

ATIYAH AHMED AL-ZAHRANI

OCCUPATIONAL SAFETY & HEALTH TRAINER / SPECIALIST

PHONE: +966 554442927, +966 555932624

EMAIL: atyih5star@gmail.com

ADDRESS: Riyadh - Saudi Arabia

PROFESSIONAL SUMMARY

Since 2010, I have been working as a trainer and consultant in occupational health and safety, delivering over 5,000 hours of training.

Occupational Health and Safety Specialist with over 23 years of experience in developing and implementing safety management systems to ensure a safe work environment in compliance with international standards. A proven track record in risk assessment, policy review, and emergency planning. Expert in applying ISO 45001, OSHA, and NEBOSH standards to enhance safety culture and reduce workplace accidents. Possesses strong leadership skills and effective communication with all organizational levels, committed to continuous improvement and the safety of personnel and assets.

EDUCATION

Diploma in Electrical Engineering

Technical College

EXPERIENCE

Lincoln College International KSA

Safety trainer

Duration: Jan 09, 2026 – Mar 19, 2026

Riyadh Metro

Occupational Safety Specialist

Duration: Mar 2023 - Jun 2023

Main Duties and Responsibilities:

- Reviewed and updated safety policies and procedures.
- Supervised various work permits, including hot work, confined space, and electrical permits.
- Conducted risk assessments and provided mitigation recommendations.
- Investigated workplace incidents and recommended corrective actions.
- Performed safety inspections at multiple train stations across Riyadh Metro.

Saudi Electricity Company

Occupational Safety Coordinator

Duration: Oct 2013 - Dec 2017

Main Duties and Responsibilities:

- conducted internal safety audits and coordinated with external audit teams.
- Led employee training sessions on safety procedures and regulations.
- Participated in workplace incident investigations.
- Implemented emergency response drills and evacuation plans.

Saudi Electricity Company

Foreman

Duration: Nov 2006 - Oct 2013

Primary Duties and Responsibilities:

- Ensured safe operation during electrical maintenance with work permits.
- Held daily safety briefings and monitored PPE usage.
- Coordinated with supervisors and technical teams to ensure job safety compliance.

Saudi Electricity Company

Gas Turbine Operator

Duration: Sep 1998 - Oct 2005

Primary Duties and Responsibilities:

- Operated and inspected gas turbine systems.
- Monitored gas pressure and fuel systems to ensure safe operation and performance.
- Recorded performance data and reported any anomalies that occurred.

CORE COMPETENCIES

- Risk Assessment & Job Hazard Analysis (JHA).
- Permit-to-Work (PTW) Systems.
- Safety Audits & Inspections.
- Emergency Response Planning.
- Safety Training and Awareness Programs.
- Incident and Accident Investigation.
- Regulatory Compliance (OSHA, ISO 45001, NEBOSH).
- Toolbox Talks & Safety Briefings.

CORE COMPETENCIES

- Risk Assessment & Job Hazard Analysis (JHA).

CERTIFICATIONS & COURSES

- Level 6 Diploma in Occupational Safety and Health - OTHM
- OSHA 30-Hour Safety and Health Certificate.
- ISO 45001:2018 Auditor Crowd
- IOSH Managing Safely.
- Risk Assessment and Disaster Management.
- Fire Safety and Emergency Evacuation Planning.
- Environmental Impact and Safety Audits.
- Accident Investigation and Incident Reporting.
- Safe Driving and Welding Hazard Training.
- OSHA General and Construction Industry Courses.
- Conflict Management and Safety Supervision.
- NEBOSH IGC 1, 2 & 3 -
- NFPA 1600 Emergency Preparedness
- Crisis and Disaster Management Course
- Professional Security Guard Training Program
- Crowd Management Course
- Lead Auditor – ISO 14001:2015
- Lead Auditor – ISO 22000:2018
- Internal Auditor – ISO 45001:2018

CORE COMPETENCIES

KEY ACHIEVEMENTS

- Certified Occupational Health and Safety Trainer, accredited by the Ministry of Human Resources and Social Development.
- Selected as part of the audit team for the Occupational Health and Safety Management System by the Saudi Electricity Company, conducting audits at stations in the Eastern and Northern regions.
- Represented the Saudi Electricity Company at the 2015 International Conference on Occupational Health and Safety.
- Delivered workshops during the 2023 World Day for Safety and Health at Work, titled 'Internal Auditing. '

SKILLS

- Reviewing and developing health and safety policies and systems.
- Preparing emergency response plans and conducting simulation drills.
- Applying and implementing ISO 45001, OSHA, and NEBOSH standards.
- Conducting audits and site visits to ensure compliance.
- Analyzing incidents and preparing detailed reports and corrective actions.
- Providing training and awareness to employees on safety practices.
- Developing key performance indicators (KPIs) for health and safety.
- Collaborating with various departments to ensure a safe working environment.
- Experience in preparing regulatory documents, reports, and internal audits.
- Ability to lead and guide health and safety teams.

LANGUAGES

- **Arabic:** Native
- **English:** Very Good