



# Muhammad Suhail

## OBJECTIVE:

To obtain a challenging position as a Health, Safety and Environment (HSE) Officer where I can apply my expertise in risk assessment, safety training and regulatory compliance to promote a safe and healthy work environment. Committed to minimizing workplace hazards, ensuring legal compliance and fostering a culture of continuous improvement in occupational health and safety.

## CONTACT:

CELLPHONE 0571123489  
WHATSAPP NO: +923450631498

EMAIL:  
engrmohammadsuhail@gmail.com

- Iqama Status = Valid & Transferable
- Also Registered with PEC

## Personal Skills:

- Time Management
- Decision Making
- Critical Observation
- Collaboration Team Work Attitude

## Operating System:

- Microsoft Windows XP, Windows2000, Windows 98

## Express Computer Hardware:

- Good Knowledge of Computer.
- Hardware Computer Languages
- C++, Mat lab.

## Professional Qualification:

- **NEBOSH** International General Certificate in Occupational Health & Safety. (05-04-2022)
- **IOSH** Institute of Occupational Safety and Health Managing Safely. (13-03-2022)
- **OSHAS** Occupational Safety and Health American Society. (20-01-22)
- **OSHA** Occupational Safety and Health Administration. (20-01-2022)

## EDUCATION

1. **SARHAD University Of Science & Information Technology**  
BSc TELECOMMUNICATION (2015)

## WORK EXPERIENCE

### Bester Saudi Limited KSA

**Designation:** HSE OFFICER  
**Project:** Trenching, Ducting and Cable Installation  
**Client:** Bester Saudi Limited KSA  
**Contractor:** Arab Star Contracting Co.

**Job Duration:** Feb 2024 to till date

## Responsibilities:

- In our responsibilities to ensuring a safe and healthy work environment on Construction Site.
- To developing and implementing safety policies, conducting risk assessments, ensuring compliance with regulations, and providing safety training.
- Investigate accidents, manage emergency preparedness, & oversee environmental practices.
- Identifying potential hazards, evaluating their severity, and recommending control measures to minimize risks.
- Monitoring adherence to safety regulations, such as those from OSHA or local authorities, and conducting regular audits to verify compliance.
- Developing and implementing emergency response plans, conducting drills and ensuring readiness for various emergencies like fires or chemical spills.
- Ensuring compliance with environmental regulations, managing waste, and promoting sustainable practices on the construction site.
- Ensure the availability, proper use, and maintenance of personal protective equipment.
- Assists monthly health and safety meeting (project-specific).
- Integrate health, safety and environmental processes and practices into daily operations.

## TRIPLE BAY MARINA PROJECT RED SEA

### **Technical Skills:**

- Safety Leadership
- Auditing
- Interpretation of Legislation
- Development and implementation of Safety management systems.
- Risk Management
- Measurement, recording & Reporting.
- Contractor Safety Management
- Emergency response planning
- Incident investigation

### **Designation:**

**SAFETY OFFICER**

### **Project:**

**Triple Bay Marina Project Red Sea**

### **Client:**

**Red Sea**

### **Contractor:**

**MMK AL Mehmadi East**

### **Job Duration:**

**JUNE 2022 TO JAN 2024**

### **Responsibilities:**

- Facilitating the Project HSE Manager by implementing the contractor safety procedures as well as the client established standards on the project facilities
- Ensuring that the safety standards are in place on the project facilities and properly communicated to the employees.
- Verifies agreed safety standards and applicable regulations are observed by the Contractor.
- Assists and participates in site safety training and assist performing Quality Control.
- Ensure internal Audits are conducted of actual practices against policies, Standards, procedures regulatory guidance, contract and processes.
- Ensure audit findings are correct and that recommendations for corrective and/or preventive actions(s) are appropriate and confirm to standards.
- Ensure corrective and preventive actions submitted by site meet requirements.
- Lead development of Project Safety Plan (PSP) and supports Construction Manager and Safety Manager in implementing the PSP.
- Develop Site Specific Safety Plans and JSA, JHA (Job Hazard Analysis)
- Monitor and conduct Daily Inspections, good house-keeping for discrepancy.
- Identification, negative trend affecting technical performance.
- Compile and maintain relevant registers to ensure compliance.
- Document staff information, minutes of meetings, and reports compiled for management.
- Support the development of OHS policies and programs.
- Advise and instruct on various safety-related topics (noise levels, use of machinery etc.)
- Conduct risk assessment and enforce preventative measures.
- Review existing policies and measures and update according to legislation.
- Initiate and organize OHS training of employees and executives.
- Inspect premises and the work of personnel to identify issues or non-conformity (e.g.no tossing protective equipment)
- Oversee installations, maintenance, disposal of substances etc.
- Stop any unsafe acts or processes that seem dangerous or unhealthy.
- Record and investigate incidents to determine causes and handle worker's compensation claims.

- Assessing risk and possible safety hazards of all aspects of operations
- Responsible for applying the Riyadh Municipality Codes and Standards and implementing the Project HSE Plan on Site.
- Carry out daily site inspection with concern engineer in term of health, safety and environment.
- Ensuring Fire/Safety Procedures are being performed.
- Ensuring employees are getting ongoing safety education, induction and training
- Imparting routine visits with project management team and client/consultant on site, finding the hazards, advising the management to take corrective actions on the hazard.
- Employees are getting ongoing safety education, induction and training as well as assisting them to develop skills like working at heights, scaffolding erection and dis-mantling, first-aid, emergency response procedure, permit to work system, lifting operations, excavations, confined space entry & hot works.
- Ensuring work site and the facilities shall meet the terms with all environmental, health and safety requirement.

### **Ministry of Interior, Directorates of Prison KSA**

**Designation:** **Work As a Low Current Engineer.**

**Job Duration:** **March 2018 to Dec 2021**

Job responsibilities include:

- System Engineer for access control system
- Installing cable and system infrastructure, installing device for access control system magnetic locks, card reader.
- Making Configuration for access control system guarantee and commissioning matters security system sub-contractor for projects testing and commissioning
- Installation and maintenance of security systems on site like CCTV and Fire Alarms System.
- Providing ongoing service, reappear and maintenance of varied CCTV systems with in the area.
- Responsible for all the activities concerning pre-commissioning, Start up, test run and handing over.
- Comply with Quality Assurance standards.
- Partnering with and providing safety-related services to clients.

### Computer Skills

- MS- Project / CSS Project
- MS Word & Excel
- Programing

- Solving problems by reviewed engineering specifications and drawings.
- To oversee the selection and requisition of materials for use in the Designing.
- Perform duties as instructed by the consultant and undertake the allotted responsibilities and complete them successfully.
- Administers audiometric screening threshold tests, generally pure-tone air conduction.
- Trouble shooting video
- Up gradation of MW Links.
- Keeping audio and video record.
- Monitoring of Highly Sensitive areas through CCTV.

### Tetra Technology Cap France Bat KSA

**Designation:** Working as a Telecom Engineer  
**Job Duration:** (April 2017 to Jan 2018)  
**Responsibilities:** Monitored all project phases, prioritizing customer satisfaction.

- Installation of Sapura 3900 Equipment.
- Installation of Sapura 3900 Vehicle kits.
- Transmit Test, Receive Test
- Troubleshooting VSWR
- Maintain the standard as per customer requirement.

### National Telecommunications Corporation.

- **Designation:** Microwave Wireless Engineer
- **Project:** Zong, CMPAK, JAZZ LTE, Ufone Mega Project
- **Job Duration:** (June 2015 to Dec 2016)
- **Responsibilities:** For Documentation arrangement & preparation (Installation Quality Document)



Registration No. SUIT-10-02-03005



Serial No. 013746

# Sarhad University of Science & Information Technology

This is to certify that Muhammad Suhail

son/daughter of Dildar Khan

Having passed the requisite examination, is hereby awarded the degree of

**Bachelor of Science in Telecommunication - 4 Years**

With all the rights and privileges appertaining thereto.

Given at Peshawar (PAKISTAN) on the Tenth Day of January Two Thousand Fifteen.

A large, stylized black ink signature of the Registrar.

Registrar

A black ink signature of the Vice Chancellor.

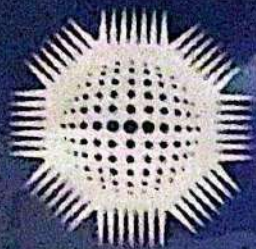
Vice Chancellor



A black ink signature of the President.

President





nebosh

# NEBOSH International General Certificate in Occupational Health and Safety

This is to certify that

**Muhammad Suhail**

was awarded this qualification on

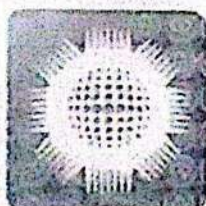
05 April 2022

Les Philpott  
Chair

Dee Arp  
Accountable Officer

Master log certificate No: 00654183/1281199

SQA Ref: R630 04



**The National Examination Board in  
Occupational Safety and Health**

Registered in England & Wales No. 2698100  
A Charitable Company Charity No. 1010444





This is a certificate awarded to

**Muhammad Suhail**

on successfully completing

**Managing Safely**

a course approved and validated by the

**Institution of Occupational Safety and Health**

in association with

**College of Occupational Safety Health**

*Approved Centre: 3129*

Signed on behalf of IOSH

*Vanessa Hamood-Williams*

Chief Executive



Course Organiser

Date: 13 March 2022

Cert No: MS511696T

Possession of this certificate does not confer exemption from accredited qualifications which lead to membership of IOSH



# Certificate of Completion

Cert No. : 0076786

**Muhammad Suhail**

Has successfully completed all academic requirements in this Occupational Safety & Health course of study presented by OSHAS authorized training provider (ATP)

**30 Hours General Industry Standards**



**Henry D'Cooper**  
Chief Executive Officer



**20-01-2022**

Issue Date



**Marcus Hilton**  
Director Training



[www.osha.gov](http://www.osha.gov)

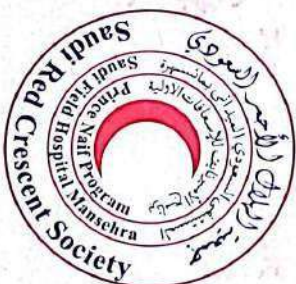
**OSHA**



# Saudi Red Crescent

Saudi Field Hospital Mansehra-Pakistan

Prince Naif First Aid Program



جمعية الهلال الأحمر السعودي  
المستشفى السعودي الميداني بها فشرة  
برفامح الأمير نايف للإسعافات الأولية

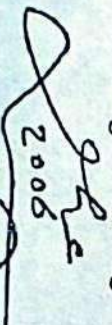
## Certificate

Saudi Field Hospital is proudly awarded this certificate

To Muhammad Sohail S/o Dildar Khan for successful completion

of PRINCE NAIF FIRST AID PROGRAM which held on 11 / 05 / 2006.

Incharge Training

  
2006

Ayed Musa Al-Shamrani  
Musa Abdur Rehman

Translator



Official Stamp



Director Hospital



Dr. Ali Mohd Al-Salman



**Promoting Sustainable Urban Development through Resilient Resource Management  
with a Participatory Approach in Mansehra (RRM Mansehra)  
2020 – 2023**


**CERTIFICATE OF PARTICIPATION**

This is to certify that Muhammad Sohail

has successfully participated in the Basic Training on

**Social Mobilization Training**

The subjects covered are social mobilization concepts and the RRM project Mansehra social mobilization strategy, the RRM project Mansehra pilot concept and the inclusion of the local institution, to encourage community participation in project planning, management, and implementation for the enhancement of services  
On 28<sup>th</sup> September 2023

  
Mr. Ulrich Sammet  
Project Director





CYNOsure

Promoting Sustainable Urban Development through Resilient Resource Management  
with a Participatory Approach in Mansehra (RRM Mansehra)  
2020 – 2023

## CERTIFICATE OF PARTICIPATION

This is to certify that Mr. Mohamed Sahil

has successfully participated in the Basic Training on

### **Solid Waste Management**

Covering the topics Integrated Solid Waste Management (ISWM),

Different types of the Waste Management Systems, Transportation, Treatment and Disposal  
from 24<sup>th</sup> to 25<sup>th</sup> May 2022

Mr. Azhar Ali

Solid Waste Management Expert

Dr. Marielly Casanova

Team leader



Promoting Sustainable Urban Development through Resilient Resource Management  
with a Participatory Approach in Mansehra (RRM Mansehra)  
2020 – 2023

**CERTIFICATE OF PARTICIPATION**

This is to certify that Mr. Muhammad Shail

has successfully participated in the Basic Training on

**Water Supply and Wastewater**

Covering the topics of water sources, water quality and contamination risks, treatment technology and operation strategies for the water supply distribution system, generation and contaminants of wastewater and connected health risks, sewer networks and basic principles of wastewater treatment  
from 8<sup>th</sup> to 10<sup>th</sup> February 2022



Mr. Ulrich Sammet  
Project Director



Ms. Nazma Shaheen  
Additional Deputy Commissioner, F&P





KFW



UPPU  
Urban Policy & Planning Unit  
Planning & Development Department  
Government of Punjab, Pakistan

AHT GROUP  
Management & Engineering



CYNOSURE

***Promoting Sustainable Urban Development through Resilient Resource Management  
with a Participatory Approach in Mansehra (RRM Mansehra)  
2020 – 2023***

**CERTIFICATE OF PARTICIPATION**

This is to certify that Mr. Muhammad Sohail

has successfully participated in the Basic Training on

**Project Planning and Management**

Covering the topics of Introduction to Management Framework, Processes, Integration,  
Planning Commission Forms, and Logical Framework Analysis  
from 14<sup>th</sup> to 17<sup>th</sup> December 2021

Mr. Adeel Shah  
Executive Director, UPU

Ms. Nazma Shaheen  
Additional Deputy Commissioner, F&P



Occupational Safety  
& Health  
American Society

**Certificate No: 0076786**

# **Muhammad Suhail**

Has successfully completed

**OSHA 30 Hours General Industry Standards**

**20-01-2022**

**Date of Issue**