



Adhem B. Panaligan R.N, Tech IOSH, MERp, PCO

HSE Trainer / HSE Officer



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CAREER PROFILE

A driven, accomplished Safety Professional with a strong knowledge regarding HSE matters, with years of progressive experience in Health and Safety. Exceptional problem solver with keen ability to resolve issues, provides for system enhancement, analyze the process for improvement, and implement successful solutions.

AREAS OF EXPERTISE

Stake Holders/Managers engagement and communication.
Gap assessment and identification of safety shortfalls.
Safety and compliance training and development.
Incident and accident investigation and reporting.
Occupational health and safety auditing.
Development of comprehensive safety programs tailored to specific company needs.

COMPUTER LITERACY

Microsoft Word
90%

Microsoft PowerPoint
90 %

Microsoft Excel
70%

Aug. 2019 *to* Feb. 2020 **HSE Advisor / Safety Officer (*Client side*)**

MADINA GROUP WLL
Qatargas Client Project (South)
Ras Laffan Industrial City, Qatar

- Assessing risk and possible safety hazards in maintenance of operation.
- Creating safety plans that include suggested improvements to existing processes.
- Meeting the company's Health and Safety Goals.
- Inspecting workshop equipment and processes to make sure they are safe.
- Participating in continuing education to update knowledge of health and safety protocols and techniques.
- Monitor the site activities on a daily basis, Shutdown and Turn around and make sure that these are executed as per the HSE plan and procedures.
- Carry out onsite safety audits and inspection on a daily basis and produces inspection report.
- Evaluate and monitor health and safety hazards and develop strategies to control risks in workplace.
- Presenting safety principles to staff in meetings or lecture-type training sessions
- Finding the best way to prevent future accidents.
- Review and reporting on the workers compliance with health and safety rules.
- Conducting PTW audits, JSA effectiveness review, and Safety Walks on different Asset locations.
- Attending contractors Tool Box Talk.
- Incident investigation and generation of a report.
- Advice and lead workers on various safety-related topics.
- Preparing and presenting reports on incidents and LSR violations and determine causes.
- Establishing a cordial and professional relationship with Employees, Heads of Assets, and Managers.
- Attending B-Safe floor meetings, AMLT meetings, Asset meetings.
- Presenting safety principles to staff during Asset meetings and maintenance meetings.
- Creating analytical reports of safety data given to Heads of Asset & Asset Managers.

Dec. 2013 *to* Aug. 2020 **HSE Trainer/Survival Instructor/Assessor**

Enertech Qatar Safety TrainingCenter
Doha, Qatar

- Performs training both theoretical and practical (In-house, On-site, Onshore, Offshore, On-board vessel).
- Performs Instructor duties – course delivery, assessment, evaluation, reports, audits, etc.
- Prepare and create OPITO required and client required documents such as course lesson plan, session plan, power point presentation, emergency response plan, risk assessment and internal auditing of such documents.
- Prepares and updates instructional materials/ presentation, tools and equipment.
- Conducts pre/post use inspections of training materials.
- Attend any incident during the training and follow emergency procedures.
- Comply with training standard requirements.
- Planning and execute training for all staff with regards to first aid, fire fighting, etc.
- Update and maintain first aid equipment.
- Plan and conduct health related emergency drill and report.
- Attend toolbox meeting and general employee meetings.
- Observe and comply with the company Health and Safety policies and procedures.
- Maintains workplace housekeeping and personal safety responsibilities.

EXPERTISE: (not limited to)

- Basic Life Support, First Aid, CPR and AED
- Authorized Gas testing
- Hydrogen sulphide
- Breathing apparatus (EBA/SCBA)
- Confined Space Entry
- Working at heights / Safety at heights
- Lock out tag out awareness
- Advanced/Basic Fire fighting and fire prevention
- Fire warden/marshal
- Risk assessment
- T-BOSIET, T-FOET, HUET, T-HUET & Sea Survival
- Fire watch / Hole watch
- Permit to work
- Safety induction

EDUCATION

October 2008 – Perpetual Help
College of Manila
Bachelor of Science in Nursing

CERTIFICATIONS & TRAINING

- NEBOSH IGC
- NEBOSH Award in Health and Safety at Work
- IOSH Managing Safely
- OHSAS 18001:2007 Lead Auditor course
- HABC First Aid approved tutor
- Medic First Aid approved tutor
- Basic and Refresher Course for Pollution Control Officer
- PADI Rescue Diver
- PADI Advanced Open Water diver
- PADI Open Water Diver
- Civil Service Examination (PH)
- Nursing Licensure Examination (PH)
- NCFE Level 3 In assessing vocational achievement (A-1 Assessor)
- NCFE Award in education and training (Train the trainer)
- Emergency Responder
- Advanced Life Support
- Advanced Medical First Aid with Oxygen Therapy
- HABC Level 3 Award in First Aid at work
- Basic Life Support
- Basic First Aid with AED
- Authorized Gas Testing
- Working at Heights
- Confined Space Entry
- Fire/Floor Warden
- Basic Fire Extinguisher
- Basic Fire Fighting
- HABC Award in Fire and Safety
- OPITO Hydrogen Sulfide & B.A
- OPITO Tropical BOSIET
- OPITO Tropical FOET
- IWCF Well control Level 1 Programme
- HUET Diver
- Travel Safely by boat
- CA-EBS & MK50 Awareness
- High impact presentation workshop
- Intra venous therapy
- Advanced Clinical Surgical Nursing course

PROVIDED TRAINING FOR MAJOR COMPANIES SUCH AS:

- Qatar Petroleum (QP)
- Qatar Gas (QG)
- Ras Gas (RG)
- Qatar Chemical (Q-Chem)
- Qatar Power Company (QPC)
- Gulf Drilling International (GDI)
- Japan Drilling Company (JDC)
- Ras Girtas Power Company (RGPC)
- Seadrill
- Noble Drilling
- Qatar Fuel Additives Company (QAFAC)
- Qatar Petrochemical Company (QAPCO)

Nov. 2010
to
June 2013

Emergency Room Supervisor, Pollution Control Officer,
Infection Control Nurse, Ambulance Nurse
Nasugbu Doctors General Hospital (PH)

- Maintaining care standards in the Emergency Room.
- Provide initial assessment and safe care to stabilize patients in fast-pace.
- Assist in the care of multiple traumas, cardiac arrests, stroke codes, etc.
- React effectively in emergency scenarios, demonstrating sound decision making that helped save patient's lives.
- Closely monitor E.R. patients, alerted Physicians/Charge nurse with any changes in patient status.
- Assist with cahecking in patients, doing TRIAGE for doctors, and generating initial paperwork.
- Work closely with doctors to keep patients and their family members updated on test results or treatment recommendations.
- Maintain contact with laboratory personnel to report any initial lab findings back to ER doctors.
- Make arrangements for patients that are deemed to need care requiring them to be admitted to the hospital for one night or longer.
- Constantly communicate and collaborate with physicians and other healthcare professionals to ensure optimal care is given to patients in a timely manner.
- Efficiently and knowledgeably provide RN care for all ER patients, handle intubations, defibrillations, auto transfusions, Medlock insertions, splinting, conscious sedation, and hypothermia protocol.
- Provide care to people across the lifespan with different conditions from infants, children, pregnant women, and the elderly.

EXPERTISE:

- Trauma cases
- Multiple casualty incident
- Intravenous cannulisation (Adult, Pedia, Infant)

References:

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I hereby attest that the above information is true and correct.