**ABRAR**

**Personal Profile**

**Email ID;** [Abrar.380315@2freemail.com](mailto:Abrar.380315@2freemail.com)

To join a competitive, growing organization

In order to unleash and enhance my hidden abilities &

Contribute the best of my skills to grow with the organization.

**Work Experience:**

I have about**5-Years**extensive field experience in HSE Dep’t.Professional skills and experience details are as under:

**(A) PETROLEUM, CHEMICAL & MINING CO. Ltd. (PCMC-SBG)**

Join the Company (PCMC-SBG) on Sep 30, 2015.

⮚**FARABI DOWN STREAM PROJECT(FARABI PETRO CHEMICALS)**  
 Location: Jubail – Saudi Arabia  
 Position: Project HSE Supervisor  
 Job Tenure: Mar 7, 2018 to Date  
 Work Scope: Maintenance Project   
(Civil, Chemical, Mechanical & Electrical Work)

⮚**FADHILI GAS PROJECT PROGRAM (**TECNICAS REUNIDAS & ARAMCO**)**   
Location: Jubail – Saudi Arabia  
Position: Project HSE Supervisor  
Job Tenure: Mar 30, 2017 to Mar 05, 2018  
Work Scope: Package 1-Gas inlet & Treatment Facilities Project   
(Civil, Mechanical & Electrical Work)  
Package 2-Process utilities & interconnecting system Project  
(Civil, Mechanical & Electrical Work)

⮚ **SASREF(Saudi & ARAMCO Shell Refinery)**   
Location: Jubail – Saudi Arabia  
Position: Project HSE Supervisor  
Job Tenure: Feb 17, 2017 to Mar 28, 2017  
Work Scope: Maintenance Project   
(Chemical, Mechanical & Electrical Work)

* **YANSAB PLANT (SABIC AFFILIATE)**

Location: Yanbu – Saudi Arabia

Position: Project HSE Supervisor

Job Tenure: Mar 17, 2016 to Feb 15, 2017

Work Scope: Construction of 2nd Retention Basin - EPC Project

(Civil, Mechanical & Electrical Work)

* **YANSAB PLANT (SABIC AFFILIATE)**

Location: Yanbu – Saudi Arabia

Position: Project HSE Supervisor

Job Tenure: Dec 23, 2015 to Mar 15, 2016

Work Scope: Cock & Tar- EPC Project

(Mechanical & Electrical Work)

* **LUBEREF Saudi Armco Base Oil Company**

Location: Yanbu – Saudi Arabia

Position: Safety Officer

Job Tenure: Nov 18, 2015 to Dec 21, 2015

Work Scope: Luberef Yanbu Refinery Expansion Project

(Mechanical & Electrical Work)

* **Petro Rabigh (**Refinery and petroleum chemical) **Saudi Aramco, Sumitomo Chemical)**

Location: Rabigh – Saudi Arabia

Position: Safety officer

Job Tenure: Sep 30,2015 toNov 15, 2015

Work Scope: **45 Days Shutdown - 2015**

**(B) Insari EngineeringServicePrivate Ltd.**

Location: Lahore - Pakistan

Position: Safety Supervisor

Job Tenure: Jun05, 2011 toAug 08, 2014

Work Scope: Pakistan RailwayPower PlantSupply

(Civil, Mechanical & Electrical Work)

**Professional Expertise:**

I amProficient with;

* Work permit system
* Scaffolding inspections
* Fire & Hazardous Gas safety
* Electrical & Hand tools safety
* Site safety audits/ inspections
* HSE Management Reporting system
* Hot / Cold jobs and Radio Activity safety
* Emergency Response Plans and procedures
* Accident investigation and root cause analysis
* Excavations and Confined space entry procedures
* Work at height, Concrete work and Crane works as well
* Hazard identification, Risk Assessment plan and procedures

**Job Specifications:**

My job responsibilities comprise of following activities;

* Conduct Safety inspections, Audits to identify unsafe conditions/acts and related hazards.
* Conduct safety tool box talks / mass meetings.
* Investigate and report all Incidents/Accidents occurring to workers, staff and visitors to the appropriate senior administrator, and to support in the inquiry of all accidents/incidents that result in considerable damage/loss.
* Take immediate intervening action to safeguard employees if a serious hazard is detected.
* Encourage employees to report unsafe acts and conditions.
* Seek suggestions from employees for improvement of workplace conditions.
* Insure proper use of Personal Protective Equipment (PPE).
* Co-ordinate and monitor the Permit-to-Work system.
* Ensure risk assessment have been carried out for hazardous work activities.
* Induction training to new entrants irrespective of category of employee and new contract workers.
* Supervision of safe working practice during erection of heavy equipment and structures.
* Make workers understood different Safety signs and color codes to purge the prospective hazards
* To respond to employees’ safety concerns.
* Organizing and conducting Health and safety training to various levels of the employees to promote a good health and safety environment within the organization.
* Conducting fire, emergency evacuation and rescue drills.
* Attend client as well as internal management safety meetings.
* Co-ordinate with departmental heads, supervisors, and other such officials in planning and organizing necessary measures for effective control of incidents.
* Organize co-ordination, campaigns, competition & contest, to develop interest of workers in establishing safe working conditions at site.
* And other job related activities as may be assigned.

**Professional Trainings:**

During my job tenure I acquired the following professional trainings:

* Induction Training
* General Fire Prevention Training
* Basic Environmental Safety
* Strategic Time and Goal Management
* Heat Stress Awareness and Prevention
* Hazard Identification and Risk Assessment
* Manual Handling and Back Injury Prevention
* Benzene Awareness & Precautionary Measures
* Deep Excavation & Confine Space Working
* Work at Height
* Log Out-Tag Out Procedure

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| **QUALIFICIATION:** | **SESSION** | **INSTITUTE** |
| **NEBOSH (IGC) \*** | **Aug 2015** | **TWI (UK.)** |
| **Diploma of Associate Engineering (Mechanical)1st Division Having 70% Marks** | **2009-2012** | **Punjab Board of Technical Education Lahore.** |
| **Matric (Science)1st Division 67% Marks** | **2009** | **Bard of Intermediate & Secondary Education Gujranwala** |

**Academics:**

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| Programing Skills | Designing Skills | Operating Skills | Others Skills |
| MS Office, Power point,  Microsoft Excel/Word | Auto CAD/CAD CAM  Auto Desk Inventor | CNC Programming | Installation Mechanical Elements |

**Personal Profile:**

Nationality Pakistani

Marital Status Married

Religion Islam

**Languages Known:**

* English
* Urdu
* Punjabi
* Basic Arabic

**Self-Statement:**

I am honest, diligent and like teamwork. I have good communication, presentation and learning skills. I am confident, enthusiastic and responsible even in complex situations.