

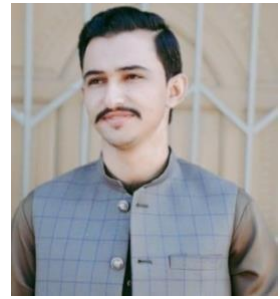
# Qamar Saif

Contact:

Email: [qamarsaif6@gmail.com](mailto:qamarsaif6@gmail.com)

Cell #: 0594690272

Whatsapp: +92 3012799743



## HSE OFFICER (NEBOSH IGC and NEBOSH EC CERTIFIED)

### Objective

The main objective is to work in reputable organization with challenging career and excellent learning opportunities, where I can utilize my academic qualification with excellent verbal and written communicational skills and HSE professional exposure to enhance abilities compatible with business and social needs.

### Work Experience

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I have working experience of 5+ years as a Safety Professional with different organizations on multiple projects listed as follows:

- Project: BGP Arabia Ltd (Seismo 88) Yabrin**
- Duration: From Jan 2022 to Present**
  
- Project: Petrojet (Upgrade Fire Protection System) Abqaiq**
- Duration: From Oct 2019 to Dec 2021**
  
- Project: BR CAT (OMPPD) Haradh**
- Duration: From Jan 2018 to Sep 2019**
  
- Project: NBTC (GCP Haradh II) Haradh**
- Duration: From Oct 2017 to Jul 2018 †**

Roles & Responsibilities:

- ⑩ Monitoring and ensuring Occupational Health and Safety Policy, Programs, and Procedures are being implemented at all levels.
- ⑩ Complying with current health and safety legislation and/or regulations with the objective of ensuring that all reasonable and proper measures are taken to make work site safe.
- ⑩ Participating in all safety walk through meetings to identify hazards and take corrective actions for safe working environment.
- ⑩ Producing daily site inspection reports to identify unsafe acts and conditions for future compliance.
- ⑩ Ensuring all safety requirements for safe conducts.
- ⑩ Providing time to time safety induction campaigns to improve knowledge among workers and staff.
- ⑩ Ensuring all work activities being done according to Safety Standards.
- ⑩ Ensuring welfare facilities at work site.
- ⑩ Ensuring PPEs are being used properly.
- ⑩ Ensuring safety sign boards and site security to avoid any incident/ accident.
- ⑩ Providing safe access/ egress for pedestrians.
- ⑩ Marking designated pathways for machinery and equipment to avoid any accident with workers or vehicles.
- ⑩ Investigation and reporting on all serious/critical personal injury accidents occurring to the appropriate senior official.
- ⑩ Investigation and reporting on complaints of hazardous working conditions and respond to employee's safety concerns.
- ⑩ Conducting safety inspection and assisting the management Joint Occupational Health & Safety Committees.
- ⑩ Taking precautions to protect fire and other emergencies.
- ⑩ Coordinate registration and removal of hazardous waste.
- ⑩ Coordinate the training of personnel in areas of safety, including first aid, CPR.

- ⑩ Preparation daily Menu for catering service provider
- ⑩ Coordination with Catering Company in order to arrange the meals to field staff etc
- ⑩ Arrangements all kind of camp arrangements.
- ⑩ Arrangement of fresh food, vegetables, grocery from local market.
- ⑩ Arrangements of services providers who serve in camp for sludge water and drinking water etc.

## ○ Academic Qualification

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Graduation: Associate Degree in SCM CGPA 3.72 through VU

Intermediate: FSC Pre-Engineering from Punjab Collage Rawalpindi

## ○ Certifications & Achievements

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- ⑩ Certified in **NEBOSH IGC 1 & 2: Health and Safety Management (H&MS)** at workplace.
- ⑩ Certified in **NEBOSH EC1: Management and Control of Environmental Hazards.**
- ⑩ Certified in **NEBOSH EC2: Environmental practical application.**
- ⑩ **HSE Engineering Diploma (PSEC) MOFA attested.**
- ⑩ OSHA 30 Hours Construction Safety

## ○ Training Courses

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- ✦ OSHA Certification from Ultra-Tech, Pakistan.
- ✦ H2S Awareness.
- ✦ Behavior Based Safety Course
- ✦ HSE Rules, Hazards, Risk Controls, STOP Observation & Reporting Job Analysis, Management of change, HSE Management System, Supervising Safety, Incident Reporting & Classification, Incident Investigation & Permit to work.
- ✦ Incident Investigation and Reporting, Defensive Driving Course by (IMAX), Vehicle Journey Management System, Types of Fire and Fire Extinguishers
- ✦ Log Out / Tag Out System, Job Safety Analysis,
- ✦ First aid training course

- ✦ Desert Survival Training
- ✦ HSE Management System, Risk Management

### ○ Computer Skills

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- ⑩ Microsoft Office package.
- ⑩ Ms word, Excel and PowerPoint.
- ⑩ HTML and CSS.
- ⑩ Daily site visit record keeping.

### ○ Language Skills

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- ⑩ English - Fluent
- ⑩ Urdu- Native
- ⑩ Arabic- Moderate

### ○ Personal Information

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- ⑩ Date of Birth: 01, May 1996
- ⑩ Marital Status: Married
- ⑩ Nationality: Pakistan



nebosh

# NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

**Qamar .**

was awarded this qualification on

04 August 2021

Les Philpott  
Chair

Dee Arp  
Accountable Officer

Master log certificate No: 00578696/1233426

SQA Ref: R630 04



**The National Examination Board in  
Occupational Safety and Health**

Registered in England & Wales No. 2698100  
A Charitable Company Charity No. 1010444



Mr Q .  
Street 24, Mohala Noor Mohamadi Masjid,  
Misryal Road, Rawalpindi.  
Pakistan

13 January 2022

**NEBOSH Environmental Management Certificate (April 2021 specification)**

**UNIT RESULT NOTIFICATION AND STATUS REPORT**

Learner number: **00578696**  
First name/s (given name): **Qamar** Surname  
(family name): .  
Full name: **# Qamar .**

Learning Partner: **1031 - Pngitt (Petroleum and Natural Gas Institute of Technology & Training)**

Exam	Learning Unit	High valid Unit	Description	Mark	Status	Date	Partner	result	mark
<b>EMC1</b>	Environmental management			52	Pass	03/11/2021	1031	Pass	52
<b>EMC2</b>	Assessing environmental aspects and associated impacts				Refer	03/11/2021	1031		

A Pass in the Unit result column indicates that you have been successful in achieving that unit. A status of Exempt denotes that the pass was achieved with another Learning Partner.

If all of the required units have been successfully achieved within the qualifying period, please accept our congratulations on completing your qualification. Your qualification parchment will be sent to your Learning Partner.

If you have received a Refer result you have been unsuccessful in this unit and will be required to re-sit and/or re submit.

Please refer to important information overleaf.

**OPERATIONS DEPARTMENT**

**00578696**

**# Please ensure that your name is shown correctly (see overleaf).**

This qualification has been credit rated for the SCQF by SQA.  
Please refer to the table(s) below for the unit combinations

concerned:

registered in England and Wales number 2698100

charitable company limited by guarantee  
Registered charity number 1010444

Title	SCQF Level	Credit Points
UNIT EMC1	6	5
UNIT EMC2	6	1
OVERALL CREDIT RATING	6	6

### Qualifying periods

The latest result is shown overleaf.

### Special consideration

If you or your Learning Partner have submitted a request for special consideration and this has been acknowledged by NEBOSH, then this will have been considered prior to your result being confirmed. Full details of our *'Policy and procedures for access arrangements, reasonable adjustments and special consideration policy'* can be found in the 'About NEBOSH' section of our website [www.nebosh.org.uk](http://www.nebosh.org.uk).

### If you have achieved a pass in both units

Please accept our congratulations on your achievement, your qualification parchment will be sent to your Learning Partner within 20 working days of the original result notification date (please refer to your assessment registration confirmation document).

### How your name will be printed on your qualification parchment

Your name will appear on your qualification parchment as shown overleaf. Names exceeding 60 characters may appear over two or more lines. Your full legal name must be used for this documentation.

Any learner name change requests must be received by NEBOSH in advance of the learner's examination result declaration date and accompanied by photographic, legally recognised identification. Requests received after this time may be subject to the replacement certificate fees.

Please refer to our *'Policy regarding candidate certificates including corrections and reissues'*, available in the 'About NEBOSH' section of our website [www.nebosh.org.uk](http://www.nebosh.org.uk) for further information.

### How your overall grade is calculated

Learners who are successful in both units will qualify for the . The EMC2 unit is assessed with a Pass/Refer outcome, therefore the qualification grade is based on the EMC1 unit result according to the following criteria

Distinction 75 marks or more

Credit 65 - 74 marks

Pass 45 - 64 marks

### If you have received a refer result

If you have received a refer result for either unit then you have not met the pass standard for that unit. To allow you to successfully achieve you will need to make arrangements to re-sit the referred Unit(s).

Re-sits can be arranged by contacting your Learning Partner to discuss the next available assessment date .

### If your result does not meet with your reasonable expectations

NEBOSH does support the rights of Learners and/or Learning Partners to request a clerical check or re-mark of an assessment. To request this service please refer to our *'Enquiries about Results (EARs) policy and procedure'*, available to download from the 'About NEBOSH' section of our website [www.nebosh.org.uk](http://www.nebosh.org.uk).

All requests must be received, with full payment, within 20 working days of the results notification date (please refer to your examination entry confirmation). Requests received after this date cannot be processed. **Please note:**

This service does not provide feedback on performance and by requesting this service there is no guarantee that a mark will be adjusted upwards after a re-mark. It is also important to note that a mark (and grade) may also be adjusted **downwards** following an EAR.

NEBOSH does recommend that you discuss your results with your tutor prior to submitting an enquiry about result.

### NEBOSH contact details

If you have any further queries or would like to contact NEBOSH regarding any of the above services our contact details are as follows:

Customer Service telephone: +44 (0)116 263 4700

Customer Service e-mail: [info@nebosh.org.uk](mailto:info@nebosh.org.uk)

Website: [www.nebosh.org.uk](http://www.nebosh.org.uk)

Address: NEBOSH, 5 Dominus Way, Meridian Business Park, Leicester. LE19 1QW





Serial No: 072658  
Roll No: BC180400512

Regd No: 018-VU-011529

# Virtual University of Pakistan



Upon the recommendation of  
**The Faculty of Management**

confers upon

**Qamar**

son of Saif Ur Rehman

the degree of

**Associate Degree in Supply Chain Management (2 year program)**

With all the rights, honors and privileges pertaining thereto

given this

fifth day of July two thousand and twenty one


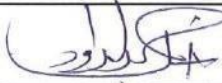


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Controller of Examinations

A handwritten signature in blue ink, likely belonging to the Rector.

Rector

 <b>DOCUMENT TRANSMITTAL</b>		CONTROL No.: BI-10-02133-TR0762		
TO: <b>Mahmoud Khattab</b> TITLE: Project Manager, PetroJet		FROM: <b>Khalid A. Dawood</b> TITLE: Project Manager, SAO TSD/CPMD/PESU		
ADDRESS: Ground Floor, KBR-AMCDE Bldg., Tawuniyah Tower, Al-Khobar		SIGNATURE:  Date 03-10-2019		
REF : 02133-PJ-SA-T-0810		LOCATION: C-3840 B, Floor 3, Central Administration Bldg (Bldg. 990), Abqaiq		
NUMBER OF: Drawing/Hard Copies _____ Electronic Files _____ Envelopes _____ Packages _____ Manuals _____ Items _____				
PROJECT: <u>BI-10-02133</u> Contract No. <u>6600043281</u>				
Title: <u>Upgrade Fire Protection Systems - Phase II at SAO GOSPs</u>				
ACTION: <input checked="" type="checkbox"/> Your Use/Review / Info <input checked="" type="checkbox"/> Approved <input type="checkbox"/> Approved with Comments <input type="checkbox"/> Not Approved <input type="checkbox"/> Rejected <input type="checkbox"/> Final Transmittal				
ITEM	DOCUMENTATION	DOCUMENT NUMBER	REV	REMARKS
1	CV of Safety Officer Mr. Qamar Saif	-	0	Safety Officer CV was reviewed and accepted. Attached CPMD/HSE
2	***Nothing Follows***			
RECEIVED BY:		ID NUMBER:		
SIGNATURE:		DATE:		



Roll No: 9219

Sr. No: 91319



# Professional Skill Educational Council (PSEC)

Established Under (ACT, XXI OF 1860 Govt. of Punjab Pakistan)

## Diploma

This is Certify that QAMAR

S/D/W of SAIF UR REHMAN

Registration No EIT/9219/RWP

Has satisfactorily completed the TWO YEARS Program of Instructions  
in HEALTH SAFETY & ENVIRONMENTAL ENGINEERING

From JUN 2017 To JUN 2019 He/She showed the Following in Exams

Total Marks	Obtained Marks	Percentage	Grade
2000	1642	82%	A

In recognition therefore

*This Diploma is Awarded*

to student through internal assessment / examination held



by EMRATES INSTITUTE OF TECHNOLOGY RAWALPINDI  
Training Center / Workshop Campus of PSEC



# CERTIFICATE OF DESIGNATED FIRST AIDER

## Crew 8628 First Aid Training Program (CPR/First Aid/AED)

Certification No: 775562

Certification Date: 20/03/2022

Expires at: 19/03/2024

It is certified that

**Mr. Qamar Saif**

As a HSE Officer

Has fulfilled all the requirements of First aid Program and successfully completed the authorized course of study for the above training program in line with the BGP international DFA Standardization Program.

Course Duration: 12 hours

Course Trainer:

**Dr. Abdulrahman Salah Altayeb**

QHSE Adviser

Crew Doctor



# CERTIFICATE

**This is To Certify That**

**Mr. QAMAR SAIF (S88-6043)**

**Has Shown Good Performance in HSE**

**As an HSE OFFICER**

*BGP Crew S-88 Management*

*appreciates his performance in his profession and his contributions to maintain a safe working place.*

Monday Awoweder  
Crew Advisor

**MARCH. 2022**

Zhu Haibin  
Crew Manager