

ABDUL JABBAR F. TOMARA

Abu Dhabi, United Arab Emirates

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Visa: **Family Sponsor**

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OBJECTIVE

To seek a position in a company that can offer growth opportunities in a demanding environment provides challenges, advancement and rewards achievements with my experience and proven abilities in a position involving ENVIRONMENT, HEALTH and SAFETY.

SKILLS

- Ability to work in a team and use own initiative.
- Ability to react quickly and effectively when dealing with challenging situations.
- Basic knowledge basic computer hardware & software installation troubleshooting and networking.
- Computer Skills include Microsoft Office Applications (Word, Excel, Powerpoint), Web Browsing, Electronic Mail, and having a fast and accurate typing speed.

EDUCATION

Bachelor of Science in Public Administration

Mindanao State University (MSU), Marawi City, Lanao del Sur, Philippines

April 2010

WORK EXPERIENCES

HSE/Safety Officer

Ain Al Khaleej Private School, Al Ain, UAE

August 2017 to May 2022

Job Profile as HSE/Safety Officer

- Promoting a culture of responsibility and accountability toward protection of the environment and human health and safety.
- Minimizing environment, health and safety impacts, hazards and risks arising from our activities and operations.
- Promoting awareness and encouraging participation through effective communication and consultation with staff, students, contractors and concerned stakeholders.
- Providing on-going training in relevant environment, health and safety issues.
- Preventing injury, ill health and environment pollution.
- Enhancing the health and wellbeing of the staff and students.
- Complying with all relevant EHS legislation.
- Providing adequate resources to maintain a sustainable, healthy and safe environment.
- Preserving and improving the cultural, natural and built environment in which we operate.
- Achieving continual improvement of our EHS performance.

Safety Inspector/Supervisor

Middle East Specialized Cables (Member of MESC Group), Ras Al-Khaimah, UAE

November 2013 to December 2016

Job Profile as Safety Inspector/Supervisor

- To apply and monitor regular checks in relation to safety procedures, equipment and compliance with safety standards taking appropriate remedial action as necessary.
- To promote staff awareness of safety matters through appropriate communication and by arranging and conducting training in key areas.
- Improving and monitoring safety in Company premises through regular systems of check, training of employee and ensuring compliance with safety standards.
- Supporting the Health & Safety function in meeting its objective to ensure a safe working environment for all its employees by setting and achieving specific targets.
- To minimize the risk of fire in Company premises by ensuring that fire alarms, fire procedures and fire fighting systems are always operational by monthly equipment maintenance checks externally, weekly internal inspection and testing of alarms, hoses, pumps, extinguishers, some detectors and other equipment, ensuring that fire exits are kept clear and taking remedial action as necessary.
- To raise awareness in staff of potential hazards and how to deal with them by managing and executing safety drills on a twice a yearly basis for fire evacuation, short circuiting equipment, electric shock, gas leakages and flammable liquids/chemical leakages and serious injury.
- To prevent any small fires spreading by providing training in dealing with these to significant numbers of staff whilst ensuring that for larger fires fire evacuation procedures are always implemented.
- To facilitate speedy and effective first aid when accidents occur through good first aid provision in all locations by ensuring that external first aid training is provided to adequate numbers of staff in each area of each location, by running internal refresher courses and by ensuring that that strategically located first aid boxes are kept fully stocked.
- To minimize the incidence of forklift truck related accidents by providing external specialist training to all forklift drivers and by operating an in-house licensing system which requires achievement of the required standard at the training courses (including quarterly refresher course) as a pre-condition to issue/renewal of a license.
- Generally to participate in ensuring that the Company complies with IMS safety and environment standards: Quality Control (9001), Environment (14001) and OHSAS (18001).
- To ensure recording and notification of all accidents by ensuring that all accidents are reported by the relevant Manager/Section Head entered in the accident file.
- To encourage safety awareness in high level working and to maintain and monitor records of high level working.
- Ensuring effective communication of safety matters to all staff by printing notices in different languages (Hindi, Urdu, Arabic and English) and by visual communication as appropriate.
- Supporting the Emergency Response Committee – through organization and written record as required.
- To ensure complete and up to date records are kept of key areas of activity by maintaining the Safety Monitoring Schedule so as to ensure that regular checks, training and drills are carried out as per plan.

Safety Officer

AZ Construction and Engineering Company (AZCON), Marawi City, Philippines

June 2011 to September 2013

Job Profile as Safety Officer

- Providing assistance in the investigation of all accident/incident resulting in substantial damage to board vehicles and properties.
- Ensuring the safety of the employees.
- Investigating and reporting the complaints of hazardous working conditions.

- Maintaining a safe working condition for the on-site workers.
- Teaching safety and health procedures to new construction workers.
- Advice potential hazards on new contract before work starts and on the safety organization and fire precautions required.
- Advise management on all matters pertaining to safety and health. Made sure that proper safety equipment is worn and procedures are followed.
- Assists in the organization of awareness campaigns regarding safety, such as workshops for occupational safety, fire safety, etc.
- Advise staff on preventing injury to personnel, damage to plant and equipment, and fires, provision and use of protective clothing and equipment.
- Carry out site surveys to see that only safe work methods are in operation, that health and safety requirements are being observed, and that welfare and first aid facilities are adequate and properly maintained.
- Organize and conduct Safety in house training for all workers.
- Assure that all personnel have received safety and health training as stipulated in HSE manual.
- Check all agreed safety standards and applicable regulations are observed.
- Ensure that the site safety and security activities are managed and controlled.
- Ensures that company personnel observe and follows established safety guidelines.
- Conducts safety inspections, makes incident records, and reports the supervisor/safety head/.
- Attends regular department meetings to remain in line with comprehensive safety practices of the company.
- Inspect the work site daily and report and correct unsafe acts and conditions.
- Understands important regulations and is familiar with revisions, trends, and updates concerning best practices in safety.
- Support and promote all Safety policies and procedures implemented by the company.

TRAININGS AND CERTIFICATES

Health and Safe School Environment Workshop

Abu Dhabi University, Al Ain, United Arab Emirates

Duration of Workshop: March 24, 2022

EFR-CPR/First Aid/Care for Children with AED

Emergency First Response, Al Ain, United Arab Emirates

Duration of Training: February 20, 2022

Occupational Health and Safety

Chartered Institute of Environmental Health, Al Ain, United Arab Emirates

Duration of Training: April 7-9, 2019

Basic Fire Fighting and Control of Substances Hazardous to Health (COSHH) Training

Tatweer Consulting & Training, Abu Dhabi, United Arab Emirates

Duration of Training: June 5, 2016

Institution of Occupational Safety and Health – Managing Safety (IOSH MS) Training Course

Tatweer Consulting & Training, Abu Dhabi, United Arab Emirates

Duration of Training: February 19-26, 2016

National Examination Board in Occupational Safety and Health – International General Certificate (NEBOSH IGC) Training Course *Attendance Letter*

Tatweer Consulting & Training, Abu Dhabi, United Arab Emirates

Duration of Training: November 20, 2015 to February 19, 2016

Environment Aspect Identification & Impact Evaluation and Hazard Identification & Risk Assessment (HIRA) Training

Intertek International Ltd (Dubai Branch) – Government Services, Dubai, United Arab Emirates

Duration of Training: January 21, 2016

Fire Fighting and First Aid Training

Civil Defense, Ras Al Khaimah, United Arab Emirates

Duration of Training: October 19, 2015

Microsoft Office Applications 2013 (level 2)

New Horizons Computer Learning Centers, Dubai, United Arab Emirates

Duration of Training: April 5-8, 2015

- **Microsoft Excel 2013 (level 2)**
- **Microsoft Office PowerPoint 2013 (level 2)**
- **Microsoft Word 2013 (level 2)**
- **Microsoft Outlook 2013 (level 2)**

Basic First Aid and CPR (AED Inclusive) Training

Al-Hilal Private Nursing & Medical Services, Dubai, United Arab Emirates

Duration of Training: January 14, 2015

Fire Fighting and First Aid Training

Civil Defense, Ras Al Khaimah, United Arab Emirates

Duration of Training: June 18, 2014

Occupational Safety and Health Administration (OSHA) Training Course

RODECH Training Services Link International Inc., Cebu City, Philippines

Approved by the International Association of Drilling Contractors (IADC), Houston, Texas, U.S.A.

Duration of Training: September 5-11, 2012

- **30-Hours Training Course for Construction Safety and Health**
- **10-Hours Training Course for General Industry Safety and Health**

Safety Officer Training Course (SOTC)

RODECH Training Services Link International Inc., Cebu City, Philippines

Approved by the International Association of Drilling Contractors (IADC), Houston, Texas, U.S.A.

Duration of Training: June 4-23, 2012

- **Drilling Technology**
- **Basic Rigpass Safety Orientation**
- **Standard First Aid with Professional CPR and AED Instruction**
- **Hydrogen Sulfide (H₂S) Safety and SCBA Instruction**
- **Safety Officer Training Course for Construction, Petrochemical and Oil & Gas (Onshore/Offshore Endorsement)**

MEMBERSHIP

Member	International Association of Safety Professionals (IASP) RODECH Philippine Chapter
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PERSONAL DETAILS

Age	:	35
Gender	:	Male
Civil Status	:	Married
Nationality	:	Filipino
Religion	:	Islam
Home Address	:	5th Street, MSU Main Campus, Marawi City, Lanao del Sur, Philippines, 9700
Languages	:	English & Filipino
Visa Status	:	Family Sponsor Visa
References	:	Available upon request

I hereby certify that the above information is true and correct to the best of my knowledge and belief.

ABDUL JABBAR F. TOMARA