



Riyadh, KSA, Saudi
Arabia



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ABOUT ME

Dynamic EHS specialist proficient in risk management, incident investigation, and emergency respon planning to create a secure and healthy work environment for all employees.

EDUCATION

BACHELOR

Punjab University / Lahore / 2008

IGC IN OCCUPATIONAL HEALTH AND SAFETY

NEBOSH / 2013

POST GRADUATE DIPLOMA - HSE

Trade Testing Professional Council / Islamabad / 2013

LEVEL-6 DIPLOMA IN OCCUPATIONAL HEALTH AND SAFETY

College of Occupational Safety and Health / 2021

SKILLS

- Risk assessment
- Incident investigation
- Safety training
- Emergency response
- Auditing and compliance
- Regulatory compliance
- EHS Management
- Hazardous waste management
- Environmental monitoring
- EHS inspections
- Ergonomics evaluation
- EHS Management (Spider)

LANGUAGES

English

Arabic

Urdu

COURSES

ISO 14001:2015 IRCA CERTIFIED LEAD AUDITOR

Oct 2017

ISO 45001:2018 IRCA CERTIFIED LEAD AUDITOR

Mar 2019

ISO 9001:2015 LEAD AUDITOR

Oct 2024

ISO 22000:2018 FOOD SAFETY MANAGEMENT

Jul 2017

OSHA 30-HRS

Jun 2020

HABC LEVEL-2 FIRE SAFETY

Sep 2013

RISK AND IMPACT ASSESSMENT

Nov 2017

RCA (ROOT CAUSE ANALYSIS)

Nov 2017

HSE REGULATORY COMPLIANCE

Nov 2017

HSE PRACTITIONER

Jul 2010

FIRST AID & CPR

Sep 2016

HIGHFIELD LEVEL-2 RISK ASSESSMENT

Nov 2022

FIRE SAFETY MANAGMENT

International Labor Organization

Dec 2024

DRIVING LICENSE

Driving license category
Valid

WORK EXPERIENCE

AlWatania Industries

Feb 2016 - Present

EHS OFFICER

- Executed comprehensive safety audits and inspections, ensuring compliance with industry standards.
- Developed and implemented effective safety training programs and campaigns.
- Collaborated with cross-functional teams to establish safety policies and procedures, adhering to ISO standards.
- Conducted risk assessments and prepared JSA's, proposing hazard control recommendations.
- Led internal and supplier audits; acted as auditee in third-party audits.
- Investigated workplace incidents to identify root causes and improve safety outcomes.
- Managed hazardous waste disposal in line with safety regulations.
- Conducted air quality, noise, and Lux testing to ensure regulatory compliance.
- Led incident investigations and proactively prevented future safety incidents.
- Spearheaded emergency response drills and planning sessions.
- Actively participated in safety committee meetings to resolve workplace safety concerns.
- Performed environmental compliance audits and implemented corrective actions.
- Maintained comprehensive records of safety-related incidents and activities; prepared KPI's
- Prepare Material hazard bulliten for chemicals to ensure safe material handling.
- Inspections and testing of Fire fighting system in accordance with NFPA Requirments.

SSEM

2014 - 2015

EHS ENGINEER

- Spearheaded the development and implementation of comprehensive safety training programs.
- Conducted HV testing, GIB, GIS, and bushing installation, ensuring safe supervision.
- Collaborated with cross-functional teams to formulate and enforce safety policies and procedures.
- Oversee electrical safety programs, including high-voltage safety procedures, isolation and de-energization protocols, and safe work practices for electrical equipment.
- Led risk assessments and delivered strategic recommendations for hazard controls.
- Managed emergency response plans and coordinated drills along with SEC to evaluate preparedness.
- Maintained meticulous records and documentation of safety-related incidents and activities.
- Inspection and maintenace record of Fire Fighting equipmets including Nitrogen extinguishing system or FM-200 systems.
- Participated actively in safety committee meetings to address and resolve safety issues.

Pioneer Cement Ltd.

2012 - 2014

HSE INSPECTOR

- Enforced stringent safety regulations on construction sites as a Health and Safety Inspector.
- Conducted regular safety audits and inspections to identify and resolve potential hazards.
- Developed and delivered comprehensive training programs on safety protocols and procedures.
- Investigated incidents and near-misses to determine root causes and prevent future accidents.
- Maintained precise records and documentation of safety activities and incidents.
- Collaborated with management and staff to foster a culture of safety and accountability.
- Inspections and testing of Fire fighting system in accordance with NFPA Requirments.
- Participated in emergency response drills and preparedness exercises.
- Ensured compliance with OSHA and other regulatory requirements.

Shakarganj Mills Ltd.

2009 - 2012

EHS OFFICER

- Develop emergency response planning and hazard assessments in a manufacturing facility.
- Conducted OSHA compliance training sessions to enhance employee safety practices.
- Developed hazard registers and participated in incident investigations.
- Performed regular inspections and audits to ensure compliance with industry standards, laws, and internal policies.
- Prepared management reports on compliance, highlighting safety violations or risks.
- Ensured proper handling, storage, and disposal of hazardous chemicals in sugar production.
- Managed and organized safety data sheets and documentation to strengthen EHS program support.

PUBLICATIONS

Sept 2019

CERTIFICATE OF APPRECIATION

Nov 2021

CERTIFICATE OF APPRECIATION

REFERENCES

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HR

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