



UMAR FAROOK

Saudi Aramco Approved HSE MANAGER

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TSP-21713



ABOUT ME

With more than **21 years of experience** as a **dedicated and seasoned Senior Health, Safety, and Environment (HSE) Manager**, I bring a wealth of knowledge in implementing and overseeing robust safety initiatives across various sectors. Throughout my extensive career, I have consistently championed a culture of safety excellence, leading to a notable reduction in accidents and incidents. My core competencies encompass regulatory adherence, risk evaluation, and the development of strategic safety frameworks. I excel in cultivating a safety-oriented culture and prioritizing the welfare of team members. I am currently in pursuit of a challenging opportunity where I can leverage my proficiency to enhance safety protocols and elevate HSE performance to unprecedented levels.

KEY SKILLS

HSE Leadership

HSE Management

Safety

Regulatory Compliance

Risk Management

Safety Audits & Inspection

Maintenance

Crisis Management

Control Systems

Emergency Response Planning

HSE Policies

Safety Culture Development

Leadership

Incident Investigation

Performance Metrics

Training & Development Project Management

Developing & Implementing OHS Management

Road Safety Management System

HSE

EDUCATION DETAILS

Bachelor of Arts | Duration: 2001

Manonmaniam Sundarnar University, Tirunelveli.

TECHNICAL SKILLS

- **Packages**
 - MS Office
- **Operating System**
 - Windows 98
 - Windows XP

WORK EXPERIENCE

- **Regional HSE Manager | From Apr 2025 - Present**
AMAC Ltd, KSA.
Project: confidential project
- **SR. HSE Manager | From Jun 2018 - Mar 2025**
Modern Building Leaders Co Ltd., KSA.
Project: confidential project
- **HSE Manager | From Oct 2016 to Mar 2018**
Sam Young Saudi Arabia Co Ltd., KSA.
Project: Jazan Refinery & Terminal.
- **HSE Manager | From Jun 2012 to Jul 2016**
Jeongpoong Saudi LLC., KSA.
Project: Marafiq Power & Water – YNB2.
- **HSE Supervisor | From Nov 2010 to Apr 2012**
Jeongpoong Saudi LLC., KSA.
Project: Marafiq 5&6 – YNB1.
- **HSE Supervisor | From Dec 2009 - Sep 2010**
TEKFEN Construction and Installation, INC, KSA.
Project: Pipeline for Crude Oil.
- **HSE Supervisor | From Oct 2008 to Dec 2009**
Gulf Co-operation Symbols Const. Co. Ltd., KSA
Project: Accommodation Village.
- **HSE Officer | From Jul 2006 to Aug 2008**
IHCCO Ltd., KSA.
Project: Health & Science University.
- **HSE Officer | From Feb 2004 to Apr 2006**
Arabian Pipe Coating (APCO), KSA.
- **HSE Officer | From Apr 2002 to Jan 2004**
Saint-Gobain Glass India Ltd., India.

ACHIEVEMENTS & CERTIFICATIONS

- Completed the **Transitional Safety Practitioner (TSP)** Credential number - **TSP-21713**.
- Serving as an **HSE Manager** approved by Saudi Aramco for the Jazan Refinery and Terminal Project.
- **NEBOSH** IDIP Level 7 (EduQual) with Registration Number 1203291, IDOHSM - International Diploma for Occupational Health and Safety Management Professionals, has been satisfactorily accomplished.
- **NEBOSH** International generic certificate in occupational health and safety.
- **IOSH** - Completed the Managing Safety Course approved by the Institute of Occupational Safety and Health in 2016.
- **Occupational Safety and Health Administration (OSHA)** course training in 2009.
- Successfully passed the **ISO 45001:2018** assessment for **Lead Auditor Occupational Health Safety Management System** delivered by IRCLASS.
- Successfully passed the **ISO 14001:2015** assessment for **Lead Auditor Environment Management System** delivered by IRCLASS.
- Diploma in **Fire and Safety Engineering** from NIFE Cochin in 2009.
- Dedicated leadership and contributions to the company's achievement of "**Best Contractor of the Month on the Y2 Project**" for July 2013.
- Sustained proactive safety efforts championing a **Safe and Clean work site on the Yanbu2 P&W Project** given in July 2016.
- Completed the MARAFIQ Yanbu2 P&W Project "**Safety Leadership and Behavioral Skills Development Training**" in 2013.
- Contributions to the Y2 P&W Project Safety Milestone Achievement of **5,000,000 Safe Hours** on 12 October 2012.
- Recognition of efforts to achieve **10 Million Safe Man-hours without LTI** in the project given on 24 December 2013.
- Employed as a **Safety Supervisor at TEKFEEN CONSTRUCTION AND INSTALLATION-INC** from December 2009 to September 2010, with an outstanding overall performance. Demonstrated high motivation, creativity, and excellent work.
- Successful accomplishment of **50 Million Man-hours without LTI** in 2018.
- Sustained proactive approach and safety efforts in championing a safe work site on the **Yanbu-2 Power And Water Project** in 2016.
- Completed the one-day duration "**Safe Gas Tested Course**" held in April 2014.
- Completed the "**Cardiopulmonary Resuscitation (CPR) & First Aid Sessions**" in April 2013.
- Completed the training on "**Basic Fire Safety and Emergency Preparedness**," both theory and practical, in April 2009.
- Completed the training on "**Basic Life Support and First Aid Skills**," both theory and practical, in April 2009.
- Completed the "**Cardiopulmonary Resuscitation (CPR) & First Aid Sessions**."

KEY EXPERTISE

- prepared and Conducted safety induction for workers and visitors involved in operations.
- Attended Health, Safety, and environment (HSE) meetings, provided technical support, issued agendas and minutes, and prepared monthly and yearly accident statistics.
- Reported any accidents, near misses, and environmental issues to management as required, and ensured corrective actions were taken to prevent re-occurrence.
- Effectively communicating HSE goals, performance, and initiatives to internal and external stakeholders, regulatory bodies, and emergency response agencies.
- Conducted HSE audit as required

- Guided HSE aspects and unsafe working practices on machinery.
- Ensuring comprehensive knowledge and adherence to local and international HSE regulations, standards, and industry best practices.
- Designing and delivering comprehensive HSE training programs for employees at all levels to enhance awareness and competency.
- Conduct weekly/monthly meetings with the project management committee (PMC) and clients and prepare minutes of meetings (MOM).
- Prepare all Health, Safety, and Environment (HSE) related reports, including weekly/monthly reports and incident/near-miss reports.
- Organize the project HSE team by recruiting and arranging safety materials.
- Developing and implementing comprehensive HSE programs that encompass policies, procedures, and guidelines for effective risk management.

RESPONSIBILITIES

- Provide coaching and guidance to contractor personnel to ensure optimal safety, health, and environmental practices.
- Foster positive relationships with contractor management and personnel.
- Take prompt action to halt work if safety, health, and environmental (SHE) standards are not being met.
- Collaborate with other departments to enhance overall team efficacy.
- Improve coordination and communication by liaising with various departments.
- Participate in incident investigations, site audits, and safety committees.
- Ensure timely follow-up and closure of recommendations.
- Maintain and update safety records for all sections individually.
- Report incidents accurately and promptly, and ensure the closure of audit actions is timely.
- Supervise organizational systems, including safety audits and emergency response procedures.
- Prepare safety presentations and conduct safety meetings; inspect safety equipment.
- Conduct preliminary investigations of accidents and propose remedial measures.
- Organize and conduct safety audits and submit reports to the board of inquiry.
- Plan and facilitate daily safety personnel meetings.
- Act as a liaison between the client and company management.
- Prepare weekly/monthly Health, Environment & Safety (HSE) Reports.
- Conduct risk assessments, job safety analyses, and safety drills.
- Provide support, education, and training to staff to build risk awareness within the organization.
- Interact with internal and external auditors, conducting audits of safety policy and compliance.

PERSONAL DETAILS

Date of Birth	: 13th June 1978
Passport Number	: T9556031
Iqama No	: 2470726098
Nationality	: Indian
Marital Status	: Married
Languages Known	: Arabic, English, Hindi, Tamil, Malayalam, Kannada & Urdu

DECLARATION

I affirm that all the information provided above is accurate and comprehensive to the best of my knowledge.