

# Curriculum vitae

## ABDUL SHAHID AHMAD

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### TECHNICAL SKILLS

- ⊙ Risk Assessment
  - ⊙ Accident investigation
  - ⊙ Conducting Safety procedures
  - ⊙ Control of Hazard by taking safety measure.
  - ⊙ Monitoring and Auditing of occupation health & Safety.
  - ⊙ Professional Skills
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- ⊙ Excellence in Analysis and Problem Solving
  - ⊙ Sound Judgment & decision-Making Skills.
  - ⊙ Achievement oriented Team Builder

### EDUCATIONAL QUALIFICATION & TECHNICAL QUALIFICATION

### ❖ PROFESSIONAL SNAPSHOT

- ✚ To pursue a challenging career in an organization with past rich experience of initiating, motivating and pursuing challenges to take on new tasks and contribution. I would be open to positions with the potential visibility areas of an organization and increased decision-making responsibility, which shall allow me to grow professionally.
  - ✚ OVER 06-YEARS EXPERIENCE in the construction, Oil & Gas and production field and power sector as Senior HSE Officer and engineer where safety is of techniques, blended with technical knowledge. A good academic background with professional experience has made me to understand issues and generate responsible solution with the perfection.
    - ✚ Loss Prevention by implementing safety measures.
    - ✚ Risk Assessment and control.
    - ✚ Emergence preparedness and response.
    - ✚ Accident investigation and interviewing witness.
    - ✚ Training and conducting Safety Procedures.
    - ✚ Monitoring and auditing of Occupation Health and Safety.
    - ✚ Prepare weekly & monthly report of accident.
  - ✚ Act on behalf of the company with all types of safety. Health & Environment safety. Develop relationship external and internal clients. Fire rescues plans and emergency procedures.
  - ✚ I am hard working with pleasant Personality and cool temperament to deal with a multi-disciplinary team environment. Ability to motivate and manage staff to achieve specific goals or targets. Able to communicate with Personalities of Any Level. Have A Strong Orientation Towards Developing Skills and Learn New Things. Worked In Different Companies and Effectively Handled Various Projects.
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- ✚ OPERATING SYSTEM SKILL
  - ✚ NEBOSH IGC –FROM SAFETY PROFESSIONAL INSTITUTE 2022.
  - ✚ IOSH MANAGING SAFETY-FROM INSTITUTE OF SAFETY PROFESSIONAL 2021.
  - ✚ ONE YEAR'S DIPLOMA IN INDUSTRIAL SAFETY MANAGEMENT 2012 FROM HSE TECHNICAL.

## COMPUTER PROFICIENCY

03 OCT 2023 TO TILL NOW.



03 OCT 2022 TO 30 SEP 2023



A Navratna Company

Engineers India limited.

CENTRE.

- ✚ B. TECH IN MECHANICAL ENGG (DEGREE) FROM SIWAN ENGINEERING COLLEGE JAI PRAKASH UNIVERSITY 2017.
- ✚ ADVANCE DIPLOMA IN INDUSTRIAL SAFETY MANAGEMENT (ADIS) FROM RAJKIYA TECHNICAL INSTITUTE 2018.
- ✚ FIRST AID FROM RAJKIYA TECHNICAL INSTITUTE TATA AND GOVT. OF JHARKHAND.

- ✚ MS-DOS, WINDOW98, WINDOW2000 & WINDOW-XP
- ✚ SOFTWARE SKILL: Microsoft Office, Word, Excel, Power Point,

## ❖ PROFESSIONAL EXPERIENCE

LARSEN & TOUBRO ENERGY HYDROCARBON (LARSEN & TOUBRO LIMITED)

PROJECT: PV SOLAR ENERGY-RELAINCE REFINERY (World largest Refinery) GUJARAT.

Client: Reliance

EMP NO: PS.20358979.

- Assist the Safety Manager in developing, implementing, and maintaining safety policies, procedures, and programs to ensure compliance with federal, state, and local regulations.
- Conduct regular safety inspections and audits to identify hazards and recommend corrective actions to prevent accidents and injuries.
- Coordinate safety training programs to employees, including new hire orientation, annual refreshers, and specialized training for high-risk tasks.
- Investigate accidents, incidents, and near misses to determine root causes and develop strategies to prevent reoccurrence.
- Maintain safety records and documentation, including incident reports, training records, and inspection findings.
- Collaborate with department managers and supervisors to address safety concerns and promote a culture of safety throughout the organization.

Engineers India Limited (EIL )-(Project Management Consultant, PMC)

HPCL Rajasthan Refinery Limited (HRRL) Pachpadra Rajasthan Barmer

**EIL JOB No. B224**

Project Name – HPCL RAJASTHAN REFINERY PROJECT (HRRP)

Title - Safety. Gr-1V (Sr. Safety Engineer) (PMC -ROLE)

EMP NO-60BA

11 NOV 2019 TO 30 SEP 2022



06 APRIL 2019 TO 05 OCT 2019

JOB Code- B224.

Role/Responsibilities –

All safety related documents review and check and approved all safety program participate from contractor site.

Such as a – Internal audit attend, External and internal and walkthrough attend, and review verified.

Accident incident, near miss, OSA released from site,

Attend Weekly Review Meeting and Monthly Meeting, motivational program with contractor and mock drill and any Training.

Conduct and attend Hira review approved & Job Safety Analysis.

### METEC Design and Construction Engineers India Limited.

- Title: Safety Officer/Engineer

Project Name

- NOUVEAU Chemical.
- Brown Field Tire Project.
- Merck Life Science Private Limited (MLSPL) Mumbai.
- Balkrishna Industries Limited (BKT) Aurangabad.

#### ❖ Role/Responsibilities

- Conducted toolbox meeting & induction training Monthly PPE audit and ensuring PPE compliance Acquiring confined space and excavation certification.
- Monitoring workplace temperature lighting. noise and Gas level and wind speed
- Conducting accident investigation & preparation report Maintaining all relevant file and records
- Auditing work permit daily.

### NATIONAL CONSTRUCTION CO. PRIVATE LIMITED

- SHUT DOWN PROJECT
- Title: HSE ENGINEER
- Project Name: - LNG Ragas Facilities Client: - HPCL LNG LTD.

#### ❖ Role/Responsibilities

Blinding and D-blinding system, some of unwanted line removal and erection and confined space entry, insulation work catalyst loading and unloading work and hydro testing work and welding cutting and grinding work and scaffolding erection and dismantling and work exchanger tube bundle unloading and inserting work through bundle puller extractor and last moment box up.

15 JULY 2018 WORKING TO  
01 APRIL 2019

HARDI ENGINEERING CONSTRUCTION LIMITED PROJECT AT  
CONSTRUCTION OF N-BUTANOL EPCC-02 AT IOCL REFINERY  
CLIENT- INDIAN OIL CORPORATION LIMITED (IOCL)

Title: HSE ENGINEER

❖ Role/Responsibilities

- Risk Assessment and control Accident investigation and interviewing witness.
- Training and conducting Safety Procedures.
- Monitoring and auditing of Occupation Health and Safety.
- Prepare weekly & monthly report of accidents.
- Works Preparing and maintenance of various Safety records and monthly Safety reports Coordinate in Safety introduction training, Daily Toolbox Talk to workers & Safety induction training.
- for new employees & Safety inspection & Fire extinguisher, Inspection Activity –work at height, scaffolding Crane activity erection work and concrete work etc.

JOB PROFILE &  
RESPONSIBILITIES  
CARRIED OUT

RELATED HEALTHCARE MANAGEMENT-

- Cross checking medic or first aid facility with doctor and ambulance provided at site and office.
- Making emergency arrangement near workplaces with company approved Hospital, so that serious patients can be admitted over there and could be saved their life by getting right treatment.
- Cross checking proper disposal of medical waste.
- Checking that all employees are getting clean and QCI approved and tested drinking water.
- Conducting heat stress campaign and displaying flags at working & office site areas i.e. - Green, Blue, Orange & Red as per temperature, so that workers will get awareness and can save themselves from heat stress, by drinking more water according flags color codes.
- Conducting training & inspections related to health care management.
- Checking food quality, food items expiry date, proper storage and handling.
- Checking capes for cook team, arranging their medical check-up in every 06 months of mess team, providing PPEs.
- Conducting inspection of housekeeping of mess areas.
- Making arrangement / providing rest shelters at sites for workers, so that during break time & red flags time or above 40-degree temperature time' workers can take rest over there.
- Checking proper duty hours for all workers and staff as per factory act 1948.
- Checking proper illumination at site, at height & office work area.

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## RELATED SAFETY MANAGEMENT

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- Following below mentioned HSE related meetings we are conducting at sites & offices -
  - A) Weekly & Monthly HSE Meeting.
  - B) Pre & Post job HSE Meeting.
  - C) Toolbox talk / JSA Meeting.
  - D) HSE Committee Meeting. E) Weekly meeting to take action against pending critical observations.
- HSE related inspections –
  - A) Facility, Camp and Job sites, covering all points mentioned in check lists.
  - B) Fire extinguishers, eye wash & body shower.
  - C) Vehicles & Equipment's Safety Inspection - Conducting Inspections of all Light & Heavy Vehicles & equipment.
- Emergency Management – Responsible for Office Safety and emergency plans and its execution. The role to co-ordinate with Administration department, Organize Emergency evacuation drills, Carry out building safety audit.
- Road Safety Management - Developing Road Safety Management System addressing risks involved in all Operations that the company performs. Ensuring Road safety hazards are adequately identified, Risk Assessments are carried out and adequate controls in place.
- Conducting inspection of employee's behaviors i.e. safe, unsafe act and conditions.
- Conducting inspection of Gas cylinders i.e. leak test, separate storage areas, handling and checking valid test certificates.
- Risk assessments: Making HIRA & JSA for identification of risk and hazards of all activities at sites and base, making its aspect and impact register including time to time review.
- Road Safety Training: - Identify Road Safety Training needs and develop relevant awareness and training programs across the Organization. Organize Road shows, Workshops, classroom training sessions and E-learning modules.
- Journey Management Plan: Responsible for establishing, monitoring and training of e-JMP across the Organization.
- Accident Investigation: Investigating and reporting of all accidents and incidents including near miss and first aid cases; to suggest management remedial measures to avoid recurrence.
- HSE Trainer - Designing and Developing HSE Training modules applicable to all locations including Office., Impart HSE training (Safety Induction, Basic Fire Fighting and others) to staff. Co-ordinate external training,

Prepare HSE training statistics.

- Electrical Inspection – Conducting electrical inspection with electrical Engineer and checking i.e. Power Cables, Electrical Boards, ELCB, MCB, Earthing, rain protection and guarding, cables laying arrangement at height and in Scaffolding area.
- HSE Motivational Activities: to organize HSE competitions, HSE quiz, HSE week celebrations, National Safety Day celebration and Safety games, Safety Campaign etc.
- HSE Statistics: To calculate and maintain safety statistics like Injury Frequency Rate, Severity Rate, training strength records and Longest Accident-Free Period etc.
- HSE Posters & signs: Displaying posters & signs. at all sites & offices for workers awareness.
- Statutory Compliance: To assist management in compliance under factories act and State Rules made there under pertaining to HSE.
- MOC: Implementing Management of Change norms at required work locations.
- Personal Protective Equipment's: Maintaining PPEs Stock, Proper Use and checking expiry date & providing PPEs according to job, duty time & weather condition i.e. Rain, Winter & Summer.
- HSE Audit: Conducting HSE audits with management team to ensure maximum adherence of HSE.
- ERP & Mock Drills: Making emergency response plan and conducting mock drills; So workers & Staff would get awareness about all types of emergencies and they could be handled properly.
- PTW – Cross-checking work-related permits are issued or not at all work sites and responsible officers' signs are there or not in permits, if it's incomplete then, we are stopping the running unsafe work till completion of permit.

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## RELATED ENVIRONMENT MANAGEMENT

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- Making environment management plan and submitting to client and according to its norms doing all work.
- Helping in making company registration with local Pollution Control Boards to store chemicals, diesel and acids drums.
- Helping workers to do plantation to avoid air pollution by our site related work.
- Sprinkling water on dusty roads to avoid dust, which could be harmful to workers' health.
- Checking proper storage of all types of chemicals, acids and displaying its appropriate MSDS with hazards index labels and proving required eye and body showers / washers along with required PPEs.
- Making arrangements to control spills, proving equipment's and team, to handle spill related emergencies.
- Proper disposal of safety tanks wastes, making arrangement to clean toilets / washrooms.
- Conducting inspections/audit related to Environment Management.
- Following all acts, laws and norms related govt. environment management.

- Cross checking approved municipals vendors for handling all wastes (Hazardous & other Wastes) checking proper segregation, storage and disposal of all wastes.
- Conducting inspection of noisy equipment and following stop work authority system.

<div>PERSONAL VITAE</div>	Father's Name		Abdul Rahman
	Nationality		Indian
	Sex		Male
	Date of Birth		22. Aug.1994
	Marital Status		Married
	Language Known		English, Urdu, and Hindi
	Passport Number	P8938720	
	Place of Issue	PATNA	
	Date of Issue	08/05/2017	
	Valid Up to	07/05/2027	
Address - At- Naya Basti Makhdum Sarai , PO-Siwan. PS-Sarai Siwan, Pin-841226, Bihar.			
<div>DECLARATION</div>	I hereby declare that all the above information is true in the best of my knowledge and belief.		
	Date: 15/04/2024	ABDUL SHAHID AHMAD ASST SAFETY MANAGER Larsen & Toubro Limited	
	<div>"SAFETY IS AN STEP AHEAD TO REACH ADVANCE DESTINATION"</div>		