

# ZAIN UL ABIDIN

## HSE OFFICER

### Objective

To seek an opportunity in your organization as a health and safety professional and use my abilities to improve the safety culture of the company. To make activities, processes and equipment meet the internationally acceptable standards and comply with legislation while remaining as cost effective as possible and sharpen my personal skills and gain experience in this field in order to allow myself to be able to undertake my future studies in health and safety while continuing my job.

### Work Experience:

#### PAK GULF CONSTRUCTION (PVT) LTD. (MOVINPICK CENTAURUS HOTEL PROJECT F-8 ISB PAK.)

As Safety officer (1st June 2017 – 25 March 2021)

- 1) Provide support for the development, implementation and monitoring of HSE Management Systems
- 2) Assist in compliance reviews, general risk assessments and other safety assessments to support Health, Safety and Environmental management.
- 3) • Promote incident prevention for the benefit of employees and visitors.
- 4) Develop and implement health, safety improvement program to anticipate and manage health, safety risks based on the company's risk profile.
- 5) Support HSE related training program and conduct / arranges training programs for potential occupational HSE hazards. • Assistance with developing and Implementation of HSE Improvement Plans that comply with Company policies and procedures as well as local authority's requirements.
- 6) Provide support to enhance the Safety Culture throughout the organization
- 7)Support monthly HSE data collection for the site.
- 8)• Ensure the reporting of all accidents and incidents and perform accident/incident investigations.
- 9)Ensure implementation of Emergency and Rescue plan of the station.
- 10)• Ensure adherence to local HSE regulations and compliance to global HSE standards and guidelines.
- 11)Responsible for the implementations of projects assigned and ensure that projects are in compliance with HSE requirement.



### Personal Information:

Father's Name: GUL ZAHIR SHAH  
Iqama: Transferable  
Date of birth : 25 MAY 1995  
Nationality : PAKISTANI

### Contact Information:

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📍 Riyadh' Saudi Arabia.

### LANGUAGES

English

Urdu

Punjabi

• Arabic (Can only understand a little)

### HOBBIES



## Skills:

- 1) Excellent written and verbal English communication skills.
  - 2) Problem solving attitude.
  - 3) Ability to work independently and train the staff.
  - 4) Ability to work well in challenging environment .
  - 5) Ability to establish and maintain good working relations with people of different nations and cultural backgrounds.
- Keen observation to identify hazards.

## Education:

Level	Subjects	Division/Grades	Institution	Year
Matriculation	Maths, Physics	2nd division	Govt High School Latamber	2010-2011
Intermediate (FA)	Humanities	2nd division	Govt Degree College Latamber	2012-2013
Three Years HSE Diploma	<b>Health Safety &amp; Environment.</b>	Grade -A 75 %	Eastern Institute Of technical Skills.	04:01:2015 to 03.30.2018
Computer	English typewriting by touch system and office method	1st division	Faheem Commerc academy, bannu	2014



## HSE Certifications:

Certification	Institution	Year
NEBOSH IGC UK	vidid institute Islamabad.	March 2020
OSHA (Occupational Safety and Health administration)	vidid institute Islamabad.	March 2017
IOSH MS (Institution of Occupational Safety and Health.	vidid institute Islamabad.	June 2017



# HSE Certifications:

Certification	Institution	Year
HABC level 2 international award in Fire safety.	Abacus international HSE services (pvt) Ltd	September 2017
HABC level 2 international award in Emergency First Aid work	Abacus international HSE services (pvt) Ltd	October 2017
Slip trips and falls awareness Course	The international association for chemical safety	2020
Workplace Fire Safety Induction	The international association for chemical safety	2020
Forklift Truck Safety Awareness	The international association for chemical safety	2020
Personal protective equipment awareness course	The international association for chemical safety	2020
Asbestos awareness	The international association for chemical safety	2020
Electrical safety awareness	The international association for chemical safety	2020
The COSHH manager certification	The international association for chemical safety	2020
Manual handling operation awareness course	The international association for chemical safety..	2020
PCR Health & Safety : Part A1- The Principal of Health and Safety Management	PCR Global Certified	2021
Self-Care Technique To Reduce Stress	The international association for chemical safety..	2021
Understanding COVID-19 Public Health Awareness	The international association for chemical safety..	2021
Mental Health Awareness	The international association for chemical safety..	2021

## Computer Skills :

- ❖ Adequate know-how of MS-OFFICE
- ❖ Office suites ( Microsoft office, G suite)
- ❖ Spreadsheets (exel, google spreadsheets etc.)
- ❖ Excellent written and English verbal communication skills.
- ❖ Web surfing.

## HSE Knowledge and Training

- ❖ Crane operation
- ❖ Working at height
- ❖ Hot work procedures
- ❖ Confined Space Entry
- ❖ Fire Fighting Training
- ❖ Electrical Training
- ❖ Excavation
- ❖ Knowledge in First Aid Treatment
- ❖ Lockout & Tag out (LOTO) procedure

## Languages:

- English
- Urdu
- Punjabi
- Arabic (Can only understand a little)

## References:

- Available on demand

