

# SAIF UR REHMAN



Offering **3 Years of experience as a health and safety officer** across Safety and Environment/implementation/planning/Safety Audit/training of safety team required for projects. Currently working in a diverse & well versed organization with **NEBOSH IGC**.

---

## EDUCATIONAL BACKGROUND:

**Bachelors of Arts (BA) In Health & Physical** from Sargodha University, Sargodha Punjab, Pakistan

## PROFESSIONAL CERTIFICATIONS:

National Examination Board In Occupational Safety & Health (**NEBOSH**)  
**International General Certificate In Occupational Safety & Health** From Safety Standards Consultant, Islamabad.

## Computer Skills

- MS Office & Internet.
  - Excel.
- 

## PROFILE:

- Sharp acumen in assessing fire/safety risk, setting up customized fire safety set up, drawing contingency plans, conducting mock drills, handling emergency evacuation and mitigating disastrous effects fire/safety breaches.
  - Adept at developing safety plans, overseeing implementation as well as conducting field safety surveys, safety tours, site safety surveillance and auditing for compliance. Demonstrated skills in relationship management and communication coupled with excellent analytical and leadership ability.
  - Competency in devising significant solutions and implementing environmental and safety management systems for maintaining sound environmental and safety conditions.
  - Proven team leader, trainer and counselor with solid experience in conducting training sessions on fire & safety across diverse functional disciplines. Fine-tuned analytical and troubleshooting skills. Superior written and verbal communication skills.
-

## **WORK EXPERIENCE:**

Position: **Health and Safety Officer** from 08-03-2019 to till date.

Company: **AREAA İnşaat Sanayive Ticaret Ltd. Şti.**

Employer: **Frontier Work Organization (FWO)**

Client: **WAPDA**



**KurramTangi Dam Multipurpose Project** (North Waziristan)  
(Civil, Mechanical, Installation, Commissioning, testing and maintenance).

---

## **JOB RESPONSIBILITIES IN HSE DEPARTMENT .**

- Prepare Risk Assessment Report.
  - Conducted Tool Box Talks.
  - Aware of occupational Health and Safety Management System.
  - Proficiency in conducting HSE training programs.
  - Technical knowledge fire & safety equipment and system applicable to projects.
  - Knowledge of various preventive & pro-active control measures for unsafe acts and conditions.
  - Evaluate in risk assessment procedures and job safety analysis (JSA).
  - Ensure Hygiene, Cleaning & arrangements of job rotation.
  - Investigation of accidents/incidents.
  - Proficient in Microsoft Office.
  - Excellent written and oral communication skills.
- 

## **Personal Details:**

Father's Name --- Noor khan  
CNIC No. --- 38201-9590181-3  
Date of Birth --- 15-08-1995  
Nationality --- Pakistani  
Marital Status --- Married  
Religion --- Islam

Languages Proficiency: **English, Urdu & Punjabi.**

**Permanent Address:** Golay wali Tehsil Quaid a bad District Khushab Punjab, Pakistan.

My Contact No: +923096973170, +923326093204

Email: [saifurrehmanniazi7@gmail.com](mailto:saifurrehmanniazi7@gmail.com)

## **References:**

References can be provided on demand.