

CURRICULUM VITAE

PRAVEEN PARAMESWARAKURUP

Sr. HSE Supervisor

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Objective

To be associated with reputed organization which offers opportunity to excel my skills and with passion for the Construction & Oil industries, motivation to succeed, strong interpersonal skills, strategy development and communication skills and a particular talent for forward planning to develop effectively.

Work Experience

(Total 8 Years and 10 months of Experience – in Oil & Gas Offshore and Construction of Residential Plots and Towers in India & Qatar)



Organization : Al Draieh Contracting WLL (Damac Groups).
Designation : Sr. HSE Supervisor
Project : Qatari Diar
Client : Damac Groups
Consultant : Lacasa
Period : From 2015 to till now



Organization : Al Draieh Contracting WLL (Damac Groups).
Designation : HSE Supervisor
Project : Lusail Piazza Fox hills Residential Development phase 1&2
Principal Owner : Qatari Diar.
Client : Damac, Al Hikmah Enterprises.
Consultant : ERGA Qatar & UDC
Period : From 2013 to 2015.



Organization : Al Draieh Contracting WLL (Damac Groups).
Designation : Senior HSE Officer.
Project : LR1 Diesel Hydrotreater Project
Client : Qatar gas
Main Contractor : Samsung
Period : From 2012 to 2013.



Organization : Mathew Associates Hookup & Welding works.
Designation : Lead HSE Officer D1 Development Project (Offshore)
Project : D1 Development Project (Offshore)
Client : ONGC
Main Contractor : ESSAR
Period : From 2011 to 2012.



Organization : Das Offshore Engineering Pvt Ltd.).
Designation : HSE Officer
Project : PRP-2, Revamping of Wellhead, process platforms
Client : ONGC
Main Contractor : Leighton Contractors (India) Pvt. Ltd, Sarku Engineering
Period : From 2010 to 2011.

Academic Qualification

- ✓ Fire & Safety Engineering Diploma from Sikkim Manipal University, Kerala, India.
- ✓ Fire & Safety Engineering Diploma from National Institute of Fire Engineering, Kerala, India.
- ✓ Industrial Safety & Health Diploma from Institute Safety Management (Division of OSHA India), Chennai, India.

Certification

- ✓ **NEBOSH** IGC from Tutis Doha, Qatar (pursuing).
- ✓ **IOSH** Managing Safely from Tutis Doha, Qatar
- ✓ Standard Training Certificate for Watchkeeping-95, Mumbai, India.

Computer Skills

- ✓ Microsoft Office (Word, Excel, PowerPoint, Outlook)

Trainings

- ✓ Advanced First Aider Training from RCS, Doha, Qatar
- ✓ Authorized Gas Tester from Venture Gulf, Doha, Qatar
- ✓ IIF training from Qatar gas

Achievements

- ✓ 1 Million **Hours** without (LTI) **IN** DHT, (**Raslaffan**)
- ✓ 2 Million **Hours** without (LTI) **IN** DHT, (**Raslaffan**)
- ✓ 5 Million **Hours** without (LTI) **IN** Piazza fox hills, (**Lusail**)
- ✓ 2.5 Million **Hours** without (LTI) **IN** WF RES-12, (**Lusail**)

Recognitions

Qatar Dair/LHREDC Certificate of Recognition for the Top Performing Safety- Developers

2018	2017	2016	2015
January	February	February	February
February	September	March	September
	October	April	October
	November	July	
	December	November	

Responsibilities

- ✓ To establish Project HSE Plan, HSE Policy and to comply with the HSE rules, norms and standard, a work permit system of work Procedure.
- ✓ Assist and coordinate with the Project Manager and all personnel assigned to the project in establishing an overall Project HSE Management Plan based on Companies Management standards and Project requirements.
- ✓ Advice on setting up the improvement guidelines for Project HSE Management System to project employees
- ✓ Ensure improvements are implemented and results are feedback to employees. Responsible for ensuring that Project HSE Management policy, plans and procedures are implemented effectively and are suitable for the activity. Establish Project HSE audit program & schedule and perform the Project HSE Audit within the project organization.
- ✓ Report the Project HSE Audit Results to Corporate QHSE Team Leader and Project Manager. Field HSE activities based on Companies Management system and Project requirements.

- ✓ Coordinate and communicate with the Client on Project HSE issues. Produce and develop the Project HSE Training Plan & the Ensure implementation of the plan. Ensure that training records are maintained. Report the performance status of Project HSE and relevant issues to the Corporate QHSE Team Leader and Project Manager. Ensure that HSE is applied in line with the, Procurement and Pre Commissioning/Commissioning phases of the Project.
- ✓ Monitoring the contractor and all sub-contractors for HSE compliance to all regulatory and Project requirements on a day-to-day basis.
- ✓ Reviewing and approving Contractor HSE plans (HSE Plan, Security plan, Fire Safety Plans, Emergency Preparedness / Response Plans, etc.)
- ✓ Actively participate in all HSE activities (HSE Inductions, HSE training & awareness program, HSE promotional activities, Tool Box talks, Mock drills, etc.)
- ✓ Reviewing of all Method Statements and Risk Assessments submitted by the contractor, especially for critical activities pertaining to HSE.
- ✓ Monitoring PTW (Permit to work), Logout- tag out, stacking of materials and knowledge of Combustible materials.
- ✓ Monthly Inspection of Gas leak detectors for different levels, alarms and the valves close outs.
- ✓ Planning, organizing and conducting daily inspections, audits, HSE walks, etc.
- ✓ Monitoring crane work execution and check safety requirements. Checking all the lifting gears for the lift, Monitoring Hot work activities and inspection of electrical and moving equipment's.
- ✓ Issuing Improvement Notices (HSE violations) and Prohibitive Notices (HSE stop work notices) & ensuring timely close out of various HSE notices, by the Contractor(s)
- ✓ Thorough investigation and follow up of all HSE incidents / accidents (including high potential near misses)
- ✓ CPR – Cardiopulmonary system training, First aid instructor.
- ✓ Adoption of best HSE standards, procedures and working practices. Effective motivation, communication and participation.

Skills

Knowledge of **Health, Safety & Environment** system, **supervising** the safety systems, **Coordinate activities** related to health and fire safety, **Approved HSE Sr. Supervisor from LREDC,**

HSE & Quality system auditing, Knowledge of the hazardous materials and **processes,** Experience in **external** and **internal** auditing, Knowledge of **Risk Assessment, Control measures** and **Investigating Accident & Incident.**

Personal Details

Name : Praveen Parameswarakurup
Father Name : PK Parameswarakurup
QID : 28935613243
Date of Birth : 02.01.1989
Nationality : Indian
Religion : Hindu
Sex : Male
Marital status : Married
Pass Port No : H1356250
Address : Alkhor, Doha-Qatar

Declaration

I hereby certify that the above information is true and correct according to the best of my knowledge & belief. If selected I assure that I would perform to the best of my abilities.

PRAVEEN P KURUP