



Profile Summary

A result-oriented, self-motivated, & accomplished Health Safety Security and Environment (HSSE) with Bachelor of Science background having 10+ years of experience in Oil and Gas & civil construction sectors in GCC with strong work ethics and professional attitude.

Currently working as QHSE officer with core responsibilities include HSE Management System, internal Audits & Investigation, risk management, Audit planning & Compliance, Project HSE lead including contractor Management, continual Improvement of HSE system as per QMS standard & ensuring team preparedness for emergencies through physical drills, monthly meeting, trainings, and site consultation.

Overall, In-charge for inspections, maintenance, and Testing of Firefighting system. Achieved 2 million LTI free safe man hours, safely completed multiple brown field projects in different Oil terminals like GTI, BPGIC, FOT & ENOC.

Quick learner with strong skills in resource & time management, shown commendable performance.

Trainings & Professional Certification

- **NEBOSH** International General Certificates (IGC) from NEBOSH, UK
- **IOSH** Managing Safely from IOSH UK
- **DIT** (Diploma of information technology)
- **Electrician** (6 months certificate)
- **Land survey** (1 year certificate)

Work Experience

Jan /2023 – Present **QHSE Officer** (Employer: PALM ENGINEERING AND CONSTRUCTION
LOCATION FUJAIRAH, UAE (Onshore and marine))

Responsibilities Includes:

- Implementing and ensuring compliance with ISO standards (ISO 9001/45001/14001).
- Develop and implement comprehensive HSE policies, procedures, and projects guidelines.
- Prepare Hazard Identification and Risk Assessment | Perform Project HSE Planning & Management.
- Conducting internal audits and site Inspections | developing an annual objective, and monitoring it on a monthly basis.
- Doing Monthly & weekly Reporting to management | Ensuring Emergency management through proper Drill Planning & Exercise | Ensuring Business continuity.
- Act as a Safety Trainer/instructor | Conduct an accident incident investigation and arrange Monthly QHSE meeting.
- Review the QHSE Management System, develop procedures or control measures to fill any gaps and guide the management in the implementation.
- Compile & analyze the HSE KPI Statistics and forward the monthly reports to the Management.
- Conduct regular toolbox talks and safety meetings to address safety concerns and improve safety culture.

- Collaborate with clients, regulatory bodies, and stakeholders to ensure compliance and maintain a positive safety reputation.
- Conduct regular safety inspections of premises, machinery, and work locations to identify and prevent hazards
- Ensure the proper selection, use, and maintenance of PPE. Monitor compliance with PPE requirements.
- Implement and enforce safe use of tools and equipment, including maintenance and calibration.
- Develop and enforce procedures for the proper disposal and recycling of waste materials, including those created during fabrication production.
- Assess and reduce the environmental impact of the company's activities while complying with environmental regulations.
- Implement procedures to control and reduce air, water, and soil pollution caused by company operations.
- Prepare lifting plan and inspection of lifting gears & machinery (crane)
- To avoid an unexpected discharge of hazardous energy, isolate all kinds of potentially dangerous energy.
- implement the LOTO system complying with electrical and mechanical isolation
- HSE induction to newly staff
- Ensures strict implementation of PTW rules at work location.

Project HSE Lead – (Brown Field Projects at BPGIC, FOT & GTI Fujairah UAE Terminals)

- Black and white oil tank(s) cleaning & conversion of the Black oil tank to white oil service.
- Successfully pigged 36" pipeline with high air pressure.
- Installing and modifying the drain line and floating suction pipe for the jet fuel tank.
- Tank handrails extension as well as railing modification to provide access to the MOV valves platform.
- Safely completed the IFR hocking and unhooking from the tank doom roof anchoring point by using rope access.

Nov 2018 – Dec 2022

Safety, Security office & Documents controller (Employer: AL WATAN SECURITY SERVICE, FUJAIRAH UAE)

Responsibilities Includes:

- Creating, implementing, changing and maintaining all documents pertaining to the Quality Business Management System, according to the rules and regulations.
- Received and registered client-provided documents for detailed engineering or construction projects, including in-house generated document.
- Controlled issuance of document numbers, including maintenance of proper document registers for detail engineering or construction engineering project.
- Maintained specifically assigned project databases.
- Ensured proper document classification, sorting, filing and proper archiving.
- Reviewed completeness of documentation and prepared document transmittals.
- Performed document quality check in accordance with company engineering document control procedures.
- Performed file backup to ensure proper storage and archiving of electronic registers.
- Monitors status of project to ensure documentation is submitted according to schedule.
- Reviews and verifies project documents for completeness, format, and compliance with contract requirements.
- Submits project documentation to management for approval, and transmits approved documents to customer.

- Review contracts to determine documentation required for each phase of project.
- Performs quality assurance checks (QA) on imaged and paper records.
- Monitored premises of large residential apartment, Hotel & resort complex with CCTV network.
- Reviewed activities captured on camera and notified authorities of suspicious activity.
- Archived CCTV footage and maintained its tracking database.
- Kept maintenance and repair records for security equipment.
- Ensure the proper function and recording of all camera systems in the facility
- Prepare reports and presentations on any adjustments or improvements necessary to the safety of the premises on a regular basis
- Communicate with guards throughout the premises directing them when necessary
- Observed and reported suspicious activity to management and authorities.
- Patrolled facilities on foot to ensure safety of patrons as well as to enforce site rules.
- Responded to medical and fire emergencies on premises.
- Inspection of all firefighting equipment.
- Area patrolling and reporting to concern authorities if any suspicious item is observed.

Jul 2013 – Sep 2018

Safety officer: (Employer: M/S SAEED BUILDERS & CONSTRUCTION)

Responsibilities Includes:

- Introduce safety observation card | Introduce cash reward system for identifying observations on Unsafe act & Conditions.
- Develop annual HSE targets and objectives | Develop Training need analysis for all civil & MEP staff | Conduct daily & Monthly QHSSE Meeting
- Perform Daily housekeeping walks | Preparing Risk assessment, MS & HSE Plan
- Tracking & Timely closure of recommendation from audits, incident investigation & Site Walk through.
- Introduce PTW system for high-risk activity.

Education

2013

BSc Environmental science (Ecology, chemistry)

University of Peshawar, Pakistan

Training from NSI & Marshal fire safety Training & Consultancy UAE:

- Safe operation of fire extinguishers in case of fire
- Traffic management
- First aid
- H2S & SCBA Awareness
- Emergency safe evacuation procedure
- Hazard identification
- Confined space Entry

Language Fluency

- English Proficient in Listening, Reading, Writing & Speaking
- Urdu Proficient in Listening, Reading, Writing & Speaking
- Arabic Beginner

Skillful in

- Communication and Presentation
- Solution Oriented & Problem Solver
- Team Leader
- Supervisory Abilities

Personal Detail

- Nationality: Pakistani
- Marital Status: Married
- Date of Birth: 19 July 1993

References: will be provided on demand