

RASHID SARWAR, CMIOSH

Chartered Health, Safety & Environment Manager | Certified HSE & Training Expert

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Iqama status: Transferable

Language: English (Fluent), Urdu (Native), Hindi (Fluent), Arabic (Basic)

Address: Riyadh, Saudi Arabia



Career Summary

I am a **Chartered Health & Safety Professional (CMIOSH)** with over **14 years of international experience** in occupational health, safety, environment, and training management across **Saudi Arabia, UAE, and Pakistan**.

My career spans mega infrastructure programs, construction projects, and safety consultancy, where I have consistently driven **incident reduction, workforce training, and ISO compliance**. As an **approved trainer for NEBOSH, IOSH, HABC, OSHAcademy, and ICBOQ**, I have successfully delivered **20,000+ hours of accredited training** to multinational teams ranging from site operatives to senior management.

Proven record of aligning HSE strategies with organizational objectives, ensuring incident reduction, and embedding ISO 45001 and ISO 14001 standards across mega projects. Known for promoting safety culture transformation and developing resilient, competent workforces within high-risk and complex environments.

Specialties & Sector Knowledge

Industries: Construction | Infrastructure | Rail/Metro | Energy | Safety Consultancy

Specialties: Occupational Health & Safety | HSE Training & Certification | ISO Management Systems | Risk & Compliance Auditing | Safety Culture Transformation

- Health, Safety & Environment Leadership
- HSE Training Program Design & Delivery
- ISO 45001 & ISO 14001 Compliance Auditing
- Incident Investigation & Root Cause Analysis
- Emergency Preparedness & Crisis Response
- Contractor Safety Management
- Workforce Competency Development

Work Style & Culture Fit

I thrive in high-pressure, multicultural environments where compliance, proactive thinking, and team empowerment define success. My leadership style balances **technical rigor with people-first mentoring**, ensuring that safety is both a **requirement and a shared value**. I believe in creating **zero-harm workplaces** through consistent training, clear communication, and a culture of accountability.

Key Strengths & Attributes

Expertise:

- 14+ years across HSE leadership, training, and compliance roles
- Delivered 20,000+ hours of accredited HSE training programs

Personal Attributes:

- Resilient under pressure and results-focused
- Skilled communicator and mentor to cross-cultural teams
- Strategic thinker with operational problem-solving ability

- Reduced incident rates on mega projects through proactive safety interventions
- Successfully implemented ISO 45001 & ISO 14001 across multiple organizations
- Experienced in Saudi Aramco safety compliance, GOSI, and GCC labor regulations
- Strong advocate for safety culture transformation

Systems & Tools:

- Microsoft Office Suite (Advanced)
- Virtual Training & Learning Platforms
- Safety Management Systems (SMS)
- Audit & Compliance Tracking Tools

Employment History

1) Training Manager / Program HSE Trainer

Almabani General Contractors - Riyadh, Saudi Arabia / *Mar 2022 – Present*

- **Almabani Main Contractors** has a long robust history which began when the founders' established the company in Jeddah, Saudi Arabia in October 1972.
- Capitalized at 100 million Saudi Riyals and with a permanent work force of just over 10,000 highly skilled professionals aided with a physical presence that covers the Kingdom, Almabani is positioned to tackle mega size projects and continue its' contribution in the development of the region.

Key Responsibilities:

- I lead company-wide occupational health initiatives and regional wellness programs.
- Developed and executed comprehensive HSE training programs for construction site personnel.
- Conducted workshops on hazard identification, risk assessment, and PPE utilization.
- Ensured alignment with Saudi regulatory requirements and international best practices.
- Delivered over 500 structured training sessions, strengthening workforce competency.
- Streamlined compliance tracking systems, improving training completion rates by 35%.
- Represented the company in external audits, enhancing safety credibility across projects.

2) HSE Engineer / Trainer

Webuild- Riyadh, Saudi Arabia - Sep 2020 – Mar 2022

- **Webuild**, formerly Salini Impregilo, was a key player in the Riyadh Metro Line 3 project, also known as the Orange Line, which is the longest line in the city's driverless metro network. This line spans approximately 41 kilometers and includes 22 stations, with two iconic stations, two depots, and six interchange parking lots. The project was part of the larger \$23 billion, six-line Riyadh Metro project, aiming to improve urban mobility and reduce traffic congestion in the growing city.

Key Responsibilities:

- Designed and implemented induction training programs for 2,000+ new hires.
- Delivered specialized training on confined space entry, emergency response, and equipment safety.
- Prepared project-wide training matrices, improving compliance monitoring and evaluation.
- Conducted regular refresher courses, reducing non-compliance incidents by 20%.

Senior HSE Officer

Saudi Arabian Baytur – Riyadh, Saudi Arabia / *Dec 2018 – Sep 2020*

Saudi Arabian Baytur was involved in construction projects within the **King Abdullah Financial District (KAFD)** in Riyadh. Specifically, they are working on completion works for Cluster CP04 and Cluster J01, including various parcels. They are also involved in the skywalk project, which includes design, fabrication, and installation of skywalks connecting buildings within KAFD.

Key Responsibilities:

- Supervised HSE activities for major infrastructure and high-rise developments.

- Conducted toolbox talks, site inspections, and contractor compliance assessments.
- Enhanced workforce safety awareness, leading to improved site audit scores.

3) **HSE Engineer**

Saudi Electricity Company – Jeddah, Saudi Arabia / May 2017 – Aug 2018

SEC, or its subsidiaries, owns and operates a full value chain of electricity business lines comprising generation, transmission, and the distribution network, and provides first-class services to more than 10 million customers in the Kingdom.

Key Responsibilities:

- Implemented HSE policies and programs across power projects.
- Conducted live emergency drills and full-scope incident investigations.
- Reduced operational hazards through structured risk assessments.

4) **HSE Trainer / Admin**

EIOSH Private Limited – Lahore, Pakistan / Oct 2010 – May 2017

5) **HSE Supervisor_ MSA – The Safety Company, KSA – (Jan 2020 – Sep 2020)**

6) **Safety Officer_ Cladtech International, Dubai – (Jul 2016 – Aug 2016)**

7) **Admin Assistant_ Multivision Inc., Lahore – (Jan 2010 – Aug 2010)**

Education

- **NVQ Level 7 Diploma in Strategic HSE Leadership & Management – ProQual, UK (2024)**
- **Level 6 Diploma in Occupational Safety & Health – OTHM, UK (2021)**
- **NEBOSH International General Certificate (IGC) – UK (2020)**
- **ISO 45001:2018 Lead Auditor – IRCA Certified (2020)**
- **QA/QC Engineer Diploma – Skill Development Council, Pakistan (2015)**
- **PGD in Sustainability & Environmental Design – Allama Iqbal Open University, Pakistan**
- **Associate Engineer – Civil Technology – Pakistan**

Certifications & Training

- **Chartered Member IOSH (CMIOSH)**
- Approved Trainer: NEBOSH, IOSH, HABC, OSHAcademy, ICBOQ, IQ-OSH
- ISO 45001:2018 & ISO 14001:2015 Lead Auditor
- OSHAcademy 132-Hour HSE Officer Certification
- OSHA 30 Hours – DOL, USA
- Advanced Diploma in Occupational Safety & Health – NASP, USA (Level 5)
- Saudi Aramco Work Permit Receiver
- Fire Safety Certification – Highfield (HABC, UK)
- Specialized Training: Accident Investigation, Confined Space, Ergonomics, PPE, First Aid, LOTO, Emergency Response

Declaration

I hereby declare that the information provided above is true and accurate to the best of my knowledge and belief.

References

Available upon request.