



SAHIL ZAMAN

NEBOSH | OSHA | IOSH CERTIFIED

PROFESSIONAL SUMMARY

Results-driven **HSE professional** with over **2 years of experience** in promoting workplace safety and compliance in diverse, high-stakes environments. Certified in **NEBOSH, OSHA, and IOSH**, with advanced training in First Aid and Fire Safety, I specialize in conducting risk assessments, safety audits, incident investigations, and delivering safety training programs that strengthen safety culture. Experienced in ensuring adherence to regulatory standards, reducing hazards, and minimizing incidents. Known for a proactive approach to health and safety, I am committed to creating safe, efficient, and compliant work environments that support organizational goals and prioritize employee well-being.

PROFESSIONAL EXPERIENCE

SAFETY OFFICER

OGDCL Company (EFP III)

Duration: August 2023 – June 2024

- Enforced safety compliance and regulatory guidelines.
- Conducted safety training sessions for employees.
- Inspected fire equipment, ensuring daily readiness.
- Identified workplace hazards, mitigating potential risks.
- Investigated accidents and prepared incident reports.
- Promoted a proactive culture of safety.
- Educated staff on health regulations diligently.
- Verified emergency equipment functionality and location.

HSE SUPERVISOR

China Civil Engineering Construction Corporation (CCECC)

Project: DASU FIELD / RAR-01 / KKH

Duration: July 2022 – June 2023

- Supervised on-site HSE protocols, ensuring compliance.
- Conducted risk assessments, reducing workplace hazards.
- Trained workers in safety and PPE usage.
- Implemented safety measures to prevent incidents.
- Facilitated Toolbox Talks promoting safety awareness.
- Monitored site for potential safety issues.
- Updated safety records and documentation accurately.
- Ensured adherence to company safety policies.

CONTACT INFORMATION

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<https://sahilzaman.com/>

<https://linkedin.com/in/sahil-zaman->

CORE COMPETENCIES

- Safety Compliance
- Risk Assessment
- Incident Investigation
- HSE Auditing
- Emergency Planning
- Safety Training
- Accident Prevention
- Regulatory Knowledge
- PPE Management
- Fire Safety
- First Aid
- Site Inspection
- Environmental Standards
- Safety Culture
- Team Communication

PERSONAL SKILLS

- Communication Skills
- Time Management
- Quick Learner
- Adaptability
- Attention to Detail
- Teamwork
- Problem Solving
- Customer Focus
- Work Under Pressure
- Organizational Skills

PERSONAL SKILLS

- MS Office
- Data Entry
- Report Writing
- Troubleshooting
- Internet Research

LANGUAGE SKILLS

- **English:** Proficient
- **Urdu:** Proficient
- **Pashto:** Proficient

REFERENCES

Available upon request.

PROFESSIONAL QUALIFICATION

- NEBOSH IGC (UK Level - 03)
- IOSH Managing Safely (UK Level - 02)
- OSHA 30-Hour Certification – General Industry (USA Level - 02)
- Fire Safety Certification – Rescue 1122 Training & Certification
- First Aid Certification – Rescue 1122 Training & Certification

EDUCATION

● INTERMEDIATE (FSC PRE-MEDICAL)

Glorious College of Science & Technology, Bamkheel, Swabi
Completed in 2021

● MATRICULATION

Govt High School Batakara
Completed in 2019

OTHER CERTIFICATIONS

● MS OFFICE PROFICIENCY

National Institute of Modern Languages (NIML), Topi, Swabi

● SPOKEN ENGLISH

National University of Modern Languages (NUML), Islamabad

PERSONAL INFORMATION

- **Date of Birth:** 02-Sep-2003
- **Passport No:** FK5205521
- **Nationality:** Pakistani

DECLARATION

I hereby declare that the information provided in this CV is accurate and true to the best of my knowledge. I understand that any false information may lead to disqualification or termination of employment.