

# CURRICULUM VITAE

**POST APPLIED FOR: SR. HSE SUPERVISOR**

## **RAHUL G MENON**

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**NEBOSH - IGC, IOSH, OSHA, MEDIC**



### CAREER OBJECTIVES

*“My professional aim is to become a Health & Safety Officer of a well reputed company.....”*

I wish to be in a challenging work environment where I can effectively utilize my Knowledge and working skills which enable me to work with a progressive attitude and promise me a good career as well as to obtain a challenging position in HSE which will commensurate with my qualification, experience, interest and contribute potentially to the employer. Effectively utilize my rich and diverse abilities to serve my organization for its growth and other betterments and thereby become a big success in my professional and personal life.

### ROLES & RESPONSIBILITIES

- Expert in inspecting and evaluating workplaces for safety hazards and recommending and implementing safe workplace policies and procedures.
- Provide safe working environment with zero accident.
- Establish HSE standards and procedures for field work in compliance with Client Site HSE Plan.
- To promptly investigate regarding the cause and the nature of accident as well as to identify accident prone workers.
- Coordinate with other subcontractors to ensure their compliance to meet the specific safety requirements.
- Attend meetings with the clients on behalf of the company.
- Coordinate with the clients to maintain relationship and satisfy their requirements in terms of safety compliance.
- Investigation of accident/incident/near misses reports to avoid the reoccurrence of such situations.
- Ensuring regular tool box talk and weekly safety meetings are conducted.
- Conduct daily inspection of the site to identify any potential hazards and take remedial action.
- Develop, implement and maintain Fire Prevention and Fire Fighting Plan.
- Report all HSE incidents to HSE Manager/and PMT Safety advisor.
- Monitor all critical activity and maintain MSDS chemical areas and provide guidance for safe execution of the task.
- Monitor critical lifting activities to ensure compliance to the critical lifting plan.
- Take part in client driven safety walk-through and conducting audit at site.
- Emergency Evacuation Equipment plan procedure and drill for Construction Site, Workshops offices.
- Inspection of Construction Equipment, Lifting Equipment & Scaffoldings.
- Assist for Pre-Commissioning and Commissioning activities.
- Advice and assistants and site management for safety related issue.
- Ensure all permits are available for works on the site & all safety precautions are taken.
- Evaluate the need for safety equipment to employees, first aid, fire protection, hygiene and sanitation etc. and initiate appropriate action.
- Maintain all safety related records.
- Conducting HSE trainings for the Staff/Workers.
- Conducting Safety Inspections with Client & Internally

## **ACADEMIC QUALIFICATIONS**

- **SSLC (2005 – 2006)**
- **Plus Two (2006 – 2007)**

## **TECHNICAL QUALIFICATIONS**

- **Diploma in Fire & Safety Engineering**

Affiliated to National Safety Council. Passed with **Distinction (June 2007- May 2008)**

- Industrial, Construction & safety management
  - Law related to industrial safety
  - Fire technology and equipment
  - Fire protection and prevention
  - HSE management, Construction safety.
  - Scaffolding safety, Material handling.
  - Housekeeping, confined space procedure.
  - Fire safety & safety management
- **First Aid Certificate from St. John Ambulance Association** Completed on 17/06/2008
  - **BLS / First Aid from Hamad International Training Center**
  - Completed on 14/09/2013 – Course No – BLS – 1208

## **INTERNATIONAL QUALIFICATIONS & TRAININGS**

- **NEBOSH – International General Certificate – UK - 00159877/434004**
- **OSHA Outreach program (30 hours) in Occupational Safety & Health - USA**
- **IOSH (Managing Safely) - UK**
- **International General Medic First Aid (2/8/2012 – 1/8/2014)**
- **BLS / First Aid from Hamad International (Qatar)**
- **BLS /First Aid with CPR & AED from QISC (Qatar) (Valid till 13/04/2024)**
- **AGT from QISC (Qatar) – Certification No. 235045, Valid till 30/04/2024**
- **Fire Watcher from Enertech Qatar – Valid till 26/06/2024**

## **TRAININGS ACHIEVED**

- **(Intensive training course on Fire & Safety conducted by BPCL (Bharat Petroleum Corporation Ltd. Kochi refinery, Ambalamughal) (28/01/2009 to 10/02/2009)**

**Main topics:** - Refinery overview and process, Combustion fundamentals, Products and effects of combustion, important properties influencing fire hazards, Classification of fire and extinguishing methods, Fire extinguishing agents properties and applications, First aid fire fighting equipment and maintenance as per standard, Fixed fire fighting installations, Fire detection and alarm system, Safety aspects in design and layout, Disaster management, Electrical safety and area classification, Hazards due to static electricity, Work permit system, Selection and use of PPE's, Confined space entry, Theories and principles of accident causation, Identification, classification and labelling of chemicals, Safe handling of chemicals, Safety supervisors role in chemical industries, Working safely with compressed gases, Housekeeping, first aid etc...

- **(Fire fighting practical training from Cochin Shipyard Limited (During Diploma from National Safety Council) 04/02/2008 – 30/04/2008)**

**Main topics:** -Complete fire fighting techniques and Safety aspects.

- **(One Month Advanced International Standard Safety Officer Training (ISO Certified) from Cochin Fire Guard (A unit of we guard fire control) Fire Protection & Safety Engineers. Member of National Fire Protection Association (USA) & National Safety Council (14/09/2009 – 13/10/2009)**

**Main topics:** - Advanced International Standards as per OSHA, Scaffolding safety, Confined space entry, Excavation, Work permit system, Tool box talk, Documentation, Lockout & tag out, Personal protective equipment, Crane safety, Safety induction, First aid, HSE management, Fire hydrant & alarm systems, Lower explosive limit & Upper explosive limit concept, Electrical safety, Evacuation procedure, etc.....

- **Basic Safety Induction Training from ASOTA**
- **Mind Power Training from Hypnotherapy Counselling Centre**
- **Risk Assessment, PTW, Safety Audit Training Course from Safety Tech Management**

## **APPRECIATION CERTIFICATES & AWARDS**

- Solution Band Award from Ras Gas Company & Japan Gas Corporation (JGC) for the Pro – Active work in terms of ensuring the SHE&S Requirements in Barzan Onshore Project.
- Appreciation Certificate from Ras Gas Company Limited For Excellence Performance and Supporting ( Barzan Onshore Project - Qatar)
- Appreciation Certificate from Japan Gas Corporation (JGC) for active support and observance of the SHE&S procedure ( Barzan Onshore Project - Qatar)
- Appreciation Certificate from Consolidated Contractors International Company for Outstanding Performance as HSE Officer for the Project Achievement of 100 Million Man – Hours without LTI ( Barzan Onshore Project - Qatar)
- Appreciation Certificate from Japan Gas Corporation (JGC) for the contribution and Participation in the Achievement of 100 Million Man – Hours without LTI
- Best HSE Officer / Trainer Certificate from DPCT – Doha Port Container Terminal Project – Qatar
- Best HSE Supervisor Certificate from CTJV – QATAR GAS for excellent Performance in NFE EPC1 Project – Ras Laffan - Qatar
- 100+ Appreciation Certificates for various trainings conducted.

## **PROFESSIONAL EXPERIENCE**

- Worked as Supervisor trainee at various construction sites of residential projects from 23/06/2008 to 04/09/2008.
- One + year experience as Safety Officer Trainee in construction site of Indroyal Holiday Inn 5 Star Hotel Project, Indian Medical Association Project. (8/09/2008 to 12/09/2009)
- Four Year experience as HSE / Officer Trainer in Cochin Fire Guard & We Guard Fire Control (An ISO 9001 – 2008 Certified Safety Engineering Company, Since 1989). (15/10/2009 to 31<sup>st</sup> July 2013)

As well as an **HSE Trainer in Safety Tech Management & Trained more than thousand of HSE professionals in India & Abroad.**

- Conducted more than hundreds of Industrial Safety & Fire Safety Trainings for Employees & Employers on Various Govt. Sectors, Public Sectors, Hospitals, Five Star Hotels, Educational Institutions, Factories etc.
- Worked as **HSE OFFICER (# 73964) in CONSOLIDATED CONTRACTORS INTERNATIONAL COMPANY, on BARZAN ONSHORE PROJECT – QATAR, since 11/08/2013 to 15/01/2015**

**The Barzan Onshore Project developed by Barzan Gas Company Limited, a joint venture between Qatar Petroleum and Exxon Mobil Barzan Limited, with Ras Gas Company Limited (Ras Gas) assigned to develop and operate the facilities upon completion. The Engineering, Procurement and Construction (EPC) work was carried out by JGC as the Primary contractor. The Project achieved 131 Million Man-Hours without a Lost Time Incident with 30,000 man power from July 2012 to March 2014.**

- **Worked as HSE OFFICER in CONSOLIDATED CONTRACTORS INTERNATIONAL COMPANY on DPCT – HAMAD Port (Doha New Port Container Terminal Project - Since 3/03/2015 to 16/04/2017).**

**Employer : CONSOLIDATED CONTRACTORS COMPANY (CCC)**  
**Project : NEW PORT PROJECT (Qatar)**  
**Client : HAMAD PORT**  
**Consultant : AECOM**  
**Designation : HSE OFFICER (#73964)**  
**Period : Since 3/03/2015 to 16/04/2017**

HAMAD PORT is one of the world's largest Green field port developments. Strategically located south of Doha, the QAR 27 Billion (USD 7.4 Billion) mega project, which includes a new port, a new base for the Qatar Emiri Naval Forces and the Qatar Economic Zone 3, will span a 26.5 square kilometre area.

- **Worked as HSE OFFICER in CONSOLIDATED CONTRACTORS INTERNATIONAL COMPANY on EPIC – HIA JET A1 SUPPLY (JSP) PROJECT- Since 17/04/2017 to 10/12/18.**

**Employer** : CONSOLIDATED CONTRACTORS COMPANY (CCC)  
**Project** : EPIC – HIA JET A1 SUPPLY (JSP) PROJECT  
**Client** : QATAR PETROLEUM  
**Designation** : HSE OFFICER (#73964)  
**Period** : Since 17/04/2017 to 10/12/18

- **Worked as HSE SUPERVISOR in Safety Tech Management. (An ISO 9001 – 2015 Certified Safety Engineering Company), since 01/01/2019 to 31/01/2022**

## **PRESENT ENGAGEMENT**

Presently working as a **HSE SUPERVISOR (Lead)** in **NFE Project** (North Field East Expansion Project –

NFE EPC1) **Ras Laffan (Qatar)** Since **6<sup>th</sup> February 2022** with Gulf Asia Contracting WLL (Qatar).

**Project** : NFE EPC 1 – PROJECT (Ras Laffan – Qatar)  
**Client** : QATAR GAS / CTJV  
**Designation** : HSE SUPERVISOR (# 200742)  
**Period** : Since 06/02/2022

## **PERSONAL DETAILS**

Full name : Rahul G Menon  
 Date of birth : 23/08/1988  
 Sex : Male  
 Marital status : Married  
 Nativity : Indian

## **PASSPORT DETAILS**

**Hold Indian valid passport for 10 years. No. R5436762, Valid till 08/10/2027**

## **DECLARATION**

I hereby declare that the details furnished above are true to best of my knowledge and belief

Qatar

Rahul G Menon