

CV-Biography, Background & Expertise

ZIA UR REHMAN

Address: KPK, Pakistan.
Year of Birth: 1992
Field of Experiences: Health and Safety at Civil/building Construction, Road & Infrastructure, Precast works (Qatar & KSA), MEP & Arch works for Rail Metro Projects Qatar.

Languages: English, Urdu & Pashto (Native)
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Summary

Health, Safety & Environment (HSE) professional holding a Bachelor's degree (04 years) and a Diploma (03 years) in Health, Safety & Environmental Engineering, certified with IOSH Managing Safely & OSHA 30 hours certifications. About **07 years** of experience in the field of **Civil/ building construction, infrastructure, Roads & Bridges, and precast concrete (Qatar Gas (CTJV) and NFE Projects), as well as MEP and Architecture works at Qatar Metro Rail projects**, which has enabled me to possess a good knowledge of the local regulations in, preparation of HSE plans and Standard Operating procedures for the lifting operations, confined space, excavation works, emergency procedures, risk assessment and job safety evaluation procedures, investigation of accidents and their root causes, preparation of HSE training modules etc.

Successfully improved safety within Multi National Contractors. Reduced incident/ accident rates in most cases to minimal. Changed people's behavior and attitude towards safety from management level to employees, and achieved a positive commitment to the way people think about safety. Produced effective Safety, Health & Environmental programs for individual companies. Committed project management teams to effecting and eliminating hazards/ risks. Reviewed HSE Policies and Procedures/ Manuals, Emergency Response Procedures and advised to improve, where required.

I believe that my skills & experience will help the management to add real value to the company in the field of Health, Safety & Environment and enhance its overall risk management environment with concern to be profitable.

Educational Qualifications

Degree Level	Course Name	CGPA / Marks	% age/Grade	Institution	Year
BSc/Bachelor	Bachelor of Science (Hons) in Agriculture	3.75/ 4.00	85.49 %/A	University of Peshawar, KPK Pakistan	2012-2015
Diploma (03 years)	Health, Safety & Environmental Engineering	2552/3450	73.97%/A	PIEMS College System Peshawar, KPK Pakistan	2013-2015
HSSC	Pre-Medical	806/1100	73 % / A	BISE Mardan, KPK, Pakistan	2009-2011
SSC	Science Group	787/1050	74 % / A	BISE Mardan, KPK, Pakistan	2007-2009

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Technical Health, Safety and Environment Certifications

HSE/Safety Courses	Registration No.	Institute
HSE Engineering	Certificate NO :9005324	PIEMS College System Peshawar
Managing Safely (IOSH)	Certificate NO: 500144	IOSH UK
OSHA Certification	Certificate NO: 0059795	OSHA (USA)
Safety Officer (HSE)	SDCL/SPS/ISB/-10023486-C	Skill Development Council ISB

Health, Safety and Environment Trainings

HSE Awareness Courses		
CCRM (Construction Commissioning Railway Management) Level 3 WPS	CRO (Construction Railway Operations Level 1)	Basic First Aid & CPR
Fire Warden	LOTO (Lock Out Tag Out – Safe energization system safety procedure)	Emergency Response Training
HSE Induction	Personal Protective Equipment	Accident Investigation & Reporting
Scaffolding Training at workplace	Work at height Training at workplace	Manual Handling
Training on Confined space & Breathing Operates	Spill Response	Fire Safety Induction
Heat Stress Management	Forklift Truck Safety Awareness	Abrasive Wheels Safety Awareness
Slip, Trips and Falls Awareness Course	Asbestos Awareness	The COSHH Risk Assessor Certification
COSHH Awareness	COSHH & Working In confined Space	COSHH SDS Awareness
COSHH Hazard Communication	COSHH & Respiratory Sensitizers	The COSHH Manager certification
Hazardous Substance Routes to Entry	Psychological First Aid	Self-Care Techniques to reduce stress
Display Screen Equipment (DSE)	Positive Intervention & Situational Control Awareness	The Sevron Task Assessment Software

Key Skills

- Excellent human relations skills.
- Investigating accidents and incidents in the workplace.
- First aid and CPR
- HSE Tendering Documentation
- Identify HSE requirements.
- Record and report day to day task.
- Follow daily activity at site like Tool Box Talk.
- Risk Assessment & Management
- Emergency Management
- HSE Pre-Qualification Evaluation
- Environment Management
- Advise site management on HSE substandard.
- Site Induction
- Operating Software's, Microsoft Word & Excel, Power Point and Internet Browsing.

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Professional Experience (Accomplished Tasks)

Present Employer: Redco International Trading & Contracting W.L.L. Doha, QATAR

Location: Redco RLR Head Office Central HSE Office (Sep 2019 to till date)

Position: Sr. HSE Coordinator (Reporting to: Corp HSE Manager)



Redco International

Redco International has worked on many civil construction and MEP (Mechanical, Electrical & Plumbing) projects for Ashghal and Qatar Rail as well as for FIFA stadiums managed by the Supreme Committee. They have also worked for many prestigious clients such as Manateq, UCC, GWC, UDC, KAHRAAMA, CTJV etc. and ongoing projects in NEOM-KSA.

Assigned on various projects as Projects/Sr. HSE Coordinator for the following on going & completed projects.

Projects:

1. Design and Build of Precast Yard CD-PCY-04-Spine-NEOM- KSA (August 2024 to till date)

- **Main Contractor:** Redco El Seif JV
- **Client:** NEOM
- **Consultant:** Bechtel



2. Construction of Golf Course, Hotel, Beach Club and Villas at Gewan Island-The Pearl Qatar

- **Main Contractor:** Redco SECC JV
- **Client:** UDC
- **Consultant:** KEO International



3. Construction of S-22 (Industrial), S-23 (Al Rayyan) & S-24 (Lusail) Bus Depots (Buildings, Workshops, Substations, Car Park, Internal Road and Infrastructure)

- **Main Contractor:** Redco International W.L.L Doha, Qatar
- **Client:** ASGHAL(PWA)
- **Consultant:** AECOM



4. North Field Expansion Project EPC-1 (NFE-0SA-002) Lulu Precast Factory – Meesaieed

- **Sub-Contractor:** Redco International W.L.L Doha, Qatar
- **Client:** CTJV
- **Consultant:** CCC



5. External and precinct works at Ras Abu Aboud (974) & Lusail Stadium Projects

- **Main Contractor:** Redco International W.L.L Doha, Qatar
- **Client:** Supreme Committee for Delivery & Legacy
- **Consultant:** Louis Berger (WSP)



6. Construction of Eight Pedestrian Crossings Bridges in different locations within Doha Phase-3

- **Main Contractor:** Redco International W.L.L Doha, Qatar
- **Client:** ASGHAL(PWA)
- **Consultant:** CDM Smith



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7. Design & Build of Station Area Works (SAW), Phase 2 for Doha Metro and LLRT

- **Main Contractor:** Redco International W.L.L Doha, Qatar
- **Client:** Qatar Rail
- **Consultant:** PMC



Redco International **Design and Infrastructure Project at Um Al Houl Special Economic Zone (QEZ-3) Package (3.1 A & B)**

- **Main Contractor:** Redco International W.L.L Doha, Qatar
- **Client:** Manateq
- **Consultant:** Egis



9. Design, Construction, Completion and Maintenance of Al Wukair Logistic Park-Phase 1

- **Main Contractor:** Redco International W.L.L Doha, Qatar
- **Client:** GWC
- **Consultant:** Qatar Design Consortium w.l.l



10. Design, Construction, Completion and Maintenance of G+2 Villa accommodation for Family Housing-Barwa

- **Sub-Contractor:** Redco International W.L.L Doha, Qatar
- **Client:** UCC



Redco International

Job Responsibilities:

Control over the policies, methods and management issues:

- Reporting to Corp HSE Manager
- Responsible for executing the Health and Safety Policy and Plan
- Supervise and coordinate with company, subcontractors and client about HSE policy, proposing update procedures.
- Managing a team of HSES professionals (Over 200), security department and clinical department in an organization, working on more than 20 constructions (Civil & precast) and external projects.
- Managing and preparing Induction and other Health and Safety Trainings
- Managing and executing internal H&S audits and providing assistance to external H&S audits
- Ensuring Emergency Plans are complete and consistent,
- Control Tool Box training topics and schedule,
- Chairs Job Safety Risk Assessment (JSA & RA) meetings, supervise the Method Statements` H&S section compliance
- Review of method statement and developing risk assessment for all work activities at site and getting the approval from the Client/Consultant for starting works.
- Lead the workplace accident investigations, evaluations and improving preventive measures,
- Takes lead in Continual Improvement of H&S documentation, methods and processes,
- Responsible for all correspondence related to Fire Safety, First Aid staff, provisions and applications provided by client.
- Preparation, issuance and review of PTW and other safety checklists and procedures.
- Coordinating with other department heads to ensure high level of HSE performance.
- Preparation of safety reports and submission to the Corp HSE Manager and Management as and when required. Preparing Daily report, Weekly Reports and Monthly Reports, Close monitoring of Daily observation & its compliance for closeout.
- Continually improving HSE implementation across the projects

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Responsible for all H&S related activities concerning including documentation. This includes:

- Receiving and tracking H&S related documents,
- Continual updating of H&S files in correspondence to the changes of legislation, standards and industry best practice.
- Reviewing and updating Project Site HSE Plans and procedures to meet legal regulations, client requirements, and Company's HSE Management System.

11. **Design & Build of RED Line North elevated and at Grade (Doha Metro phase 1)-Qatar University Station (Dec 2017 to May 2019) (Launching Girder Bridge Construction 2.5 km) (Completed 06 million Safe working hours)**

- **Main Contractor:**  RLR
- **Client:** Qatar Rail
- **Consultant:** PMC



Position: HSE Supervisor/Sr. HSE Supervisor/Lead

Major Responsibilities:

- Prepares the HSE plan and project specific risk assessments
- Arranges for the necessary external training for all staff and provides in-house training
- Conducts site inspections to ensure compliance with safety measures
- Provided toolbox talks, induction and other training
- Implementation, monitoring and review of health and safety strategies of MEP activities; lifting and installation of MEP equipment into the building
- Ensuring lifting operations are carried out by the competent team as per the approved lifting plan.
- Ensuring all lifting equipment are tested with valid certification and good condition.
- Ensuring all temporary structure (Scaffolds) are erected as per the standard and meeting adequate strength to apply intended load and all fall protection requirements.
- Enforcing workers to use adequate fall arresters to prevent fall from heights and to meet OSHA working at height regulation.
- Conducting thorough inspections on elevated level of workplace to ensure edges, sides and opening are protected to prevent falls.
- Provided guidance to workers to achieve 100% compliance for proper usage of PPEs.
- Ensure equipment/ tools are in good condition and that they are in compliance with all safety standards and legal requirements;
- Prepares HSE safety manuals for tender documents, weekly/monthly safety reports, quarterly audit reports, weekly meeting reports, and near miss/accident reports and communicates the reports to the concerned parties;
- Investigates and reports on accidents and incidents;
- Coordinates with client/ consultants on safety issues as needed.
- Performed mock drills for emergencies.
- Maintain a register of First Aiders/First Aid Kits and ensure there is an adequate provision of first aid and welfare facilities
- Monitoring and advising nonconformities of confined space activities, PTW, LOTO and atmosphere testing procedures to ensure compliance.

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Department of Communication & Works Division SWABI, KPK, PAKISTAN



Project: Construction of Highways and C & W Building Khyber-Pakhtunkhwa, Pakistan.

Position: Assistant Safety Officer

(March 2015 – Dec 2016)

Duties and Responsibilities:

- Implementation of the Company Health & Safety Policy
- Implementing/managing safety program, procedure, policy and rules and regulation at the sites.
- Ensure all the lifting equipment's, tools and tackles are inspected and checked
- Conducting weekly TBT to the workforce covering potential hazards and risks as per the project progress.
- Carrying out workplace inspection regularly and reporting to the area site engineer for the implementation of corrective actions.
- Ensuring all observation points are actioned, closed out and recorded.
- Attending meeting like safety committee, monthly management.
- Conducting firefighting demonstration etc.
- Monitoring working at height activities/practices, use of ladders, use of temporary structures, confined spaces work, hot works, lifting activities to ensure the safe condition and safe working practices.
- Verifying all kinds of permits.
- Prepare check lists and accidents reports.
- Supervising first aid precautions.
- Preparing sign boards and posters where it is applicable.
- Inspection of sites and checking of all PPE'S regularly.
- Maintain Housekeeping at Site.
- Vehicle / equipment / operation checkup.
- Any other task assigned by HSE Manager
- Observing whether STARRT BRIEFING /TBT/TASK INSTRUCTION is being conducting correctly, regularly or not before starting of the activities.
- Ensure that all the LIFTING ACTIVITIES are carried out with proper lifting plan and ensure that the lifting operator and the rigger are competent and well-trained person.
- Ensure necessary safety signage been posted at the site
- Ensure safety standards in workplaces, strict enforcement of Company HSE Policy.
- Resolves complaints and mark recommendation to manager for right actions, as required.

Achievements

Recognition and Appreciation award on completion of 6-Million-man hours without an LTI in Red Line North Elevated & At Grade Metro Railway.

IT Skills

- MS Word, Excel, Power point
- Internet Browsing
- Adobe Acrobat
- Software Installation

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Personal Details

Father Name : Farman Ullah
Passport No : MC9155332
QID NO : 29258605004
Date of Birth : 12-Mar-1992
Nationality : Pakistani
NIC NO : 16201-6090533-9
Marital Status : Married
