

# Muhammad Umar

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**PERSONAL INFO:** Gender: Male | Marital Status: Unmarried | Nationality: Pakistani | Iqama Type: Transferable

*Certified Safety Supervisor Specializing in Strategic Risk Management, Regulatory Compliance, and Safety Program Development*

**Certified Safety Supervisor || HSE Specialist || Risk Management & Compliance Expert**

## PROFESSIONAL SUMMARY

A Safety-driven professional with years of expertise in high-risk environments, recognized for a commitment to safeguarding lives and ensuring compliance. Certified in NEBOSH, OSHA, and IOSH, with proven expertise in risk assessment, hazard mitigation, and regulatory compliance. Skilled in conducting safety audits, incident investigations, and emergency response planning, ensuring alignment with industry standards and best practices. Known for driving continuous safety improvements and fostering a culture of safety excellence, while safeguarding personnel and assets through strategic HSE initiatives.

## CAREER HIGHLIGHTS & ACHIEVEMENTS

- **Proactive Hazard Mitigation:** Conducted daily site inspections, identifying and rectifying an average of 5 unsafe conditions per day, significantly improving on-site safety.
- **Leadership in Safety Compliance:** Led weekly safety kick-off meetings for over 50 employees, effectively communicating site-specific safety protocols and reducing safety violations by 25%.
- **Effective Safety Training:** Delivered daily toolbox talks to teams of 20 workers, resulting in a 95% compliance rate with company safety programs.
- **Incident Reduction:** Reported near misses and incidents to the Safety Manager, contributing to a 30% decrease in overall incident rates through timely interventions.
- **Safety Program Implementation:** Successfully advocated and implemented comprehensive safety programs, enhancing worker safety awareness by 30% through targeted information dissemination.
- **Hazard Identification:** Performed bi-weekly safety inspections and walk-throughs, identifying and mitigating an average of 8 potential hazards per inspection.
- **Compliance Assurance:** Verified the validity and compliance of permit-to-work activities, preventing unauthorized work and ensuring adherence to safety standards.
- **Safety Communication:** Organized and conducted weekly safety meetings for 50 personnel, consistently addressing and resolving safety concerns.
- **Welfare Advocacy:** Spearheaded the installation of essential welfare facilities, including toilets, wash basins, and rest areas, significantly improving crew working conditions.

## PROFESSIONAL EXPERIENCE

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|---|--|
| <b>Safety Supervisor</b><br><b>Abdul Rahman Saad Al-Rashid Co. (ARTAR)</b>  | <b>October 2024 – Present</b><br><b>Riyadh, Saudi Arabia</b>         |
| <ul style="list-style-type: none"><li>• Conducted forensic analysis of accidents and near-miss incidents, synthesizing data to generate actionable corrective measures, resulting in a 35% decrease in repeat incidents.</li><li>• Systematically captured and analyzed deviations from safe work practices, facilitating the execution of corrective and preventative measures that minimized operational risks.</li><li>• Acted as an HSE advisor to the Leadership Team, providing strategic insights and technical guidance on health, safety, and environmental matters, leading to a 20% improvement in safety compliance scores.</li><li>• Ensured contractors' adherence to HSE Plans and contractual safety terms, implementing stringent monitoring systems to achieve a 98% compliance rate with regulatory standards.</li></ul> |  |
| <b>Safety Supervisor</b><br><b>Construction &amp; Planning Co. Ltd (C&amp;P)</b>  | <b>December 2023 – September 2024</b><br><b>Riyadh, Saudi Arabia</b> |
| <ul style="list-style-type: none"><li>• Engineered comprehensive pre-operational risk assessments for new project sites, formulating robust risk mitigation frameworks that reduced potential hazard occurrences by 40%.</li><li>• Conducted forensic analysis of accidents and near-miss incidents, synthesizing data to generate actionable corrective</li></ul>  |  |

measures, resulting in a 35% decrease in repeat incidents.

- Acted as an HSE advisor to the Leadership Team, providing strategic insights and technical guidance on health, safety, and environmental matters, leading to a 20% improvement in safety compliance scores.
- Ensured contractors' adherence to HSE Plans and contractual safety terms, implementing stringent monitoring systems to achieve a 98% compliance rate with regulatory standards.

#### **Safety Officer**

**January 2021 – November 2023**

##### **Al Junud Trading & Contracting W.L.L**

**Doha, Qatar**

- Conducted comprehensive daily site inspections, identifying and correcting unsafe acts and conditions, which led to a significant decrease in safety violations.
- Led weekly safety meetings, effectively communicating site-specific safety requirements and protocols to employees, enhancing overall safety awareness.
- Facilitated and participated in safety drills and meetings, providing actionable recommendations that improved safety performance and reduced incident rates.

#### **Safety Officer**

**January 2019 - December 2020**

##### **Qatras Transport and Contracting Company**

**Doha, Qatar**

- Architected and reinforced the company's safety culture through strategic coaching, technical development, and immersive training programs, cultivating a robust HSE environment.
- Mobilized comprehensive stakeholder engagement initiatives, fostering a pervasive HSE culture that permeated all levels of the organization and external partners.
- Innovated and deployed advanced educational training materials, including toolbox talks, to establish and perpetuate a positive HSE culture.
- Systematically captured and analyzed deviations from safe work practices, facilitating the execution of corrective and preventative measures that minimized operational risks.

### **EDUCATION**

- ❖ **Diploma in Information Technology** | Inspire Institute, Peshawar
- ❖ **DAE in Mechanical Engineering** | Board of Technical & Professional Education, Islamabad
- ❖ **CA Fundamental**
- ❖ **Intermediate in Pre-Engineering** | Mohammadan Model School & College, Tangi Charsadda
- ❖ **Matriculation** | Auqaf Model School, Tangi Charsadda

### **CERTIFICATIONS**

- NEBOSH IGC
- OSHA, IOSH
- Certificate in First Aid
- Certificate in Fire Safety
- Certificate in Construction Safety
- Health and Safety Environmental Engineering

### **SKILLS**

- ✓ **Safety Management & Compliance:** Occupational Health & Safety (OHS) | Safety Compliance Management | Safety Legislation Knowledge | Environmental Health & Safety (EHS) | Safety Management Systems (SMS)
- ✓ **Risk Assessment & Hazard Management:** Hazardous Materials Handling | Safety Risk Evaluation | Job Safety Analysis (JSA) | Root Cause Analysis | Accident Prevention Strategies
- ✓ **Training & Culture Development:** OSHA Standards Compliance | ISO 45001 Implementation | Incident Reporting Systems | Regulatory Compliance Reporting | Ergonomic Assessments
- ✓ **Emergency & Crisis Management:** Emergency Response Planning | Crisis Management | Fire Safety Protocols | Permit-to-Work Systems | Personal Protective Equipment (PPE) | Safety Incident Investigation
- ✓ **Tools & Systems:** Tableau | Intalex | Enablon | Pronto Forms | SAP Litmos | iAuditor | SafetyPlusWeb | SABA Learning | Safety Metrics & KPIs | Regulatory Compliance Audits | MS Office Suit 365 | MS Word | MS Excel | MS PowerPoint

### **LANGUAGES**

- **English:** Advanced
- **Urdu:** Advanced
- **Pashto:** Native
- **Arabic:** Intermediate