

# Ahmed Saad Al Quraini

Saudi Arabia

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## **Professional Summary:**

A dedicated Health and Safety professional with over 3 years of experience overseeing the implementation of safety systems and procedures in various work environments, including large-scale projects such as the Riyadh Sports Boulevard Project and King Salman International Airport Project. Skilled in conducting continuous risk assessments, providing employee safety training, and ensuring compliance with local and international regulations. Expertise in developing emergency response plans, reducing workplace accidents, and fostering a safety-focused work culture. Committed to improving safety operations and creating secure, productive work environments.

## **WORK EXPERIENCE**

### **1. Health and Safety Supervisor, Freyssinet Company Saudi Arabia, 2022 – Aug 2023**

HSE Supervisor – Head office

#### **Professional Summary:**

Experienced Health and Safety professional specializing in office environments. Skilled in implementing safety systems, conducting risk assessments, and ensuring compliance with safety regulations.

### **2. Health and Safety Supervisor, Al-Mabani Company Sep 2023 – Present**

HSE Supervisor – Riyadh Sports Boulevard Project.

HSE Supervisor – King Salman Airport Project, Riyadh.

HSE Supervisor – King Khalid International Airport Riyadh.

HSE Supervisor – Qiddiya Project.

#### **Key Responsibilities:**

- Developed and enforced health and safety policies for office settings.
- Conducted regular inspections to ensure safety standards compliance.
- Delivered employee training on safety procedures and emergency protocols.
- Managed fire safety systems, first aid supplies, and emergency exits.
- Monitored office safety, including ventilation, lighting, and equipment.
- Investigated incidents and implemented corrective actions.
- Coordinated with regulatory authorities for compliance with safety standards.
- Supervised the implementation of HSE plans and procedures for the Riyadh Sports Boulevard Project.
- Conducted continuous risk assessments to ensure a safe work environment in compliance with local and international standards.
- Monitored and guided teams to ensure adherence to HSE regulations.
- Prepared periodic reports on safety performance and identified risks, providing recommendations for improvement.
- Organized training programs for employees to promote a culture of safety and accident prevention.
- Coordinated with relevant authorities to ensure compliance with HSE laws and regulations.

- Achievements:
- safety systems.
- Significantly reduced the rate of on-site accidents and injuries by implementing effective
- Delivered specialized training programs that increased team awareness of safe practices.
- Enhanced risk assessment processes and developed professional emergency response plans.

## **QUALIFICATIONS & LICENSES**

**Bachelor of Social Service, Imam Mohammad Ibn Saud Islamic University, KSA    2020**

**Professional Occupational Safety and Health, High institute For Plastics Fabrication, KSA    2022**

**Health and Safety Professional License**

## **COURSES**

- OSHA
- NEBOSH
- ISO 14001 Environmental Management System Awareness
- ISO 45001 Occupational Health and Safety Management System Awareness
- ISO 50001 Energy Management System Awareness
- ISO 9001 Quality Management System Foundations
- COSHH and Working in Confined Spaces
- COSHH Hazard Communication Awareness
- COSHH Awareness
- Fire and Egress
- Electrical Safety Awareness
- Fire Safety Induction
- Health and Safety Induction
- Personal Protective Equipment
- Slips, Trips and Falls Awareness
- Professional health and safety basics.
- Occupational safety and health management system
- Asbestos Awareness
- The COSHH Risk Assessor Certification
- Creating...a more inclusive workplace
- Creating...safety culture
- Creating...a work-related stress risk assessment
- Creating..HSEQ excellence through sustainability
- Creating...a robust mental health management system
- Inspection, review and evaluation of safety and firefighting methods.
- Health and Safety Market Insights: overcoming candidate and client challenges
- Creating...a workplace risk assessment: confidently navigate the qualitative process
- The Impact of Climate Change and Heat Stress on Occupational Health and Safety

## **SKILLS**

- Risk Assessment and Management: Ability to identify, analyze, and develop mitigation plans for risks.
- Safety Inspections and Procedures: Conduct regular inspections to ensure compliance with safety standards.
- Development of Safety Policies and Procedures: Design and implement effective health and safety policies.
- Training and Education: Organize workshops and training programs to enhance employee safety awareness.
- Emergency Management: Develop emergency response plans and conduct practical drills.

- Accident Analysis and Reporting: Investigate incidents, identify root causes, and prepare comprehensive reports.
- Compliance with Local and International Standards: Ensure adherence to local and international safety regulations (e.g., ISO 45001).
- Safety Equipment Management: Oversee the proper use and maintenance of personal protective equipment (PPE).
- Communication and Coordination: Collaborate with authorities and contractors to ensure the implementation of safety measures.
- Documentation and Monitoring: Prepare records and periodic reports on site safety performance and analyze results.

### **LANGUAGES**

- Arabic
- English