

# Arshad Rasheed



Contact: +923333293192

Email: [arshadrasheed543@gmail.com](mailto:arshadrasheed543@gmail.com)

## CAREER OBJECTIVE:

Seeking a challenging position in the field of HSE as a Safety Officer to practice my professional skills and abilities for the achievement of organizational QHSE objectives. To practice strictly HSE policies and procedures define by the top management for the safety of the company's financial, legal, human interest.

## CAREER PROFILE/SKILLS:

- Strong Leadership, Communications and Decision Making Skills
- Effective Contributor to a team with strong critical thinking
- Promotes the safety culture in the workplace
- Risk assessment skills, accident investigation
- Safety meeting inspections and audits conduct induction training and excellent management skills

## PROFESSIONAL WORK EXPERIENCE:

**Organization:** SAMRA ENTERPRISES  
(Construction Company)  
**Tenure:** 2016 TO 2019  
**Designation:** HSE OFFICER

### Responsibilities:

- Implementation of overall HSE Management system for the achievement of QHSE Departments objectives.
- To ensure the use of PPEs at site area.
- To conduct emergency evacuation drills at crew and in the fields.
- Providing training to crew members such as basic firefighting and H2S awareness training.
- Reporting and documentation related to HSE issues on a daily, weekly and monthly basis.
- Tool box task s with crew members on daily basis.
- Daily and monthly inspection of firefighting equipment, fall protection/Arrest systems.
- Co-ordination with the rescue team during emergency.
- Permit to work system implementation and its compliance, Log out Tag out (LOTO).
- Develop Risk Assessments and conduct Accident and incident investigations.
- Train the personnel how to handle firefighting Equipment and Usage of SCBA,ELSA,Fire pump, foam system functioning and its inspection.
- To identify unsafe behaviors and unsafe conditions, provides recommendations for corrective action to HSE Manager.

## ACADEMIC EDUCATION:

<u>DEGREE/CERTIFICATION</u>	<u>EXAMINING BODY:</u>	<u>YEAR</u>
<b>Bachelor of Arts</b>	<b>Urdu university</b>	<b>2016</b>
<b>I.Com</b>	<b>Karachi Board</b>	<b>2013</b>
<b>Matric ( science )</b>	<b>Karachi Board</b>	<b>2010</b>

## **CERTIFICATION/ ADDITIONAL SKILLS:**

- NEBOSH INTERNATIONAL GENERAL CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY.
- H2S AWARENESS.
- FIRE FIGHTING TRAINING.
- PPE(PERSONNEL PROTECTIVE EQUIPMENT) AND FIRST AID.

## **TRAININGS & WORKSHOPS:**

- Falling objects
- Excavation safety
- House keeping
- Safe handling of powered hand tools
- Material handling including hazardous chemicals
- Electrical safety
- EMERGENCY PROCEDURE
- Hot work safety
- Personal protective equipment
- Driving safety
- Fire prevention safety
- Scaffolding safety
- Health hazards

## **PERSONAL INFORMATION:**

**Father ,s : Muhammad Rasheed Khan**  
**Date of birth : 01-03-1987**  
**Cnic : 42301-8292370-3**  
**Nationality : Pakistani**  
**Religion : Islam**  
**Marital Status : Married**

## **REFERENCE:**

Reference will be furnished on demand.