

MOHAMED RINSHAD KALLUPALAN

HSE Officer (NEBOSH IGC Certified)

Telephone: +91 9562591765, +966 570426765 Email: rinshadkp11@gmail.com Location: Kerala, India

Target Job: HSE Officer

Target Job Location: Flexible

Objective

Dedicated and experienced Health and Safety professional with various Safety trainings and certification including **Nebosh IGC** to obtain a leading H.S.E Position in Workplace Safety & Health (WSH) by applying my knowledge & experience to train the workforces on safe work practice in the worksites and promoting zero accident culture in the workplaces

I am Seeking a Job opportunity in which I would be an active and creative part of an International Strong Corporation where my Education, experience and interpersonal skills that would be both utilized and developed

Education and Certification

NEBOSH IGC

(International General Certificate in Occupational Health and Safety)

MARS Safety Institute, Kerala, India

October 2020-January 2021

Core areas:

- Manage workplace health and safety
- Managing risk – understanding people and Processes
- Physical and psychological health
- Chemical and biological agents
- Work equipment
- Electricity
- Health and safety management systems
- Health and safety monitoring and measuring
- Musculoskeletal health
- General workplace issues
- Fire Protection

Project – Risk Assessment on a Structural building construction work for Glades Engineering and Contracting Pvt. Ltd.

Bachelor of Business Administration (BBA)

ISS College of Arts and Science

June 2017 - Mar 2020

Core Modules:

- Management Process
- Business Communication
- Organizational Behavior
- Financial Accounting
- Cost & Management Accounting
- Financial Management
- Entrepreneurship & Project Management
- Taxation Law and Practice

Diploma in Fire Engineering & Safety Management

Government of National Capital Territory, New Delhi, India

ArabEuro Safety Engineering Institute, Kerala

April 2020 – June 2021

Core Modules:

- Fire Protection System
- Fire Engineering
- Electrical Engineering
- Industrial Safety
- Mechanical Lifting
- Emergency planning Procedure

Construction safety and health

US Department of Labor OSHA

General Industry Safety & Health

US Department of Labor OSHA

Work Experience

HSE Officer

Mohammad AlBarak (Riyadh, Saudi Arabia)

Nov 2021 - Present



Client- Henkel Arabia
Project- Plant maintenance and Renovation works



Client- Almarai
Project- Plant maintenance and Renovation works



Client- Al Safi Danone
Project- Plant maintenance and Renovation works



Client- Obeikan Investment group
Project- Renovation works



Client- Hidayath metal industries
Project- Renovation works



Client- Sharbatly Fruit
Project- Renovation works



Client- Unicharm Gulf Hygienic Industries
Project- Renovation works



Client- Petromin
Project- Renovation works



Client- Greif
Projects- Renovation Works

HSE Inspector
Glades Engineering and Contracting Pvt. Ltd
(India, Kerala)
Oct 2020 – Oct 2021



Project- Pre-Engineering building
Client- Markaz international school



Project- Steel Structures
Client- Lulu Group International

Project- Pre-Engineering building
Client- Manjalamkuzhiyil group

Duties and Responsibilities

- Inspection of worksite on daily routine basis to observe all safety rules and regulations.
- Coordinate with In-charge HSE for Safety requirements and follow up.
- Inspection of worksite to identify Safety Hazards and take corrective actions and report.
- Inspecting the work site and taking suitable steps to eliminate unsafe conditions.
- Administering appropriate safe work practices / procedures for the project.
- Encouraging the employer to Improve safety culture.
- Inspection of workplace on routine basis to observe all safety rules and regulations.
- Inspection of all kinds of working equipment and ensure that they are certified for use.
- Inspection of Safety sign boards and warning tapes to avoid accidents.
- Inspection of Fire extinguishers and first-aid kits on monthly basis.
- Inspection to maintain good housekeeping in all areas.
- Inspection on routine basis to maintain good housekeeping in all the area.
- Preparation of job safety analysis and hazards identification plans.
- Ensure that daily/weekly safety toolbox talks are given at site
- Preparing weekly and Monthly HSE reports and Statistics.
- Monitor excavations, Scaffoldings, and confined spaces.
- Accidents/Incidents Investigation and reporting.
- Conduct weekly toolbox meeting at the worksite.
- To respond to employee's Safety concerns.
- Training for the workers in their local languages.
- Maintaining and keeping record of all HSE documents.
- Issuing work permit system to sub-contractors and receiving work permit from client.
- Creating banners, instruction cards, posters, flags, sign boards for awareness

Administrative Assistant
Leadz - Study abroad consultants

May 2020 – Oct 2020

Duties and Responsibilities

- Coordinate office activities and operations to secure efficiency and compliance to company policies
- Supervise administrative staff and divide responsibilities to ensure performance
- Manage agendas/travel arrangements/appointments etc. for the upper management
- Manage phone calls and correspondence (e-mail, letters, packages etc.)
- Support bookkeeping procedures
- Create and update records and databases with personnel, financial and other data
- Track stocks of office supplies and place orders when necessary
- Submit timely reports and prepare presentations/proposals as assigned
- Assist colleagues whenever necessary

Other Certifications & Trainings Attended

- **IOSH- Managing Safely**
Institution of Occupational Safety and Health Mars Safety Institute,
Kerala, India
- **Construction safety and health**
US Department of Labor OSHA
- **General Industry Safety & Health**
US Department of Labor OSHA
- **FIRE & SAFETY**
HABC Level 1
MARS Safety Institute
- **Medic Emergency First Aid, Nederland (MFA)**
MARS Safety Institute
- **ISO 22000 Lead Auditor Training**
Food Safety & Standards Authority of India
- **Accident Investigation**
Oregon OSHA

Key Safety Areas Handled

- Hierarchy of control method
- Safety Induction for the project
- Safety measures of the hazardous energy.
- Educating them about the PPE's
- Working safety in confined spaces.
- Fire protections & preventions.
- H.S.E Planning.
- Emergency Planning.
- Tools – hand & power.
- Electrical safety & preventions.
- Fall protections.
- How to use the scaffolds.
- Stairways & ladders.
- Using of engineering methods.
- Forklifts safety.
- Signs signal & Barricades.

Computer Skills and Internet Proficiency

1. Operating System – Windows 10, 7, Vista, 8, XP
2. Microsoft Word
3. Microsoft Excel
4. Microsoft Power Point
5. Adobe Photoshop
6. Good internet and Browsing Proficiency

Personal Details

Name: Mohamed Rinshad Kallupalan
Date of Birth: 15/04/1999
Place of Birth: Kerala, India
Current Location: Kerala, India
E-mail: rinshadkp11@gmail.com
Mobile: +91 9562591765, +966 570426765
Nationality: Indian
Marital Status: Single
Languages: English, Hindi, Malayalam (Native)
Driving License: Saudi License, Indian License (light and Heavy License)

References available on request.

Thank You