

SHEIKH AHMAD ZIA UR REHMAN

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Email: sheikhahmad6403@gmail.com

Objective:

To be a responsible team member of organization and to work hard so as to carry out the assigned tasks using my professional capabilities in the field of Health Safety & Environment.

Personal Information:

+ Father Name : Zia Ur Rehman
+ Date of Birth : 27th Jan-2004
+ CNIC# : 35202-5885404-5
+ Gender : Male
+ Religion : Islam
+ Marital Status : Single
+ Domicile : Lahore, (Punjab)
+ Nationality : Pakistani
+ Address : Model Town j block, market house# 3-C, Lahore.

Professional Experience (02 Years)

➤ Working as a AL-WASEH INTERNATIONAL CO.

➤ (Continue)

➤ Position: Fire Fighter

Since Jan 2020



● Description:

- Monthly Inspection Checklist Fire Extinguisher.
- Monthly Inspection Fire Hydrant.
- Monthly Fire Pump Inspection.
- Monthly Inspection Checklist Fire Extinguisher.
- Perform firefighting duties such as combating, extinguishing and preventing fires and responding emergency call with Fire Staff.
- To perform Fire Fighting trainings to employee.
- Conduct Fire drills to evaluate possible response to an emergency situation.
- Ensure fire scenes are cleaned up after extinguishing fire by removing debris.
- Hazardous Waste Management- Training and Implementation.
- Conduct firefighting trainings.
- Conduct fire/evacuation drills.

● SKILLS:

- Safety Management
- Physical Fitness
- Handles Pressure
- Time Management
- Quick Response
- Problem Solving
- Environment Control

EDUCATION:

DEGREE	YEAR	BOARD/University
Matriculation	2021	BISE Lahore
I.Com	Continue	BISE Lahore

Certifications and Trainings:

- ✚ Basic First Aid & Resuscitation – Labour & Health Department Pakistan, Lahore
Certificate Number: 402/BFA
- ✚ Good Laboratory Practices – Labour & Health Department Pakistan, Lahore
Certificate Number: 401/GLP
- ✚ General Risk Assessment – Labour & Health Department Pakistan, Lahore
Certificate Number: 398/GRA
- ✚ Musculoskeletal Disorders & Ergonomic Issue at Workplace – Labour & Health Department Pakistan.
Certificate Number: 397/MDEW
- ✚ Fire Man Civil Defense Pakistan Lahore
Certificate Number: FM-151/5930
- ✚ Leading Fire Man Civil Defense Pakistan Lahore
Certificate Number: LF-115/3002



Languages:

English
Urdu
Punjabi

Reference:

Will be provided on demand.