



Omer Farooq

HSE Engineer



umar-butt29@hotmail.com



<http://bit.ly/2tjIn27>



+966 59 751 5882



Iqama: 2387321389



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BD3493722

Why *Omer*?

- Solution-focused and industrious environment, health and safety professional, extremely capable to manage challenging projects to promote safety through independent and group achievements. Possesses immaculate technical reporting skills and strong academic knowledge of safety and health engineering
- Highly skilled and proactive in inspecting facilities, installing safety devices, investigating accidents and occupational diseases and ensuring compliance with legal and safety requirements. Possesses expertise in maintaining health and safety standards while managing environmental and commercial aspects of the project
- Articulate engineer possessing skills in risk assessment, emergency risk planning and ergonomics. Has ability to perform daily site safety inspections which includes identifying, documenting and correcting any health and safety deficiencies, enforcing requirements and revamping of standard operating procedures as per recommendations and audit findings

CORE STRENGTHS & ENABLING SKILLS

- EHS Engineering
- Corporate Framework
- Safety Auditing
- Hazard Reduction Programs
- EHS Training
- Risk Assessments & Mitigation
- High Risk Operations
- Emergency Management
- Machine Guarding & Motor Vehicle Safety
- EMS, Fire Suppression & Detection System
- Ergonomics & Chemical Management
- Communication & Presentation Skills

PROFESSIONAL EXPERIENCE

Bin Dawood Group of Companies, Jeddah, KSA

Working as "*HSE Engineer*", May 2015 – Present

Responsibilities/Accomplishments:

- Expertly establishing and implementing HSE policies and procedures, carrying out detailed survey of each hyper market regarding health and safety to rectify problems and providing first aid and firefighting training to staff
- Managing renovation projects related to fire safety and successfully completing projects according to schedule. Conducting risk assessment of Bin Dawood and Danube Hyper markets along with mitigation measures
- Expertly managing all branches during Ramadan and Hajj season with safety protocols as well as carrying out internal audits of all branches and submitting reports to management for further approvals and necessary actions

Major Achievements:

- Successfully designed, tested & commissioned 37 fire exhaust fans in Nakhla Danube branch
- Established firefighting & emergency response team

Successfully managed the following trainings:

- ◆ HSE Committee
- ◆ Safe Chemical handling, storage, Spill response procedure, use of emergency shower, use of eye wash
- ◆ Material Safety Data Sheets (MSDS), NFPA Labeling
- ◆ General work environment / Personal Hygiene / Toilets / Water Quality Awareness
- ◆ Occupational exposure risks / exposure pathways / control methods
- ◆ PPE, proper use, care, maintenance, useful life, disposal
- ◆ Sharp tools safety, machine guarding & proper use, safe operating procedure, notification procedure if guarding is missing / damaged.
- ◆ Emergency procedure, roles & responsibilities, escape routes & procedures, how to report emergencies, activating alarm system
- ◆ First Aid awareness, Injury / Illness reporting
- ◆ Electrical safety & control of hazardous energy, hazards control, locking & tagging

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- ◆ Confined spaces and its hazards awareness
 - ◆ Solid waste descriptions, waste handling & storage
 - ◆ Ergonomics; common musculoskeletal disorders (MSDs) signs & symptoms, importance of reporting procedure and their signs and symptoms early and the consequences of failing to report them early. The kinds of risk factors, jobs and work activities associated with MSD hazards, methods, tools or equipment used to mitigate risk factors.

Sapphire Finishing Mills (PVT.) Limited, Lahore, Pakistan

Worked as “*Assistant Manager Compliance*”, July 2014 – April 2015

Responsibilities/Accomplishments:

- Successfully worked on product safety, fabrication standards and prevention and contamination control. Worked on environmental and health safety and took preventive measures wherever necessary
- Set environmental polices related to EHS management, air emission, hazardous waste and material, solid and waste water, storage tanks and CBs. Trained staff for emergency situations

Major Achievements:

- Developed & implemented ISO 14001 throughout different functional levels of company
- Successfully cleared external social & environmental compliance audits of Levis, KWINTET, VF, SEI, BSCI, ISO 14001, WRAP, C-TPAT, GOTS & OE (GRS)
- Successfully acquired section 12 & section 14 licenses from environmental protection department

US Apparel & Textiles (Pvt.) Limited, Lahore, Pakistan

Worked as “*Assistant Manager HSE*”, March 2013 - July 2014

Responsibilities/Accomplishments:

- Efficiently provided technical guidance to ensure development, implementation and improvement of HSE programs. Plotted detailed safety programs according to international safety standards and ensured their timely implementation
- Developed and implemented health and safety projects that focus on waste management and minimization. Integrated health, safety and environmental processes and practices into daily operations
- Conducted training sessions on ergonomics, safe chemical handling, MSDS, NFPA labeling, occupational exposure, control methods, PPE, first aid awareness, injury and illness reporting, electrical safety & control of hazardous energy, hazards control, locking & tagging, confined spaces

Major Achievements:

- Successfully developed evacuation layout design and conducted evacuation drills
- Efficiently developed & implemented integrated management system (IMS)
- Proactively installed emergency exit lights on each exit doors with battery backup supply
- Prepared audit and implementation of COC requirements for customers/certifications like Levi's, C&A, H&M, Primark, La-Halle, BSCI, ISO14001:2004, ISO9001-2008, OHSAS 18001:2007, WRAP, C-TPAT (Custom Trade Partnership against Terrorism), GOTS & OE100 (GRS) Certification

Additional Experience

- Worked as “*Environmental Engineer*” in 3W Systems (Pvt.) Limited, Lahore, Pakistan (March 2012–February 2013)

PROFESSIONAL QUALIFICATIONS

- **University of Engineering & Technology (UET), Lahore, Pakistan (2007 – 2011)**
B.Sc. - Environmental Engineering

Professional Certifications:

- *Advance Lead Auditor of ISO 14001* (EMS), UK (IQMS-IRQA)(2012)
- *First Aid and Disaster Management Course*, Red Crescent Society, UK
- *Advance Lead Auditor of OHSAS 18001*, UK(IQMS-IRQA) (2012)
- *IOSH Managing Safely v 4.0*, CONTRACO, KSA (2016)
- *Civil Defense Training* ,TSQC, KSA (2016)
- *NEBOSH – IGC* (International General Certificate, 2016)