

Haris. P

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GradIosh, TSP-BCSP

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Certified Sustainability Professional

Qatar Energy Approved HSE Professional (PTW Level 1)

Qatar General Electricity and water cooperation Approved HSE Superintendent

ESG & Sustainability Reporting- EHS Management | EHS Compliance & Systems | Sustainability Implementation | Due Diligence (ESDD & HSE) | Climate Risk and Opportunity

HSE Professional Profile

Motivated and highly professional HSE Practitioner with 13+ years of experience in power sector. Working as an HSE Superintendent approved by Kahramaa (Qatar General Electricity and water cooperation). A hard working Team Player and Team Leader. I have a proven record of achievement in reducing injuries and incidents, well knowledge of Construction Design and Management (CDM) Regulations, lowering compensation costs, increasing productivity and profit, and ensuring regulatory compliance. Culture development, Employee Engagement, Project Management, Written & Verbal Communications, Public Speaking, Proficient in Word, Excel, Power point and database programs. I am a graduate member of IOSH and proceeding towards to become a CMIOSH through IOSH IPD. In addition, Transitional Safety Practitioner of BCSP towards to gain Certified Safety Professional (CSP-BCSP).

I have also demonstrated history of working in the non-profit organization management industry, community Development and Volunteer programs, skilled in Talent Management, Passionate about work, Capacity Building, Leadership Development, and Creativity Skills. Strong community and social services professional.

Core Skills

- **Strategic HSE Management:** Developing, implementing, and refining HSE policies, plans, procedures, and programs for enhanced safety performance.
- **Tender Documentation Expertise:** Drafting Health and Safety documentation for new tenders, demonstrating commitment to safety at every project stage.
- **Team Leadership:** Leading and guiding HSE Engineers and project teams, fostering a collaborative environment focused on safety excellence.
- **Effective Stakeholder Engagement:** Conducting impactful meetings with sub-contractors and clients, fostering transparent communication and alignment on safety priorities.
- **Incident Management Specialist:** Skillfully conducting incident investigations and root cause analyses, ensuring lessons learned and proactive risk reduction.
- **Rigorous Auditing & Inspection:** Conducting thorough HSE audits and inspections to identify areas for improvement and ensure compliance with standards.
- **Empowering Training Initiatives:** Delivering comprehensive HSE training and awareness programs, equipping employees with the knowledge for a safer workplace.
- **Regulatory Compliance Assurance:** Ensuring strict adherence to regulatory requirements and industry standards, maintaining the highest levels of compliance.
- **Proactive Safety Enhancement:** Implementing data-driven corrective and preventive measures to continuously enhance safety performance and mitigate risks.
- **Cross-Functional Collaboration:** Collaborating seamlessly with cross-functional teams to align efforts, achieve operational goals, and embed safety in every facet.

Educational Qualifications

- Computer Science and Engineering from STED, Thiruvananthapuram, Kerala 2006 to 2010.
- H.S.C from Government Higher Secondary School Edappal.
- SSLC, A.V.H.S.S, Ponnani, 2002.
- MBA in Health and Safety Leadership- Universidad Católica de Murcia (UCAM), Spain- Pursuing.

Professional Qualification

- Certified Sustainability Professional (ESG)-HSSERisk Academy.
- GRI Certified- Reporting with GRI Standards 2021 Update- Sustainability Reporting.
- Certified Implementer & Auditor-CARBON FOOTPRINT MANAGEMENT (**Training completed on ISO 14064-1:2018, ISO 14064-2:2019, ISO 14064-3:2019, ISO 14066 : 2011, ISO 14067 : 2018**)
- Risk Assessment, Fire Safety, COSHH, Health and Safety for Managers, Confined Space. Certified by CPD and RoSPA.
- CQI and IRCA Certified ISO 45001:2018 Lead Auditor (OHSMS)
- CQI and IRCA Certified SO 14001:2015 Environmental Management Systems
- Diploma in Safety and Fire Engineering from SSM Polytechnic College, Tirur.
- Fire Fighting Training, Directorate of Emergency Services Govt of Goa, Panaji.
- Basic Life Support/First Aid Training- Hamad International Training Center- Qatar.
- H2S/Breathing Apparatus Training- Venture Gulf Safety and Security Training Center.
- Authorized Gas Tester- TUTIS Training Center- Doha, Qatar.
- Advanced safety officer training from SOTA, Tiruvananthapuram. (ANAB, UKAS, PJR ACCRADITED).
- NEBOSH IGC Passed with CREDIT
- Level 6, International Diploma in Safety Engineering (IDSE). Certified by Qualifi UK and accredited by IOSH.
- Certified Fire Protection Specialist (CFPS NFPA) Doing.
- Certified Safety Professional (BCSP) Doing.
- Level 6-NEBOSH International Diploma in Environmental Management- Doing

Volunteering Experience

Volunteering Team Leader at Qatar Museum

Volunteering at 3-2-1 Qatar Olympic and Sports Museum as an Activator- Activation Zone

Volunteer at Qatar Diabetes Association (Diabetes Awareness Events, Bawasil Camp, Tahadi Camp)

Attended FIFAARAB CUP QATAR- 2021- Fan Support Volunteer (Spectator Service)

Professional Experience

HSE Superintendent

Sep 2021– Present

LARSEN AND TOUBRO LTD QATAR .

PROJECTS HANDLED:

- Cable Route – Mebaireek Super SS - DIH SS (14 Km Cable route)
- Cable Route - Al Sakhama Super SS & Lusail Metro SS to Al Masrouhiya-1 SS LILO (4KmCable routes)
- Cable Route - FAREQ SS To LUQTA SS (9 Km cable Route)

- **Strategic HSE Implementation:** Developed, implemented, and oversaw the HSE Plan, HSE Policies, and HSE procedures for the project. Ensured meticulous alignment with regulatory requirements and industry standards.
- **Collaborative HSE Oversight:** Worked closely with HSE Superintendents to successfully execute the approved HSE Plan. Coordinated the integration of legal mandates and Kahramaa HSE requirements at project sites.
- **Regulatory Compliance Assurance:** Created and reviewed the company's Work Risk Assessments (WRA) and Job Safety Analysis (JSA). Ensured meticulous compliance with safety regulations and industry standards.
- **Subcontractor Safety:** Reviewed and approved WRA and JSA documents submitted by subcontractors, guaranteeing their alignment with the company's rigorous safety requirements.
- **Holistic HSE Support:** Delivered exemplary HSE leadership, training, and operational support to subcontractors and stakeholders across organizational levels and functional groups.
- **Client Collaboration:** Acted as a proficient liaison between clients and consultants, addressing all HSE related issues with clarity and expertise.
- **Rigorous Inspection Management:** Enforced diligent inspections as per project mandates. Monitored inspectors and meticulously maintained inspection records.
- **Comprehensive Auditing:** Conducted both internal safety audits and audits on subcontractors to ensure strict adherence to safety standards and continuous improvement.
- **Policy Development:** Played a pivotal role in creating and implementing comprehensive HSE policies and procedures for the project. Ensured seamless alignment with regulatory demands and industry norms.
- **Project-Phase Health and Safety Control:** Managed and controlled health and safety aspects across each project phase, ensuring a seamless integration of safety measures.
- **Reporting and Documentation:** Attended crucial client HSE meetings, compiled and submitted HSE Statistics reports, inspection/closeout reports, accident/incident reports, and all HSE-related documentation.
- **Training Plan Management:** Developed the Project HSE Training Plan, executed its implementation, and meticulously maintained accurate training records.
- **Collaborative Engagement:** Orchestrated Monthly HSE meetings with subcontractors, fostering open communication and proactive safety discussions.
- **Incident and Accident Management:** Served as the central point for all HSE-related matters, and exhibited strong leadership in incident and accident investigations, providing unwavering support to investigation teams.
- **Environmental Stewardship:** Demonstrated unwavering commitment to environmental responsibility by spearheading the integration of sustainable practices into project operations. Collaborated with cross-functional teams to identify and mitigate environmental risks, ensuring compliance with environmental regulations and fostering a culture of environmental consciousness.

HSE Compliance Manager-Ceremonies Oct 2022– Jan 2023

SUPREME COMMITTEE FOR DELIVERY AND LEGACY -FIFA WORLD CUP QATAR 2022 .

- HSE compliance support for FIFA World Cup 2022 Opening Ceremony at Al Bayt Stadium, Third place at Khalifa Stadium, Closing ceremony at Lusail Stadium, and Welcome to Qatar Show at Corniche.
- Planning and implementing ceremony specific safety measures such as safety plans, worker welfare plans, Emergency response plans, weather contingency plans, Emergency evacuation, and rescue plans for individual stadiums and rehearsal venue.

- Worked in an operational HSE role to facilitate and find the best safe systems of work to mitigate the risk and hazards for critical installation on the Roof, Pyro installation, Catwalk, Marine installations and Lifting activities.
- Conducting spot checks and focused inspection of all plant and machinery, worker competence, temporary structures-Scaffolding, tents, generator farms, stages, emergency and worker welfare arrangements, AV & Pyro installations on the catwalk, roof to ensure all build is as per the method statement and drawing submitted

HSE Superintendent

Sep 2016– July 2021

ELSEWEDY CABLES QATAR.

PROJECTS HANDLED:

Cable Route –IZGN S/S to AL Froosh S/S

Cable Route -Ras Abu Aboud 2 S/S to Salata S/S

Cable Route -Montaza-2 S/S - Bin Derhem S/S

Cable Route - Uni. South S/S to PSS2 S/S

Cable Route - Al Sowaidi Super S/S to Al Bidda Metro S/S.

Cable Route - Logistic Village S/S to Al Bahya S/S

Cable Route – Abunakhla Super S/S to Al Bahya S/S

- To Assist Project Manager and lead a team of HSE Officers (Multinationals) in the Implementation of the Health and safety management Program, ensure government Compliance, monitor all Management staff on a 10 KM long Site, including timely reviews of risk assessments, JSA, safe working arrangements, implementation of all work permits.
- Conducting internal audits every fortnight and safety inspection at site on a continuous basis, making on-the-spot corrections of unsafe acts of the workers and taking suitable steps to eliminate all the unsafe conditions. Issue Non Conformance report(s) (NCR) on serious safety lapses.
- Participate in the pre-commissioning activities like LV test, HV test on site, termination, installation and plug-in of EHV Cables, Commissioning, Energizing of the EHV Cables and ensure all the Control measures are implemented and maintained.
- Take the initiative of Planning the requirement of emergency preparedness (first aid, firefighting and safety appliances), waste management according to KAHARAMAA, Qatar Construction Specification (QCS) well in advance and arranging implementation at sites.
- Provides the project with health and safety expertise and ensures the project complies with corporate H & S requirements.
- Assist on technical supervision of SH&E performance, qualifications and programs.
- Conducting safety coordination meetings with client/consultant, including contractor management every month and discussing the HSE related issues from the inspections generated.
- Ensure safety requirements in the Method Statements and monitor the implementation during construction.
- Provided assistance and advice to all the site managers, site engineers, site supervisors in matters of Health and safety.
- Ensure and Coordinate with the construction team on all activities undertaken by the Contractors concerning safety requirements especially for traffic management, deep excavation, movement of equipment, etc.
- Ensure compliance concerning Work Zone Traffic Management (TDP).
- Provide support in the preparation of Road Safety Audits with Contractors and participate

in Collision Investigation and Prevention.

- Ensured that all employees including the Construction manager, Site Manager, Site Engineer, Site Supervisors and workers are provided with necessary trainings including third party trainings such as Confined space entry, Fire Marshall, First Aider etc and also including inductions in their own language for their better understanding.
- Ensured that all the critical activities such as Lifting (Tandem Lifts), Sheath test, Cable Jointing activities were properly planned, integrated with Health and Safety, implemented and maintained.
- Review of the reports and recommendations made by the Consultant and discuss them with the management, provide inputs on the recommendations to the management and implement if necessary.
- Participated in investigations of incidents, accidents with the client, consultant, and contractor management and maintain the records.
- Prepare and update HSE statistics.
- Ensured the provision of adequate number of welfare facilities on site as per Kahramaa requirements and QCS (Qatar Construction Specification).
- Keep a continuous interaction with the supervisors, foreman and workers to understand the HSE weakness and take necessary action on time.
- Ensured the firefighting equipment's were in place at different locations on site where work is being carried out, assigned fire wardens at those various locations.
- Maintains all the required records and keep updated documentation.

HSE Officer

Sep 2014– Sep 2016

AG MIDDLE EAST LLC. QATAR.

**PROJECTS HANDLED : LANDSCAPING AND MAINTANANCE AT RAS LAFFAN INDUSTRIAL CITY
: QATAR FOUNDATION GOLF COURSE**

- Monitor the implementation of EHS procedures.
- Conducting Risk Assessment for new activity.
- Commissioning and supervising confined space safety.
- Conduct induction and Orientation to new employees at site.
- Investigation of all accident/illness statistical analysis report.
- Maintain record of all inspection and surveys in order to report results and follow up compliance and corrective actions.
- Review Risk Assessment every time there is accident or near miss.
- Maintain the summery of safety performance of engineers and foreman's.
- Coordinating all migrant worker's welfare initiative requirements and plan facilitate inspection at site as per local requirements.
- Plan, maintain training matrix for all employees working at project site.
- Identify unsafe acts and counsel respective individuals.
- Ensure implementation of all site safety plan at project site.
- Coordinate with all project safety officers to ensure all project EHS requirements.
- Developing, implementing and monitoring Occupational Health and Safety Policy, Programs, and Procedures.
- Preparing and maintaining checklists of machinery, plant, equipment and all safety reports.
- Attending site safety meetings with consultants and clients.
- Coordinating with subcontractors regarding safety issues and conducting safety meetings for the improvement and Conducting regular inspections of site activities to monitor

- compliance with local HSE regulations, standards and company HSE plan.
- Communicating effectively, both verbally and written, with a diverse team.

HSE Officer.

Jan 2010– Aug 2014

FATEMI INDUSTRIES .INDIA.

- Ensure compliance of HSE procedures and rules at work site.
- Issue Permit to Work prior to commencement of any Work or activity.
- Ensure Job Hazard Analysis (JHA) is done with the participation of workers.
- Explain clearly to workers in the language they know and understand best, the hazard involved with the job and method to avoid them and work safely.
- Conduct emergency mock drills.
- Ensure proper use of personal protective equipment (PPE).
- Ensure that all tools and equipment's are in good condition and is fit for use.
- Conduct "on site tool box meeting" before the start of any work/ activity and maintain its record.
- Implement STOP and report at least once a week.
- Monitor implementation of HSE procedures by the workers and guide/correct them where necessary.
- Observe, analysis and record HSE performance of each worker and report to HSE advisor / Line Management for evaluation of incentives/ awards, or otherwise.
- Investigate and report all accidents, incidents, near misses in specified formats to line management and HSE department immediately on occurrence.
- Critically observe the jobs in his area and suggest new methods for improvement of HSE performance and report to HSE department for evaluation.
- Report non-compliance and ensure appropriate action against errant and casual attitude of workers.
- Ensure proper housekeeping at all work sites and proper disposal of waste.
- Ensure noise levels are indicated for noisy areas.
- Ensure that at least one first aider is present at the place of work, and keep first aid box handy.

Reference

Mr. Fran Byrne
 SR. MEP Construction Manager- Qatar Building Company
 New Naval Base project.
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Mr. Syed Mohammed Musharraf
 Design and Construction Head- Elsewedy Cables Qatar
 EPC Division
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Personal and Residence (Qatar)

Passport Number	R3903100
Place of Issue	Malappuram
Date of Issue	05/10/2017
Date of Expiry	04/10/2027
QID	28535652720
Date of Birth	31.05.1985, 37 years
Sex	Male
Marital Status	Married
Languages Known	English, Malayalam, Hindi, and Tamil
Interest	Volunteering, Listening to Music, playing cricket, playing football.

Haris Paruvingal