

Curriculum Vitae



MUQEET UR REHMAN

HSE Professional (Aramco/Sabic/Approved)

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Address: Jubail Industrial Area, Eastern Province, Saudi Arabia.

Career Goal:

To develop myself personal and professional in areas where can apply my up-to-date knowledge, skills and experience that contributes in an effective way to the organization's development.

Educational Qualifications :

NEBOSH – IGC (International General Certificate) Certified.

Diploma of Safety Inspector

Descon Technical Institute Lahore. Pakistan.

IOSH Managing safely certified

from Abacus international institute, Islamabad. Pakistan

Bachelor of Arts (Environment, Health & nutrition)

from Allama Iqbal University, Islamabad. Pakistan.

Area of Interest: HSE, Safety Management, Risk Assessment, Fire Safety,

Trainings/Certificates

- NEBOSH IGC- (International General Certificate) Certified.
 - Aramco Work Permit Receiver Certification (Valid)
 - Bosiet Certificate
 - H2S & SCBA Training
 - Fire Safety Awareness certificate.
 - First Aid & CPR Training Certificate.
 - Construction Safety
 - Lifting and Rigging.
 - Hazard identification and Control
 - Accident Investigation & Reporting Awareness
 - Oil & Gas Safety Awareness
 - Personnel protective Equipment
 - Risk assessment / PTW / Working At height / Fall protection and prevention,
 - Scaffolding and Ladder safety / Excavation safety / Environmental Management,
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SUMMARY OF KEY PROJECTS & POSITION HELD:

5+ years' experience as a HSE Officer in OIL and Gas/ plant maintenance/Shutdown projects.

- **HSE Officer**
 - Currently working in Safaniya Offshore field, Aramco
- **HSE Officer**
 - Dhahran facility area, Aramco
- **HSE Officer**
 - NAWCOD Offshore Operation
- **HSE Officer**
 - Berri project ARAMCO (ABU-ALI)
- **HSE Officer**
 - Ras Tanura Refinery – Saudi Aramco.
- **HSE Officer**
 - Hadeed, Sabic, Saudi Arabia.
- **HSE Officer**
 - EPC SHARQ, SABIC, Saudi Arabia.

- **HSE Officer**
 - 3101 ADGAS OFFSHORE, ADNOC, Abu Dhabi.
 - **HSE Officer**
 - Qatar Fertilizer Company, QATAR.
 - **HSE Officer**
 - Qatar Petroleum Company, QATAR.
 - **HSE Inspector**
 - Oil & Gas Development company, Karachi Pakistan.
 - **HSE Officer**
 - IKAN Engineering Services Lahore Pakistan.
 - **HSE Officer**
 - Shutdown at Coal-fired power plant Sahiwal, Pakistan.
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Approval In-Hand:

- **Aramco approved HSE Officer**
 - **Sabic Approved HSE Officer**
 - **Aramco approved WPR**
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ROLES AND RESPONSIBILITIES CARRIED;

- Ensure Project HSE Plan implemented at site.
- Ensure HSE requirements Compliance at site
- Ensure the compliance of Safe system of work(PTW)
- Ensure client`s safety procedures compliance at work area
- Conduct daily toolbox talks to the work crew
- Observe and report unsafe acts and unsafe conditions to HSE in charge and Supervisor for corrections
- Maintain & Implement a safe system of work at the site
- Incident/Accident & near-miss reporting to HSE manager/Lead HSE Engineer
- Inspections of firefighting equipment, power tools, lifting equipment and cranes.

Core Skills

- Excellent Communication Skills
- Team Work
- Quick Learner
- Hard Working Individual

- Target Driven

Personal information:

Languages Known: English, Urdu, Hindi, Arabic and Punjabi.
Nationality: Pakistani.
Religion: Islam.
Country of Stay: Kingdom of Saudi Arabia.
Driving License: Private Vehicle license of Saudi Arabia.