

**Muhammad Arslan Arif**  
**Contact # +92301-4781951**  
**Email: [marslanali275@gmail.com](mailto:marslanali275@gmail.com)**



## Profile

A Well experienced and excellent health, safety, and environment (HSE) assistant and fire safety. I have groomed knowledge about safety, health and environment. Able to write policies and safe systems of work to protect the health and safety of employees as well as the environment.

I am an organized, efficient and hard working person, and am willing to discover and accept new ideas which can be put into practice effectively. I am a good listener and learner, able to communicate well with a group and on an individual level. I am able to motivate and direct my talents and skills to meet objectives.

## Academic Qualification

Year	Qualification	Institution	Division / Grade
2018	F.Sc.	BISE LAHORE	C Grade
2016	Matriculation	BISE LAHORE	B GRADE

## Qualification & Training Certificate

- **OSHA - (General Industries)**
- **IOSH (Managing Safely)**
- **BOSH**
- **Fire Safety - (FS13710)**
- **PTW - (FS13719)**
- **Hole Watcher - (FS13733)**
- **First Aid - (FS13745)**
- **Fundamental of Fall Protection (E-Certificate)**
- **Confined Space Entry Training**
- **Safety Induction Trainer**
- **Manual Handling Training**

## Computer Qualification

- Office Management- (MS word, Excel, Power Point)
- Internet
- E-mailing

## Skills

### Soft Skills

Communication, Health Safety Management, Team Work, Risk Management, Work Ethic, and Problem Solving.

### Hard Skills

Leadership, Management, Physically tools inspection, Risk Assessment, Toolbox Talk and Driving.

## Experience

**Huwayia gas plant Saudi ARAMCO**  
Gas Treating Unit 2.

As a fire watch  
September 27-2023 to December 02, 2023

**Shudgam gas plant Saudi ARAMCO**  
**Shudgam gas plant Gas treating unit**  
Dehydration Dew Point 4.

As a fire watch  
December 10-2023 to February 24-2024.

**Local Experience**

**Company No. 1**

Sunwin Enterprises (Office No 2 Link Macload Road, Nigar Center, 3<sup>rd</sup> Floor, Patiala Ground, Lahore)

**Designation.**

- Entering the stock mentation inventory
- As a fire watcher
- Safety assistant

**Duration**

January 15-2018 To December 29-2020

**Company No. 2**

Burk Engineering Services (Engineers & contractors)

**Designation.**

- On Different Project of Safety
- A Assistant HSE Officer

**Duration**

February 2021 To June 2023

**Current Responsibilities**

- Stay alert at the job area
- Identify any potential hazard and sounding the alarm if an evacuation becomes necessary.
- Monitoring workers that are completing a task in a confined space.
- Stay communicated with worker in confined space.
- Accident Reporting and Investigating
- Risk Assessment
- Report Writing
- Hazard Management
- 

**Technical Safety Trainings (In house)**

- 
- Training of Awareness about first aid.
  - Training of PTW system.
  - Training of safety work.
  - Training of Manual handling of accidents.

**Volunteer Projects**

- 
- Hawaiiya Gas Plant Dehydration Dew Point Unit
  - Hawaiiya Gas Plant Gas Treating Unit
  - Hawaiiya Gas Plant Sulfur Recovery Unit
  - Shudgam Gas Plant Dehydration Dew Point Unit.
  - Shudgam Gas Plant Gas Treating Unit.
-

Respected Sir,

Please find attached my resume. I am particularly interested in this opening / position, which relates strongly to my **Over 04 years** of experience in safety.

**IOSH (MS)**

**OSHA (30 Hours General industry)**

I am currently associated with **Abdullah All Barrak and Sons Company as a fire watch** and I believe I'll meet all the essential criteria of the position. Highlights of the experience and demonstrated talent that I would bring to your organization and my all-project skills are mentioned below:

- Prepare Scope of Work as per requirement.
- continuously observing hot work activity
- detection of, and response to, fires during hot work
- has the authority to stop work if necessary and conduct essential steps for restoring safe conditions within the hot work area.

I am keen to join your firm due to its leading position in the industry, great organizational culture, spirit of innovation, professionalism that characterizes your firm and its employees. I am attracted to this role because of its worth. I appreciate your taking the time to review my credentials and experience. Looking forward to a positive response

## Other Information

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**Father Name**  
**CNIC No.**  
**Passport No.**  
**WhatsApp No.**  
**Address**

Muhammad Arif  
35401-4743587-3  
LH1985871  
+923014781951  
Main Bazar Opp Regional Passport  
Office Shahdra Sagiyan by Pass Nain  
Sukh Lahore

## Reference

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Reference will be provided on demand.



Serial No. 6524306

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# Board of Intermediate & Secondary Education, Lahore

Roll No. 554811



**INTERMEDIATE** ANNUAL **EXAMINATION** 2018

PRE-ENGINEERING *Group*

*Certified that* MUHAMMAD ARSLAN ARIF

*Son/Daughter of* MUHAMMAD ARIF

(35402-7615798-7)

*Registration No.* 10080-2109-2016

*College/District* GOVT. M.A.O COLLEGE, LAHORE

*has passed the Intermediate Examination conducted by this Board in* FULL *as a*  
REGULAR *candidate. He/She offered the subjects and obtained the marks as follows:*

Sr. No.	Subject	MARKS	
		Maximum	Obtained
1.	URDU	200	121
2.	ENGLISH	200	66
3.	ISLAMIC EDUCATION	50	46
4.	PAKISTAN STUDIES	50	46
5.	PHYSICS	200	137
6.	CHEMISTRY	200	118
7.	MATHEMATICS	200	68
TOTAL MARKS (In Figures)		1100	602

(In Words) SIX HUNDRED TWO

External Grade : C

Internal Grade:A+

Result Declared On September 12, 2018



SECRETARY



Serial No. 0405713

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# Board of Intermediate & Secondary Education, Lahore

Roll No. 230211

Enrollment No. 10040-21204-2014



SECONDARY SCHOOL CERTIFICATE ANNUAL EXAMINATION 2016

SCIENCE GROUP

Certified that MUHAMMAD ARSLAN ARIF

Son/Daughter of MUHAMMAD ARIF (35402-7615798-7)

Date of Birth 23/02/1998 (TWENTY THIRD FEBRUARY ONE THOUSAND NINE HUNDRED NINETY EIGHT)

School/District GOVT. PUBLIC MODEL HIGH SCHOOL NAIN SUKH LAHORE

has passed the Secondary School Certificate Examination, conducted by this Board in FULL as a REGULAR candidate. He/She offered the subjects and obtained the marks as follows:

Sr.No.	Subject	MARKS	
		Maximum	Obtained
1.	URDU	150	116
2.	ENGLISH	150	90
3.	ISLAMIYAT	100	91
4.	PAKISTAN STUDIES	100	84
5.	MATHEMATICS	150	111
6.	PHYSICS	150	125
7.	CHEMISTRY	150	109
8.	BIOLOGY	150	84
TOTAL MARKS (In Figures)		1100	810
(In Words)		<u>EIGHT HUNDRED TEN</u>	

External Grade : A

Internal Grade : B

Result Declared On JULY 20, 2016 .



  
SECRETARY





# PHAROS COMPUTER COLLEGE

Pharos Computer College Begum Kot Stop  
Near Police Choki  
Shahdara Lahore. Cell: 0321-4434280

REG/PCC/2016/83  
Roll No.583  
Date.01/07/2016 To 30/10/2016

*Diploma in Computer Software Engineering*

## **OFFICE** **PROFESSIONAL**

*This is to certify that*  
**MUHAMMAD ARSLAN ARIF**  
**S/O**  
**MUHAMMAD ARIF**

*Has successfully complete the 4 months Practical training in Microsoft  
Office Specialist with the following*

### ***MS-WORD-EXCEL-POWERPOINT***

***Introduction to computer***

***Windows installation***

***Operating window***

***Inpage, Internet and E-mailing***

***Software & Driver Installation***

Sign by \_\_\_\_\_

Director Academics



This is a certificate awarded to

**Muhammad Arslan Arif**

on successfully completing

**Managing Safely**

a course approved and validated by the

**Institution of Occupational Safety and Health**

in association with

**Advanced Academy Of Safety & Health**

*Approved Centre: 4327*

Signed on behalf of IOSH

*Vanessa Howard-Williams*

Chief Executive

*Ali*  
Course Organiser





# International Board of Environmental Health and Safety, Inc.

*IASCB ISO/TEC 17024:2012 Certified*

*Instilling Professionalism*

## Certificate of Completion

Is awarded to

### Muhammad Arslan Arif

Certificate Number 28-187393733

For the  
**OSHA General Industry 30 Hours**

**June 10 -June 14, 2023**

Introduction to OSHA  
Walking, Working Surfaces  
Exit Routes & Emergency Planning  
Exit Routes & Emergency Planning  
Occupational Health & Environmental

Hazardous Material  
Personal Protective Equipment  
General Environmental Controls  
Medical and First Aid  
Fire Prevention & Protection

Compressed Gas  
Material Handling & Storage  
Machinery & Machine Guarding  
Hand & Power Tools  
Welding, Cutting & Brazing

Electrical  
Ergonomics (introduction)  
Hazard Communication  
Blood borne Pathogens  
OSHA Recordkeeping



ATP 076



Adrian Estes, PhD, RSP.  
IBOEH  
[www.IBOEHS.org](http://www.IBOEHS.org)





**OSHA**<sup>®</sup>

28-187393733

This card acknowledges that the recipient has successfully completed a  
30-hour Occupational Safety and Health Training Course in  
**General Industry**

**Muhammad Arslan Arif**

Adrian Estes

(Trainer name – print or type)

14-06-2023

(Course end date)



**UA Engineering** (Pvt.) Ltd

A unified TRAINING, AUDITING & CERTIFICATION Solution Provider

**UA Engineering** (Pvt.) Ltd

Certifies that

**Muhammad Arslan Arif**

has successfully passed an assessment in

**FIRE SAFETY**

*Date of award* **25-May-23**

*Date of Expiry* **24-May-25**

*Certificate Number* **FS13710**



*Course Director*

**UA Engineering** (Pvt.) Ltd





**UA Engineering** (Pvt.) Ltd

A unified TRAINING, AUDITING & CERTIFICATION Solution Provider

**UA Engineering** (Pvt.) Ltd

Certifies that

**Muhammad Arslan Arif**

has successfully passed an assessment in

**HOLE WATCHER**

*Date of award* **27-May-23**

*Date of Expiry* **26-May-25**

*Certificate Number* **FS13733**



*Course Director*

**UA Engineering** (Pvt.) Ltd





**UA Engineering** (Pvt.) Ltd

A unified TRAINING, AUDITING & CERTIFICATION Solution Provider

**UA Engineering** (Pvt.) Ltd

Certifies that

**Muhammad Arslan Arif**

has successfully passed an assessment in

**FIRST AID**

*Date of award* **28-May-23**

*Date of Expiry* **27-May-25**

*Certificate Number* **FS13745**



*Course Director*

**UA Engineering** (Pvt.) Ltd





**UA Engineering** (Pvt.) Ltd

A unified TRAINING, AUDITING & CERTIFICATION Solution Provider

**UA Engineering** (Pvt.) Ltd

Certifies that

**Muhammad Arslan Arif**

has successfully passed an assessment in

**PTW**

*Date of award* **26-May-23**

*Date of Expiry* **25-May-25**

*Certificate Number* **FS13719**



*Course Director*

**UA Engineering** (Pvt.) Ltd





**UA Engineering** (Pvt.) Ltd

A unified TRAINING, AUDITING & CERTIFICATION Solution Provider

**UA Engineering** (Pvt.) Ltd

Certifies that

**Muhammad Arslan Arif**

has successfully passed an assessment in

**BOSH**

*Date of award*                      **29-May-23**

*Date of Expiry*                      **\*\*\*\*\***

*Certificate Number*              **FS13750**



*Course Director*  
**UA Engineering** (Pvt.) Ltd



Oregon OSHA Public Education



# Certificate of Completion



This certificate acknowledges that

**MUHAMMAD ARSLAN ARIF**

successfully completed the online course

**Fundamentals of Fall Protection**

A handwritten signature in black ink that reads "Julie Love". The signature is written in a cursive style and is positioned above a horizontal line.

Julie Love  
Deputy Administrator  
Oregon OSHA



04/13/2024

Date of Completion



# CONTINUING EDUCATION CERTIFICATE

SaveaLife.com certifies that

**Muhammad Arslan Arif**

has successfully completed the

**CPR, AED, and First Aid Certification Course**

This activity was designated for 6 Category 2 CME Credits.

This certificate certifies that the individual listed above has successfully completed the evaluations in accordance with the curriculum of Save a Life Certifications™ by National Health Care Provider Solutions (NHCS) Cardiopulmonary Resuscitation (CPR), AED, and First Aid program and adheres to the latest ILCOR Standards and Guidelines and are Joint Commission (JCAHO) compliant.

*Karl Disque D.O. RPh*

Karl F. Disque D.O. RPh

Completion Date:  
**2 Jun, 2024**

Save a Life Certifications™ by NHCS

CPR AED & FIRST AID

CPR AED & FIRST AID

# CPR, AED & First Aid

Infant, Child  
and Adult

**Muhammad Arslan Arif**

**Save a Life**

CERTIFICATIONS™

BY NHCPS

has successfully completed the evaluations in accordance with the curriculum of Save a Life Certifications™ by National Health Care Provider Solutions (NHCPS) Cardiopulmonary Resuscitation (CPR), AED, and First Aid program and adheres to the latest ILCOR Standards and Guidelines and are Joint Commission (JCAHO) compliant.

Issue Date

**2 Jun, 2024**

Renew By

**2 Jun, 2026**

To verify the authenticity scan the QR code with a mobile device.



**Training Organization Name** National Health Care Provider Solutions

**Training Organization City, State** Las Vegas, NV (89103)

**Training Organization Telephone** (888) 688-3545

**Instructor Name** Karl F. Disque D.O. RPh

**Instructor Signature** *Karl Disque DO RPh*

National Health Care Provider Solutions™

# Certificate of Training

Presented by

**NYC Construction Safety Training LLC**

*In Recognition of Attendance and Achievement*

**Muhammad Arslan Arif**

**Hydrogen Sulfide Safety in Oil and Gas Extraction**

Completion Date 05/17/2024

REF: NYCST-20240517-21001243

**Federico Roca CHST ASP**

Construction Outreach Trainer

*Federico Roca*



This Certificate of Training shall not imply or suggest that OSHA Outreach Training Program training was completed or will result in an individual being certified. Students are not eligible to request and/or receive an OSHA student completion card.



# SUNWIN ENTERPRISES

Making your Vision come True...

Ref No. 786/631/21

Date: 31-12-2020

## TO WHOM IT MAY CONCERN

This letter certify that Mr. Arslan Arif S/O Muhammad Arif worked as Safety Assistant at our organization Sunwin Enterprises from 2018 to 2020.

During his tenure his services was satisfactory and he carried out duties meticulously. Some of the main job duties include.

- i) Entering the stock mentation inventory
- ii) As a fire safety
- iii) Safety Assistant

In all his tasks and project, he showed complete dedication and brought out positive outcome, ultimately benefiting the company.

We wish for his all future ventures.

Thanking you,

FOR SUNWIN ENTERPRISES

**SUN WIN ENTERPRISES**

Link Macload, Road Nigar Centre  
Third Floor Office 2-Patiala Ground  
Lahore. 0300-4969312





# BURK ENGINEERING SERVICES

Engineers, Contractors

Ref: \_\_\_\_\_

Date: 2023 \_\_\_\_\_

## TO WHOM IT MAY CONCERN

This is to certify that Mr. Muhammad Arslan Arif S/O Mr. Muhammad Arif worked with Burk Engineering Services on different projects as a Assistant HSE Officer from 01-Feb-2021 to 30-Jun-2023.

This certificate is being issued in appreciation for his excellent performance and contribution for our Organization.

We wish him all the best in his future career endeavors.

For & on behalf of Burk Engineering Services



Muhammad Nasir  
Incharge HR & Admin



Abdullah A. Al-Barrak & Sons Co.

# Certificate of Appreciation

Company for Successful Completion Of

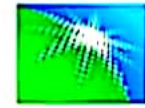
This certificate is proudly presented to

**Muhammad Arslan Arif**  
ID # 9198

In recognition of your extraordinary performance and dedication to your profession, which have exceeded the expectations of our clients/end users. Top management appreciate your commitment, invaluable contribution and wish you all the best.




Abdullah A. Al Barrak  
CEO



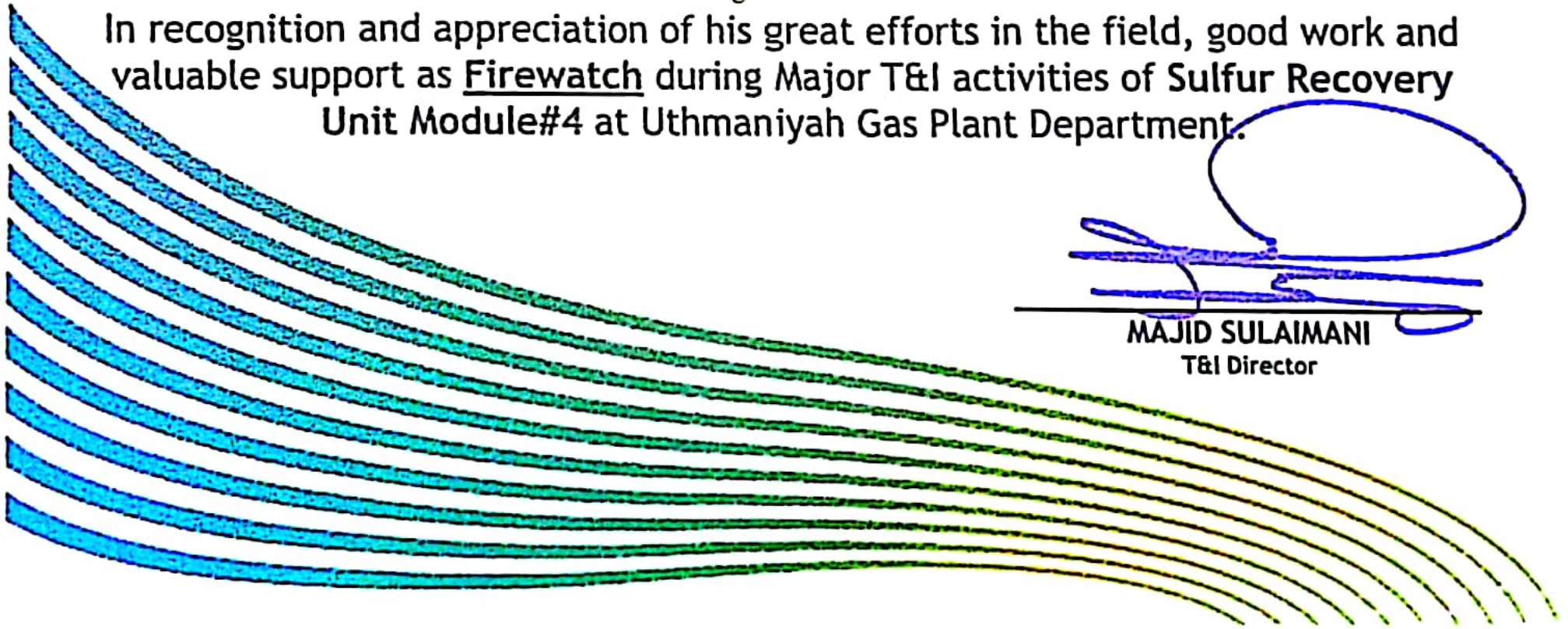
# Certificate of Appreciation

Presented to  
**Muhammad Arslan Arif**  
Badge#8631907

In recognition and appreciation of his great efforts in the field, good work and valuable support as Firewatch during Major T&I activities of Sulfur Recovery Unit Module#4 at Uthmaniyah Gas Plant Department.



MAJID SULAIMANI  
T&I Director



ذوقنا في صالحنا  
Saudi Aramco



Cert # 22953 **Gas Operations**

**Human Resources Development Division**

**Orientation to Emergency Response Plan**

**Certificate**

Name: Muhammad Arslan Arif Badgett: LH1985871

Company: Al Barrak - ABIS has successfully completed the  
Orientation ERP Course.

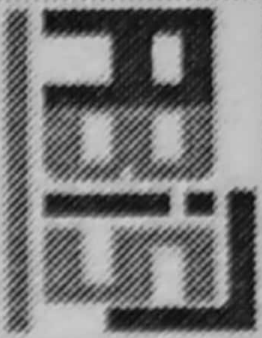
Date: 10/4/2023

Approved by: HRDD Group Leader

- ShGP    UGP    HGP    HNGL    HdGP    SNGL

Valid for 3 years





**CERTIFICATE OF SKILLS TRAINING**

Name: Muhammad Arslan Arif

ID # : LH1985871

Issue Date: 10/2/2023

Expiry Date: 9/30/2025

**Type of Training**

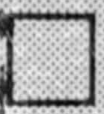
Fire Watch:



Standby Man:



Flag Man:



SCBA Use:



HSE Trainer Sign.

Certificate # 2964

Fire Watch ID #: LH1985871

(Company's Name) Abdullah A. Al-Ballak & Sons Co. Fire Watch Certification

Do what?  
(Action)

- Is Aware of the hazards of hot work and the types of fires that may result.
- Monitors activities related to hot work activities and is knowledgeable in the controls required to prevent fires from occurring.
- Has fire protection equipment readily available and is trained in its use.
- Is Familiar with the procedures for notifying appropriate personnel in the event of a fire.

Step 1	Ensure that Fire extinguishers are with valid sticker and ready for use.
Step 2	Ensure that fire monitors are working and not obstructed.
Step 3	Cover all sewers within 23 m from ignition source and make sure it is filled with water to seal it well.
Step 4	Monitor work progress to verify that the assigned Gas Tester takes periodic gas testing if applicable and that the receiver has not introduced new hazards.
Step 5	During activities that involve cutting, welding or open flame, a fire watch shall remain in the area for no less than 30 minutes after the hot work is finished.
Step 6	Always be aware of the work progress and prevent any fire from happening.

Specific Task Assignments	Pass or Fail
Aware of the hazards of hot work and the types of fires that may result.	Pass
Monitors activities related to hot work activities and is knowledgeable in the controls required to prevent fires from occurring	Pass
Has fire protection equipment readily available and is trained in its use.	Pass
Familiar with the procedures for notifying appropriate personnel in the event of a fire.	Pass

Note: Passes the certification when employee satisfactorily performs tasks on all above-specified tasks.

Fire watch's ID #: LH1985871 Signature: M. Al-Ballak Date: 16-10-2023  
 Employee's Supvr. ID #: 8317139 Signature: [Signature] Date: 16-10-2023  
 Compliance Group Rep. ID #: 767424 Signature: [Signature] Date: 16-10-2023