**CURRICULUM VITAE**

**ABDUL ARIF**  
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Contact Numbers : **+966583358750**/**+91 9030468689**  
Skype Account Name : **abdul.arif96**  
**Availability :** I can be interview through F2F, Phone or Skype.

**WORK EXPERIENCE:**

1. PROJECT  **: IBN ZAHR PETRO CHEMICALS (SHUT DOWN)**CLIENT  **:** SABIC-IBN ZAHR

COMPANY **: ANABEEB**

DATE  **: 2022 JAN- TILL NOW**

POSITION **: HSE Officer**LOCATION **: JUBAIL , SAUDI ARABIA**

1. PROJECT  **: EPC-3 OFFSITE FACILITIES PROJECTS (CONSTRUCTION)**CLIENT  **:** DUQM REFINERY AND PETRO CHEMICALS, OQ-8

COMPANY **: SAIPEM (EPC)**

DATE  **: 2020 OCT - 2021 SEP**POSITION **: HSE Advisor**LOCATION **: DUQM , SULTANATE OF OMAN**

1. PROJECT  **: SIWP DESALINATION PROJECT(CONSTRUCTION)**CLIENT  **: ABIEMA FISIA- JV**

COMPANY **: POWER MECH PROJECTS LIMITED.LLC**

DATE  **: 2019 SEP - 2020 OCT**POSITION **: HSE LEAD**LOCATION **: SALALAH , SULTANATE OF OMAN**

1. PROJECT  **: IBRI INDEPENDENT POWER PROJECT (CONSTRUCTION)**CLIENT  **:** TIEJUN IBRI ,LLC (SEPCO-III)  
   COMPANY **: POWER MECH PROJECTS LIMITED.LLC**DATE  **: 2017 AUG- 2019 JUNE**POSITION **: Sr. HSE Officer (LEAD)**LOCATION **: IBRI, SULTANATE OF OMAN**
2. PROJECT  **: 2\*660 MW POWER PLANT (CONSTRUCTION)**CLIENT  **:** UP VIDYUT NIRMAN NIGAM LIMITED  
   COMPANY **: DOOSAN POWER SYSREM INDIA(Korean-EPC)**DATE  **: 2017 JAN – JUNE 2017**POSITION **: HSE OFFICER**LOCATION **: JAWAHARPUR,UTTAR PRADESH, INDIA.**
3. PROJECT  **: KING ABDULLAH PHASE 4 PROJECT (HIGH RISE BUILDING)**CLIENT  **: MINISTRY OF INTERIOR**  
   CONSULTANT **: PROGER**  
   COMPANY **: AL-RASHID TRADING AND CONTRACTING COMPANY**DATE  **: 2014 OCT – 2016 OCT**POSITION **: HSE Officer**LOCATION **: RIYADH, KINGDOM OF SAUDI ARABIA**
4. PROJECT **: J3 PROJECT** (**PETRO CHEMICAL REFINERY CONSTRUCTION**  
   CLIENT  **:** RELIANCE INDUSTRIES LIMITED(RIL)COMPANY  **: PUNJ LLOYD LIMITED.**DATE **: 2012 NOV – 2014 OCT**POSITION **: HSE OFFICER**LOCATION **:** **JAM NAGAR, GUJARAT, INDIA**
5. PROJECT **: 5\*800 ULTRA MEGA POWER PLANT (CONSTRUCTION)**  
   CLIENT  **:** COASTAL GUJARAT POWER LIMITEDCOMPANY  **: DOOSAN POWER SYSTEM(KOREAN EPC)**DATE **: 2011 NOV – 2012 OCT**POSITION **: HSE OFFICER**LOCATION **:** **MUNDRA, GUJARAT, INDIA**



**ROLES & RESPONSIBILITIES:**

* Enforces the HSEMS contractual requirements ensuring adopt the client’s & Company’s safety rules & standards.
* Organized site visits to check the implementation of PTW System, Hazard Identification, Toolbox Talks and HSE Requirements
* Contributed in implementation of HSE policy and action plans developed in periodic HSE meeting / committees.
* Intervened and stopped work for unsafe acts or conditions as needed.
* Providing support, education and training to staff to build risk awareness within the organization.
* Participate in HSE Internal audits related to the facilities engineering, construction.
* Participate in incidents’ investigations as a team member.
* Participating in project HSE, pre-inspection / production meetings with Client.
* Enforce proactive Measures & Promote HSE best practices in the site.
* Preparation of Project Risk Assessments.
* Implement the project HSE program and participate in the project HSE site inspections.
* Preparation of Safety Site Inspection Report.
* Conduct Emergency Drill which applicable in the Project.
* Review report of Site Inspection and Accident Investigation.
* Undertake daily HSE project inspection ensuring follow-up and rectification of detected irregularities and report the same to the HSE Manager.
* Cascade Safety information throughout the workplace via bulletin boards and signage’s
* Responsible for implementing and maintaining the corrective/preventive action system.
* Build and sustain a safe working environment for all personnel.
* Prepares Monthly **HSE reports**.
* Prepare Reports on Accidents and violations and determine Causes.
* Ensure HSE Management System are Monitored and in Compliance.
* Communicate frequently with the management to report on the status of Occupational Safety and health.
* Develop & implement an effective safety, hazard control & industrial hygiene program.
* Responsible for managing, maintaining and continually improving the health, safety and loss prevention, protection of the facility, while promoting responsible use of resources.
* Ensure safety toolbox meeting to all workers prior to start of work.
* Preparing and submitting daily/weekly report to the company or in the safety manager in a specified form.
* Developing **safety posters, signs, slogans, bulletins**, etc. and distributing
* Giving short meetings about Awareness before going to work.
* Monitor and enforcing of the Safety Policies and Procedures.
* Identify non- conformities and communicate them to the workers and supervisors to enable them to take necessary corrective measures.

**EDUCATIONAL QUALIFICATION:**

* **Diploma in Mechanical Engineering from MS University.**

**TECHNICAL QUALIFICATION:**

* **IOSH –Managing Safely From Omega technical Institute, Hyderabad.**
* **NEBOSH- IGC(1,2,3) Completed**
* **Diploma in Fire & Safety with 69%, From N.I.F.E Hyderabad.**

**COMPUTER EXPOSURE:**

* **Working knowledge of MS Office, Internet.**

**CERTIFICATION:**

**CERTIFICATE DATE**

1. Integrated Management System Awareness SEP, 2015& 25 FEB 2016  
 ISO 14001 & OHSAS 18001:2007

2 .Certificate of Risk Assessment& Method Statement MARCH, 2015

3. IOSH Certification SEP, 2015

4. Certificate of Standard First Aid with JULY, 2010  
with Professionals CPR.  
5. Diploma in Computer Applications JUNE, 2008

6. Third Party Training Certificates of Fire Warden& First Aider APRIL, 2018

**TRAININGS & SEMINARS:**

**Year COURSE TITLE**

**2021** : **LOTO & Electrical Safety ,Duqm,Oman**

**2021 : Hot work Safety,Duqm,Oman**

**2021 : Lifting Operations & Simops,Duqm ,Oman**

**2020** : **PTW Evaluation ,Duqm,Oman**

**2020** : **Risk Assessment & Method Statement ,Duqm,Oman**

**2020 : H2s Awareness, Confined Space Entry, Duqm,Oman**

**2020** **: COSHH & Chemical Handling, Duqm,Oman**

2020 : **EMERGENCY RESPONSE, Duqm,Oman**

2020 : **FIRE WATCHER & HOLE WATCHER TRAINING, Duqm,Oman**

**2019** : JSA & **Risk Assessment Salalah,Oman**

**2019 : PTW Receiver & Evaluator Training, Salalah,Oman**

2018 : **Environment Protection, Sepco-3 Ibri,Oman**

**2018 : Commissioning & LOTO Control Area Awareness Sepco-3 Ibri,Oman**

**2017 : Accident Investigation and reporting. Sepco-3 Ibri,Oman**

**2017 : Power Tools Safety, Sepco-3, Oman**

**2017 :Confined Space & Gas Testing, , Sepco-3 Ibri,Oman**

**2016 : Emergency Rescue & Working at Height, Riyadh ,Saudi Arabia**

**2016 : Scaffolding Safety & Working at Height, Riyadh ,Saudi Arabia**

**2015 : Environment Management System, Riyadh ,Saudi Arabia**

**2015 : Integrated Management System,Riaydh ,Saudi Arabia.**



**KEY SKILLS:**

* Highly organized, goal-oriented and strong interpersonal and Team-working skills.
* Sound communication skills in **English, Hindi,urdu,Telugu,Arabic**
* Proficient with Microsoft Office Suites (Word, Excel, Power-point).
* Comfortable in a multi-cultural environment.
* High level of honesty, integrity, and loyalty.
* Works well within a team as well as on an individual basis.



**PERSONAL DATA:**

Age : 33  
Date of Birth : 14 DEC 1988  
Gender : Male  
Civil Status : Married  
Nationality : Indian Muslim Pass port no : T6127143  
Address : H.no 8-49, Drivers colony, Kamareddy,Telangana State, India

**DECLARATION:**I HEREBY CERTIFY THAT the above information and facts are true and correct to the best of my knowledge.

**ABDUL ARIF**