

USMAN SHAHID

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KSA, Jeddah

HEALTH AND SAFETY OFFICER

I have strong commitment for ensuring the well-being of workers/employees and maintaining a safe working environment. With Safety management Experience and solid understanding of safety regulations by Completing Safety Engineering Diploma, NIBOSH, Training Course OSHA ISOH, Fire and Safety, First-Aid Course, I ensure highly Safe and Efficient Environment for Workers.

I am highly Dedicated towards safety measurements, effective communication and leadership skills to ensure safe and smooth working environment.

PROFESSIONAL EXPERIENCE

First Fix

June 2023 - Present

Health and Safety Officer

Triple Bay Amaala Project

- Workspace/Site Inspection to establish and ensure procedures and
- Safety Measurements to overcome hazardous Situations.
- Inspecting Detective tools, broken equipments and other potential
- hazards to make sure workers are provided with appropriate PPEs and
- explain the usage of such Equipments when and how to use.
- Conduct toolbox talk with workers and ensure permit to work
- system(PTW) at site before starting activities.
- Monthly Statistics and Safety Checklist , Fire Extinguisher checklist
- reports, Development
- and Execution of First Aid Training
- Monthly Aincidentanical Reports

Arabian Construction Company (ACC) I UAE

Jan 2020 - May 2023

3 years

Health and Safety Officer

- Conducted Weekly & Monthly Internal and On site trainings. Daily-base visit working site to Carryout inspection of firefighting equipment and rigging equipment.
- Ensure Suitable personal protection equipment (PPEs) Supplies, first-aid , fire prevention facilities are maintained.
- Checking out Scaffolding - TAG system, Safety Sign board, Notice and Warning Sign before Carrying out work.
- Daily-base Inceptions of Fire fighting Equipment on working site and
- office area.
- Inspecting Lifting Plans, documentation of Crane, ensure color code policy for lifting gears/equipment and electric tools.
- Weekly meeting with management to Discuss reports to make sure all the problems are reported on time.

Pakistan Locomotive Factory I Risalpur, Pakistan

INTERNEE ENGINEER

- Conduct Safety orientation(induction) and carrying out regular site inspections to check policies and procedures are being properly implemented.
- Prepare and implement health and safety Strategies and Develop
- Policies.
- Conduct Monthly formal Audits of entire facility of the plant

EDUCATION

University of skills peshawer
Diploma of Safety Engineering

2019 -2021

Technical Board of peshawer
Diploma of Associate Engineer in mechanical technology

2018 -2021

Secondary School Examination (science)
Federal Board of intermediate and secondary education, Islamabad

2018

TRAININGS & CERTIFICATES

Awareness on International Labour organisation

3S Life Safe Akademic

prefabricated access suppliers and manufacturers association (PASMA)

Greenworld International Training center

NEBOSH international General certificate in occupational Health and Safety

University of skills peshawer

Training Course in OSHA ISOH

University of skills peshawer

Training Course in Fire Safety

University of skills peshawer

Training Course in First-Aid

University of skills peshawer

Training Course in CCTV

University of skills peshawer

References are available on request.