

# SHAH FAHAD

## Health Safety & Environmental Officer

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### Objective

Aspiring to contribute to a company's HSE excellence by implementing my knowledge in occupational health and safety and environmental sustainability, aiming to prevent workplace incidents and ensure continuous compliance with regulatory standards.

### Skills & Abilities

- **Occupational Health & Safety Compliance**  
Ensures compliance with industry regulations and safety standards through regular inspections, hazard identification, and adherence to workplace protocols.
- **Safety Training & Education**  
Skilled in designing and delivering training sessions, workshops, and simulations on safety procedures, emergency response, and equipment usage for diverse teams.
- **Incident & Emergency Management**  
Proficient in conducting fire drills, simulated evacuations, and emergency response measures, including administering first aid and managing injured personnel until medical help arrives.
- **Risk Assessment & Hazard Control**  
Strong ability to perform risk assessments, address unsafe conditions, and implement corrective actions to maintain a hazard-free workplace.
- **Permit-to-Work System**  
Experienced in initiating and overseeing the permit-to-work system, ensuring safe work practices and compliance with Life Saving Rules for confined spaces and high-risk tasks.
- **Environmental Management & Sustainability**  
Knowledgeable in environmental management practices and sustainability initiatives, supported by a Level 7 Diploma in Environmental & Sustainability Management.
- **Recordkeeping & Documentation**  
maintains detailed records of workplace incidents, near misses, and safety audits to support incident prevention and compliance with safety regulations.
- **Equipment Inspection & Maintenance**  
conducts regular inspections and maintenance of machinery and equipment to identify defects and arrange repairs, ensuring operational safety.
- **Communication & Collaboration**  
Works effectively with cross-functional teams to foster a culture of safety, ensuring clear communication of safety procedures and regulatory updates.

- **Auditing & Quality Assurance**

Certified Lead Auditor for ISO 14001:2015 and ISO 45001:2018, with expertise in conducting internal audits and ensuring compliance with environmental and occupational safety standards.

- **Proficiency in Safety Software & Tools**

Utilizes industry-specific software and computer applications for safety reporting, incident tracking, and safety audit documentation.

Experience

Mar 2024 - Nov 2024

**Pak Arab Refinery Limited, Pakistan**

- Observing work areas for unsafe conditions and taking appropriate action to correct the issue
- Maintaining a safe work environment by following safety procedures, rules, and regulations
- Educating employees about safety rules and regulations, equipment usage, and accident prevention techniques
- Preparing workers for emergencies by conducting fire drills and evacuation simulations
- Maintaining records of accidents, injuries, and near misses to help prevent future incidents
- Training new workers in safety procedures and performing routine inspections to ensure compliance
- Following safety protocols to ensure compliance with regulations and guidelines
- Making sure that equipment is working properly, inspecting machinery for defects, and ordering repairs as needed
- Providing first aid in emergencies and monitoring the condition of ill workers until medical help arrives.

**Pak Arab Fertilizers Limited, Pakistan**

Aug 2023 - Mar 2024

- Ensured safe work conditions by conducting routine inspections and addressing hazards.
- Educated employees on safety protocols, equipment usage, and emergency response.
- Conducted fire drills and simulated evacuations to prepare for potential emergencies.
- Maintained comprehensive records of accidents, injuries, and near misses for future prevention.

## Attock Refinery Limited, Pakistan

July 2022 - Apr 2023

- Monitored safety standards in high-risk environments, ensuring compliance with regulations.
- Led training sessions on safety procedures and conducted regular equipment inspections.
- Provided emergency first aid and managed injured workers until medical assistance arrived.

## Crescent Textile Mills, Pakistan

Aug 2021 - May 2022

- Inspected machinery for defects, ensuring all equipment was functioning correctly.
- Trained workers in safety procedures and best practices for a secure working environment.
- Collaborated with teams to maintain safety regulations and compliance with industry guidelines.

## Fatima Fertilizers Limited, Pakistan

Jan 2021 - Aug 2021

- Initiating and completing all applicable section of the permit to work.
- Supervising the work prescribe in the permit to work to ensure it is conducted in the most efficient manner.
- Notifying the issuer of work progress and completion, and ensuring that the site is returned to a safe and operational state.
- Taking adequate care to preserve the permit in good condition.
- Providing and arranging all necessary resources related with performing the work, including standby- man for confined space entry.
- To ensure Compliance with Life Saving Rules.
- To conduct an internal inspection of Company activities.

## Education

University of Swat, Pakistan, Bachelor of Science in Geology - 2020

Organization for Tourism & Hospitality Management (OTHM), United Kingdom, Level 7 Diploma in Environmental & Sustainability Management - 2024

## Certifications

- NEBOSH International General Certificate in Occupational Safety & Health - July 2022
- CQI-IRCA EMS ISO 14001:2015 Lead Auditor - 2023
- CQI-IRCA OHSMS ISO 45001:2018 Lead Auditor - 2023
- IOSH Level 2 Award in Managing Safely - 2023
- OSHA Level 2 Award in 30 Hours Construction Safety - 2024
- AOSH Level 2 Award in Fire Safety Principles - 2023
- AOSH Level 2 Award in First Aid At Work - 2023
- AOSH Level 3 Award in Environmental Management - 2024

## Conferences & Seminars

Hydrocarbon Exploration Techniques

All Pakistan Geoscientists Associations, Bahria University Islamabad - 2019