and follow up until rectification, Risk assessment.
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References

- Focus on lifting activities in Construction site.
- Safety award scheme for the workers on monthly basis.
- Fire prevention measures/fire extinguishers, hose reel inspection and testing.
- Conduct mass housekeeping on monthly basis.
- Waste handling, classification and disposal plan.
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Languages

- **English:**(Read, Write & Speak)
- **Arabic:**(Read, Write & Speak)
- **Urdu:** Fluent – Full Knowledge

Activities & Hobbies

- Reading Books.
- Playing Cricket.
- Watching News/ Cricket.
- Social Media

Personal Information

Date of Birth	- April 5 th , 1992
Nationality	- Pakistani
Marital Status	- Married
Religion	- Islam
Iqama	- transferable
Visa Status	- Transferable as per Saudi Labour law

