LINO SAM VARGHESE - HSE PROFESSIONAL



POSITION APPLIED FOR: Safety Officer

AVAILABILITY: Ready to join immediately

CONTACT DETAILS:

• E-mail: letsmaillino@gmail.com

Mobile: +91 7736836937WhatsApp: +91 7736836937

 Address: Madathil House, Kayamkulam, Alappuzha (Dist.), Kerala, India – 690559

PERSONAL DETAILS:

Name: Lino Sam Varghese

• Gender: Male

Marital Status: MarriedDate of Birth: 11/09/1991

Nationality: Indian

• Driving License: Saudi Arabia, India

• Languages: English, Hindi, Tamil, Malayalam

PROFESSIONAL QUALIFICATIONS:

NEBOSH – IGC

International General Certificate Level 3: Occupational Health & Safety <u>Certification</u>: NEBOSH, UK



IOSH – MS

Managing Safely Certificate
Level 2: Occupational Health & Safety
Certification: IOSH, UK



OSHA – 30 Hour

General Industry Safety & Health Professional Development Program <u>Certification</u>: OSHAcademy, USA



HABC – Fire Safety

Principles of Fire Safety Awareness Level 1: Fire Safety Management <u>Certification</u>: Highfield, UK



PROFILE SUMMARY

A competent, dedicated and pro-active HSE Professional with international qualifications like NEBOSH, IOSH, OSHA along with graduation in Mechanical Engineering; with an enrich experiences of 5+ Years as an HSE Professional with reputed companies in UAE, Saudi Arabia, India; worked on both Long-term and Short-term projects in Oil and Gas, Power Plant, Logistics and Warehouse industries.

CAREER OBJECTIVE

Being a professional occupational HSE Officer and fulfill my responsibilities to make the project as "Incident and Injury Free Environment" by applying my knowledge, experience and skills to train workforces on safe working practices on workplace and thereby maintaining "Good Safety Culture and Zero Accident History" in the company.

ACADEMIC QUALIFICATIONS

• 2015-2016: Diploma in HSE and Fire Engineering

STED Council, Kerala, India

• 2010-2014: B-Tech in Mechanical Engineering

MG University, Kerala, India

• 2007-2009: Higher Secondary Education (12th)

KHSE Syllabus, Kerala, India

2006-2007: Secondary School Education (10th)

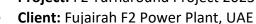
CBSE Syllabus, Kerala, India

WORK EXPERIENCE

Ansaldo Energia LLC (Safety Officer)

Period: from Jan 2023 to Mar 2023

• Project: F2 Turnaround Project 2023



• Type of Industry Worked: Power Plant

Scope of Work: Gas Turbines, Steam Turbines, Generators

RESPONSIBILITIES:

- Deliver TBT at beginning of each shift and at site also.
- Check work permit, LMRA, LMLA, gas free certificate.
- Ensure all workers wearing proper work-related PPEs.
- Ensure work site is free from unsafe acts/conditions.
- Inspecting the scaffolding tag and physical conditions.
- Verifying the inspection date of all fire extinguishers.
- Stop unsafe acts or conditions to avoid causing harms.
- Ensure barricading areas to perform critical activities.

Co-ordinate regular meeting with project safety team.

- Report incidents immediately to senior management.
- Incident corrective action follow-up on to completed.

• MFA - First Aid

Workplace First Aid Training
Basic First Aid + CPR + AED
Certification: Medic First Aid, USA



• ISO – 9001/14001/45001

QHSE Management System ISO QHSE Standard Awareness Certification: IACS, UK



COSHH Awareness

COSHH Risk Assessor Certification COSHH and HAZCOM Certification Certification: IACS, UK



AREAS OF SPECIALIZATION:

- Emergency Response Planning [ERP]
- Working at Height [WAH] Training
- Hazard Identification [HAZID]
- Permit to Work System [PTW]
- Working in Confined Spaces [CSE]
- Personal Protective Equipment [PPE]
- Fire Safety Induction & Fire Fighting
- HSE Documentation and Statistics
- Internal Safety Audit Awareness
- Accident and Incident Investigation
- Hazard Communication [HAZCOM]
- Job Safety/Hazard Analysis [JSA/JHA]
- The COSHH Risk Assessor Certification
- Workplace First Aid with CPR and AED

SKILLS AND COMPETENCIES:

- Good observation and attention to details.
- Good report makings and documentations.
- Good communication & interpersonal skills.
- Ability to work independently or as a team.
- Critical thinking and problem-solving skills.
- Ability to work long hours and long travels.
- Ability to work with any working conditions.
- Ability to deliver TBT and also HSE trainings.

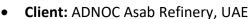
COMPUTER SKILLS:

- Proficient in MS Office:
 Word, Excel, PowerPoint, Outlook, Access
- Proficient in Operating Systems:
 MS Windows 7/8/10/XP/Vista
- Proficient in **Designing Software**: AutoCAD, Adobe Photoshop
- Basic IT Skills: Data Entry, Internet, E-mail

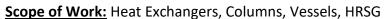
Emdad Services LLC (Safety Assistant)

• Period: from Feb 2022 to Apr 2022





• Type of Industry Worked: Oil and Gas



EMDAD

AARKAY

RESPONSIBILITIES:

- Stop unsafe acts or conditions to avoid causing harms.
- Co-ordinate regular meeting with project safety team.
- Ensure barricading areas to perform critical activities.
- Report incidents immediately to senior management.
- Incident corrective action follow up on to completed
- Incident corrective action follow-up on to completed.
- Submitting observation card to HSE lead for reporting.
- Ensure all work activities performing in safe manners.
- Deliver TBT at beginning of each shift and at site also.
- Check work permit, LMRA, LMLA, gas free certificate.
- Ensure all workers wearing proper work-related PPEs.
 Ensure work site is free from unsafe acts/conditions.
- Elisare work site is free from ansare acts/conditions.
- Inspecting the scaffolding tag and physical conditions.
 Verifying the inspection date of all fire extinguishers.

Aarkay Erectors Pvt. Ltd. (Safety Officer)

• **Period:** from Jan 2021 to Dec 2021



• Client: BPCL Kochi Oil Refinery, India

• Type of Industry Worked: Oil and Gas

Scope of Work: Pipelines, Storage Tank, Valves, Structures

RESPONSIBILITIES:

- Stop unsafe acts or conditions to avoid causing harms.
- Co-ordinate regular meeting with project safety team.
- Ensure barricading areas to perform critical activities.
- Report incidents immediately to senior management.
- Incident corrective action follow-up on to completed.
- Submitting observation card to HSE lead for reporting.
- Ensure all work activities performing in safe manners.
- Deliver TBT at beginning of each shift and at site also.
- Check work permit, LMRA, LMLA, gas free certificate.
- Ensure all workers wearing proper work-related PPEs.
- Ensure work site is free from unsafe acts/conditions.
- Verifying the inspection date of all fire extinguishers.

Daily Food Trading Co. (Safety Team Member)

Period: from June 2018 to Aug 2020

Project: Company Warehouse Safety



Type of Industry Worked: Warehouse



TRAINING & WORKSHOP:

Completed the following 3rd party trainings:

- From Lifeline Safety Consultancy (UAE):
- Work at Height Training
- Confined Space Training
- Basic Fire Fighting Training
- Workplace First Aid Training
- From Numero Uno Consulting LLC (UAE):
- Fire Watcher Training
- Hole Watcher Training
- Confined Space Training
- Basic Fire Fighting Training
- Workplace First Aid Training

Attended safety induction and training at FAPCO, Fujairah, UAE along with ANSALDO Energia, UAE:

- 9 Life Saving Rules (LSR)
- Behavioural Based Safety
- Permit to Work (PTW) System
- Last Minute Assessments LMRA, LMLA
- Confined Space Hazards & Safety Measures
- Work at Height Hazards & Safety Measures

Attended safety induction & trainings at ADNOC, Asab, UAE along with EMDAD Services LLC, UAE:

- Confined Space Safety
- Work at Height Safety
- 8 Life Saving Rules (LSR)
- Permit to Work (PTW) System
- H2S Hazards and Safety Measures
- H2S and Breathing Apparatus (SCBA, EEBA)

PASSPORT DETAILS:

Passport No: M9394580
Date of Issue: 05/05/2015
Date of Expiry: 04/05/2025
Place of Issue: Cochin, India

REFERENCE:

 Mr. Umer Touseef, EHS Lead Ansaldo Energia, Abu Dhabi Contact: +971 509178216

E-mail: <u>umer.touseef@yahoo.com</u>

Mr. Ayaz Uddin, HSE Lead
FAPCO Power Plant, Fujairah
Contact: +971 544782388
E-mail: ayazuddin@gmail.com

Scope of Work: Vehicle Safety, Fire Safety, Lifting Safety

RESPONSIBILITIES:

- Stop unsafe acts or conditions to avoid causing harms.
- Forklifts are in good condition and operator is trained.
- Fire extinguishers are inspected to check its condition.
- Ensure overhead lightings fixtures are working or not.
- Ensure loose/unboxed materials are properly stacked.
- Ensure all employees are wearing PPE properly or not.
- Hazardous materials containers are properly labelled.
- Ensure that mandatory safety signages is there or not.
- Ensure workers won't caught in energized equipment.
- Train employee how to lift and handle material safety.
- Train employees on identifying potentially hazardous chemicals and how to handle, store and dispose them.
- Protect all workers from injuries due to sharp objects.
- Areas where vehicle are driven should clearly marked.
- Train all employees how to use the fire extinguishers properly to use in case of any fire occurred at worksite
- Dock door are working properly and closed if not used

Radiant Hitech Eng. Pvt. Ltd. (Safety Officer)

Period: from Sep 2016 to May 2018

• Project: BPCL IREP Expansion Project

Client: BPCL Kochi Oil Refinery, India

• Type of Industry Worked: Oil and Gas

<u>Scope of Work:</u> Pipelines, Storage Tank, Valves, Structures.

adiant

RESPONSIBILITIES:

- Stop unsafe acts or conditions to avoid causing harms.
- Co-ordinate regular meeting with project safety team.
- Ensure barricading areas to perform critical activities.
- Report incidents immediately to senior management.
- Incident corrective action follow-up on to completed.
 Submitting observation card to HSE lead for reporting.
- Ensure all work activities performing in safe manners.
- Ensure all workers wearing proper work-related PPEs.
- Deliver TBT at beginning of each shift and at site also.
- Check work permit, LMRA, LMLA, gas free certificate.
- Ensure all workers wearing proper work-related PPEs.
- Litsure all workers wearing proper work-related FFL
- Ensure work site is free from unsafe acts/conditions.
- Inspecting the scaffolding tag and physical conditions.

DECLARATION

I hereby declare that the above written particulars are true to the best of my knowledge, experience and belief.

PLACE:

DATE: (LINO SAM VARGHESE)