

LINO SAM VARGHESE – HSE PROFESSIONAL



POSITION APPLIED FOR: Safety Officer

AVAILABILITY: Ready to join immediately

CONTACT DETAILS:

- **E-mail:** letsmaillino@gmail.com
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- **WhatsApp:** +91 7736836937
- **Address:** Madathil House, Kayamkulam, Alappuzha (Dist.), Kerala, India – 690559

PERSONAL DETAILS:

- **Name:** Lino Sam Varghese
- **Gender:** Male
- **Marital Status:** Married
- **Date 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
Certification: 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
Certification: OSHAcademy, USA 
- **HABC – Fire Safety**
Principles of Fire Safety Awareness
Level 1: Fire Safety Management
Certification: 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
- **Client:** Fujairah F2 Power Plant, UAE
- **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.
- 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.

• 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
- **Project:** Turnaround Project 2022
- **Client:** ADNOC Asab Refinery, UAE
- **Type of Industry Worked:** Oil and Gas



Scope of Work: Heat Exchangers, Columns, Vessels, HRSG

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.
- 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
- **Project:** BPCL Maintenance Project
- **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
- **Client:** Daily Food Trading Co., KSA
- **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: umer.touseef@yahoo.com
- **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



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.
- 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.
- 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)