

MUHAMMAD UMER

HSE TRAINER AND CONSULTANT

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UMER-HSE.PRO

Khaur Company, Punjab, Pakistan

SUMMARY

Dedicated and highly accomplished **HSE Trainer and Consultant** with **8+ years** of professional experience across on-site **Drilling operations, Filtration Plants**, and the **Safety Training Sector**. Proven track record in mentoring, operating industry-leading safety portals, and delivering **International Safety Certifications**. Recognized and accredited by prestigious global bodies including **IOSH, IBSP, EOSH, HighField, IRCA, and PMI**. Committed to fostering a proactive, safety-first organizational culture through precise technical instruction, robust system enforcement, and systematic information sharing

EXPERIENCE

HSE TRAINER (Online Training)

RIGX Training Centre

01/2026 - Present Saudi Arabia (Remote)

- Secured and managed institutional accreditations from PMI, OTHM, and IOSH
- Delivered online training sessions in IOSH, OSHA, Level 2 Awards, and other HSE courses
- Managed digital training portals, course documentation, and student registration
- Provided remote instruction and mentoring to diverse candidates across the region

HSE TRAINER

RAZ Training Company

04/2025 - 12/2025 Islamabad, Pakistan

- Secured international training accreditations from IBSP, EOSH, and LICQUAL
- Delivered professional health and safety courses under accredited frameworks
- Conducted training sessions for local safety candidates and professionals

HSE SUPERVISOR

Bohai Drilling Engineering Company

02/2025 - 02/2025 Maysan Field, Iraq

A leading company involved in drilling engineering

- Delivered HSE trainings to multinational drilling crews
- Conducted daily toolbox talks and pre-job safety briefings
- Conducted regular fire, H2S, and emergency headcount drills
- Implemented and managed daily, weekly, and monthly HSE reporting systems

HSE TRAINER (Online Training)

AGTC (Asian Gulf Training Center)

10/2022 - 12/2024 Saudi Arabia (Remote)

A training center specializing in health, safety, and environmental training

- Provided online safety training sessions to diverse candidates in English
- Delivered virtual courses on IOSH, OSHA, and general workplace safety
- Managed and coordinated online HSE training sessions
- Secured multiple international accreditations for the training institute
- Handled online training portals, digital documentation, and compliance reporting

CERTIFICATIONS

NEBOSH IGC (1, 2 & 3)

Covers core principles of international occupational health and safety management

ISO 45001 OHSMS (Lead Auditor)

Equips skills to audit and manage occupational health and safety management systems.

ISO 9001 QMS (Lead Auditor)

Focuses on auditing quality management systems to meet international standards.

ISO 14001 EMS (Lead Auditor)

Focuses on auditing environmental management systems to control workplace impact.

OSHA 30-Hour General Industry

Covers hazard recognition and regulatory compliance for general industry safety.

IOSH Managing Safely (MS)

Teaches practical safety management principles for supervisors and managers.

Certified Master Trainer

Certifies advanced competency in delivering high-level health and safety instruction.

Train the Trainer (HSE)

Enhances instructional skills and technical presentation delivery for safety courses.

IADC Rig Pass

Demonstrates fundamental safety knowledge and competency for drilling rig operations.

Hazardous Substances Assessment Essentials

Covers procedures for safely assessing and managing chemical and hazardous substances.

Level 2 Award in Accident Investigation

Teaches the fundamentals of conducting structured workplace accident investigations.

Level 2 Award in Risk Assessment

Develops proficiency in identifying hazards and conducting risk assessments.

Level 2 Award in Basic Life Support & AED

Covers critical first-responder skills including CPR and AED usage.

Level 2 Award in H2S Safety

Focuses on emergency response and safety hazards related to Hydrogen Sulfide gas.

EXPERIENCE

HSE SUPERVISOR

Khaur Crude Decanting Facility

02/2021 - 06/2022 Punjab, Pakistan

A facility focused on crude oil decanting

- Supervised site safety across oil filtration operations
- Conducted safety audits, inspections, and briefings
- Enforced Permit to Work (PTW) and Work at Height systems
- Led emergency drills and incident preparedness

HSE SUPERVISOR

Oil & Gas Development Company (OGDC)

12/2019 - 09/2020 Sindh, Pakistan

A major oil and gas company in Pakistan

- Managed HSE compliance on drilling rigs
- Delivered toolbox talks and conducted Job Safety Analyses (JSAs)
- Supervised confined space and lifting operations
- Investigated incidents and submitted HSE reports

HSE ASSISTANT

Attock Refinery Limited

11/2018 - 12/2019 Punjab, Pakistan

A leading refinery in Pakistan

- Issued and managed Permit to Work (PTW) systems
- Conducted daily on-site HSE inspections and safety audits
- Assisted with employee and contractor safety inductions
- Maintained safety inspection logs and permit records

EDUCATION

BS Software Engineering (8th Semester)

Virtual University of Pakistan

04/2022 - Present Pakistan

Intermediate in Computer Science (ICS)

Dr. Rashad Degree College

08/2016 - 09/2018 Pakistan

Matriculation (Science)

Pakistan Oil Field Model School

07/2014 - 07/2016 Pakistan

MEMBERSHIPS



INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH (IOSH)

Grade: Technical Member (Tech IOSH)
Membership Number: 256376



INSTITUTE OF RISK MANAGEMENT (IRM)

Membership Number: P0097590



ASSOCIATION OF PROJECT MANAGEMENT (APM)

Membership Number: P0643404

KEY ACHIEVEMENTS



Accreditation Acquisition

Successfully secured international training accreditations for multiple institutes from leading global awarding bodies (including IOSH, OTHM, IBSP, EOSH, and LICQUAL)

CERTIFICATIONS

Level 2 Award in Basic Fire Safety

Covers fundamental fire prevention, emergency procedures, and fire extinguisher use.

Level 2 Award in Oil & Gas Safety

Covers safety protocols and operational risk management within the oil and gas sector.

Safe Scaffolding Erection & Inspection

Focuses on standard safety requirements for erecting, using, and inspecting scaffolding.

Computer Hardware Technician

Certifies foundational skills in computer maintenance, hardware troubleshooting, and IT support.

STRENGTHS



HSE Trainer

Conducting HSE training sessions



Training Expertise

Providing OSHA/IOSH course delivery



Administrative Skills

Managing training records & portals



Safety Assessments

Performing risk assessments & JSAs



Compliance Supervision

Supervising PTW & field compliance



Emergency Preparedness

Leading emergency drills & response



Audit and Inspection Skills

Performing safety audits & inspections

SOFTWARE AND PORTAL EXPERTIES

Microsoft Office

PMI Portal

SAP

MAADEN

Zoom

LICQUAL Portal

EOSH Portal

OSH Portal

Highfield International Awarding Body Portal

Google Classroom

SKILLS

HSE Training Delivery



Certification Portals



KEY ACHIEVEMENTS

Portal & Operations Management



LANGUAGES

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SKILLS

LMS Platforms



Team Collaboration



Risk Assessment



Emergency Response Planning



Training Documentation Management



Training Documentation Management



Permit To Work (PTW) System