

# *Curriculum Vitae*

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**Career Aim:** I have been privileged to work with multinational companies on an international level, furthermore, I have been able to gain experience within various sectors of Occupational Health and safety. Each time, I bring my gained experiences and expertise into each company. My competence in my role keeps creating opportunities for corporate and personal growth.

## **Employment**

### **March 2023 – Present**

**Job Title: Project EHS Lead, Dornan Engineering Ltd, Ireland (Google Data Centre, Belgium).**

#### **Duties:**

- Managing day-to-day EHS duties for Dornan Engineering Ltd as the GC (General Contractor)
- Liaison between Dornan Engineering and Client (Google)

### **August 2022 – March 2023**

**Job Title: Senior Project EHS Adviser, Dornan Engineering Ltd, Ireland (Facebook Cloonee & MSD Dunboyne).**

#### **Duties:**

- Played the role of PSCS on site where client entrusted project EHS roles for me to manage
- Responsible for implementation and management of environmental health and safety policies and protocols
- Experience in Mobilizing commitment among all contractor and subcontractors on site with the focus on achieving environmental health and safety targets
- Project environmental health and safety adviser in the construction phase of CLN 5 and CLN 6 Facebook data centre facility (300m)
- Project environmental health and safety adviser in the construction of MSD BioNX research project (450m)
- Involved in EHS meetings and walk-through site with main contractor's representatives
- Played a key role in managing client (PM Group) and Dornan Engineering Ltd trade partners with regards to environmental health and safety matters
- Review and signed safe plan action (SPA) of subcontractors on site
- Played the role of EHS liaison between main contractor and Dornan Engineering Ltd to ensure main contractor's standards are upheld by Dornan Eng. Ltd employees/subcontractors on site
- Fully trained manual handling instructor
- Involved in and completed site senior leadership team (SLT) and Dornan Eng. Ltd audits
- In charge of site inductions and ensuring PPE were provided to new and old employees
- Responsible for site toolbox talk among Dornan Eng. Ltd employees and subcontractors
- Member of project First Aiders on site

### **March 2021 – July 2022**

**Job Title: Senior Environmental Health and Safety Adviser, OHLA Group, Ireland. (€210m & €70m)**

#### **Duties:**

- Environmental Health and Safety Lead for a PSCS company

- Responsible for implementation and management of environmental health and safety policies and protocols
- Health & Safety Lead and Manager over two major sites with employees of over 200 staff (subcontractors and contractors) in a JV social housing PPP bundle 2 (Dublin, Kildare and Waterford) [230m]
- Health & Safety Lead for a construction of PPP higher education TU Dublin Academic Hub and Library Complex [70m]
- Responsible for liaison with Management and engaging respective stakeholders within the Joint Venture (JV) team with respect to environmental health and safety issues on all sites
- Solely responsible in the management of accident- incident management control of particular sites prone to incidences- successful at greatly reducing the rate of incidence or accidents
- Support on delivering and completing statutory notifications to the HSA as necessary.
- Ensuring sub-contractor documentation and training has been reviewed prior to commencement and complies with legal and company policies.
- Liaise closely with the Construction team to coordinate issues relating to the Site e.g., waste disposal, W@H, fire safety equipment, Site logistics and other compliance testing and audit non-compliances.
- Safety lead responsible in designing and implementing health and safety management programs as well as carrying our audit with the aim to reduce near misses and accidents
- Fully trained on and site Manual Handling Instructor
- Safety Lead responsible in the design and implementation of site toolbox talk with contractors, subcontractors, and site visitors on both sites
- Coordinated and chaired health and safety meetings on all sites as required (usually 1-2ce weekly)
- Responsible for team building amongst all ground staff with aim to promote a positive health and safety culture – ‘Safety conscious awareness sessions’
- Responsible in ensuring the implementation of Covid-19 precautionary measures on site and full cooperation of all subcontractors and site management team
- Reported to operational director and project director with regards to health and safety matters
- Collecting and collating relevant information for inclusion in the Safety File and preparing for handover to the Client at the end of the project.
- Involved in whiteboard meetings with subcontractors and site management team on both sites
- Played a key role as public liaison between ROHL Ltd and the public with regards to environmental health and safety matters
- Safety lead and sole Responsible in the conduction of health and safety compliance audits- with aim to increase awareness and promote a safe work environment – follow through with corrective actions
- Responsible in the implementation of ISO 45001, 14001 and 9001
- Responsible in collating all statutory forms (GA1, GA2, GA3, Hot Works Permit, Permit to Dig etc.)
- First Aid trained and responsible in reporting to HSA where injured party is absent for more than 3days
- Responsible on investigating accidents, incidents, high potential near misses or other significant events/issues. Ensuring that investigation close out action's plans are completed in the required time frame.
- Responsible in reporting accidents, completing AF2 forms to Health and safety Authority
- Responsible and reviewed PSCS and subcontractors Risk Assessment Method Statement (RAMS) and completed Safe System of Work Plan (SSWP) in conjunction with subcontractor’s site team
- Prepared, updated and delivered health and safety induction on multiple sites
- Responsible in employees training needs, records and ensuring level of competency are attained

## **July 2020 – February 2021**

**Job Title: Senior Environmental Health and Safety Adviser, SMG Formwork Ltd, BAM Contractors Ltd.**

### **Duties:**

- Senior environmental health and safety for a PSCS.
- Responsible for implementation and auditing of environmental health and safety matters at INTEL, Kildare (9 billion+)
- Managing the day-to-day operational safety management of all 170 employees of SMG Formwork Ltd.

- Ensured the adequate interpretation and conveying environmental health and safety guidelines to foreign nationals.
- Ensuring that all employees adhere to all COVID-19 precautionary measures.
- Liaising with Tier 1 contractors on environmental health and safety matters on site.
- First aid trained and member of onsite first aiders.
- Managed and responded to complaints and other safety feedback from employees.
- Member of the Construction Incident Response Team (CIRT) on site.
- On site Train the Trainer incident free workplace training.
- Responsible for weekly toolbox meetings.
- Responsible in ensuring workers training certificates/records were up to date.
- Responsible for communicating risk and method statements/safe system of work plan, safety statement and permits to work (PTW) to all employees.
- Responsible for incident/accident reporting on site and to the Health and Safety Authority.
- Reporting directly to the CEO of the company concerning environmental health and safety matters.
- Responsible for delivering induction trainings to new employees.
- Ability to think innovatively and create initiatives that utilises resources optimally.
- Experienced at addressing communication issues as well as promoting communication to improve the work environment.

**May 2019 – June 2020:**

**Job Title: Environmental Health and Safety Adviser, SIAC Construction, Ireland.**

**Duties:**

- Environmental health and safety Adviser for a PSCS
- Responsible for implementation and auditing of environmental health and safety matters at two projects in West of Ireland (Sligo Road construction and Ballinasloe water services upgrade) (34m & 24m).
- Managing the day-to-day operational safety management of staff assigned to the two sites (Sligo and Ballinasloe).
- Ensure safe delivery of services with compliance to infection control standards and national guidelines for the prevention of the spread of COVID-19.
- Ensuring the effective, efficient and safety measures of subcontractors and visitors on both construction sites.
- Ensuring timely access of subcontractors to the construction site by conducting inductions with respect to their assigned duties.
- Responsible and ensuring the ordering and delivery of appropriate COVID -19 infection control equipment e.g. gloves, alcohol wipes, facemasks where appropriate
- Responsible for site team environmental health and safety inspection for both sites.
- Managing teams through the conduction of toolbox talk on safety measures on the site.
- Actively involved in the implementation of COVID-19 precautionary measures for all staff members and sub-contractors on site.
- Responsible for daily briefing to staff to maintain and improve their compliance with respect to COVID-19 national guidelines.
- Monitor and report safety performance indicators, such as Safety Health and Environmental (SHE) reports to the senior managements.
- Partook in progress meetings with both clients and sub-contractors to discuss safety issues that may be of concern on site.
- Managed and responded to complaints and other safety feedback from employees and sub-contractors in accordance to SIAC environmental health and safety policies.
- Responsible and participated in the review of safety statements and method statements for SIAC and sub-contractors.
- Ability to manage competing demands and tight deadlines whilst consistently maintaining high standards and positive working relationships.
- Manage and ensure the compliance of all components of quality assurance systems (ISO 9001); risk management, incident reporting etc.

- Responsible in ensuring the implementation of all SIAC environmental health and safety policies, procedures and standards to ensure staff wellbeing.
- Creating and maintaining links with both internal and external stakeholders to ensure that appropriate pathways are developed with respect to environmental health and safety on site.
- Collaborating with the conservative officers with respect to protective species around site premises.
- Created an initiative on enhancing staff mental health and well-being.
- Responsible for collection and updating HSA forms such as GA1, GA2, GA3 and AF3.
- Ensuring that all environmental health and safety related records are maintained and available for audits.
- Responsible for recording all incident reports as well as investigations in accordance with both SIAC and HSA procedures.
- Graduate member of Institute of Occupational Safety.
- Ability to critically analyse environmental safety and health procedures and make necessary re-adjustments and changes to improve safety on our sites.
- Possess the ability to negotiate and discuss necessary plans with involving stakeholders to ensure safe and successful implementation of the necessary plans/tasks/policies.
- Experienced in safety and health audits.
- Participated and ensured traffic management plans are in place on both sites.
- Experienced in mentoring and encouraging good safety culture among employees and sub-contractors on both sites.
- I am emotionally intelligent and use this ability to support individuals and the teams I may find myself in through the course of providing health and safety at workplace.

#### **October 2017 – May 2019:**

**Job Title: Supervisor, Ivy Hotel Castlebar, Co. Mayo, Ireland.**

##### **Duties:**

- Responsible for addressing and managing environmental health and safety issues in the hotel (48 suites).
- Responsible for ensuring that all fire exits, fire extinguishers comply with HSA guideline.
- Responsible for giving toolbox talks to all staffs.
- Responsible and ensuring that all staffs are trained, and training records are kept up-to-date.
- Responsible in carrying out investigations, accident, incident, near misses and filing out reports.
- Assisted in the preparation of company safety statement and risk assessment.
- Responsible for the implementation of health and safety measures during private events.
- Responsible in accident, incident and near-misses reporting.

#### **January 2015 – April 2017**

**Job Title: Site Safety Adviser/Occupational First Aid 3 at Quorum Construction Group, Vancouver, BC., Canada.**

##### **Duties:**

- Responsible for the day-to-day Safety issues in the construction of a high-rise (22 floors).
- Responsible and conducted toolbox meetings with all staffs on site.
- Designed and responsible for conducting orientations on site (305 employees).
- Responsible and gave inductions to new workers on site.
- Trained and responsible as a first responder Level 3 first aid to attended to injured workers on site.
- Responsible and managed staffs on site while superintendent was away.
- Managed and responsible in dealing with near misses, incident, accident reports.
- Responsible in ensuring workers training certificates/records were up to date.

#### **January 2011 – October 2014**

**Job Title: Site Safety Officer/Occupational First Aid 3 at Urban One, Vancouver, BC., Canada.**

**Duties:**

- Played a key role as a team safety personnel for construction of Donald Trump Tower (70 floors).
- Engaged and responsible for incident, near misses, accident reports on site.
- Trained and responsible as a first responder Level 3 first aid to attended to injured workers on site.
- Responsible in giving inductions to new and old workers (625 employees).
- Responsible and conducted toolbox meetings with all staffs on site.
- Liaised with internal and external stakeholders concerning safety issues on site.
- Played a key role in safety audits and liaising with external auditors to ensure company compliance with Canadian Centre for Occupational Health and Safety (CCOHS).

**August 2004 – November 2010**

**Job Title: Manager at Doolins Irish Pub, Vancouver, BC., Canada.**

**Duties:**

- Responsible for giving Induction/orientation to new workers.
- Supervised the compliance of health and safety policies within the organisation.
- Managed, prioritise, organise and schedule a wide variety of tasks.
- Responsible for investigating, monitoring, completing Incident and near miss report.
- Managed and responsible for 30 staffs.
- Responsible and in charge of quality control for the organisation.
- Responsible and managed Payroll for staffs.
- Provided leadership to ensure a multi-disciplinary approach to facilitate working groups within the organisation.

**Education:**

**2021 (July) FETAC Level 6 Manual Handling Instructor**

**2020 - 2022 M.Sc. Environmental Health and Safety Management**

Institute of Technology, Sligo, Republic of Ireland

**2020 (June) Certificate in Training and Development**

Institute of Technology, Sligo, Republic of Ireland

**2020 (May-June) Certificate in Lean Sigma Quality**

Institute of Technology, Sligo, Republic of Ireland

**2019 - 2020 B.Sc. (Hons) Occupational Safety & Health**

Institute of Technology, Sligo, Republic of Ireland

**2018 - 2019 B.Sc. Occupational Safety & Health**

Institute of Technology, Sligo, Republic of Ireland

**2017 - 2018 Certificate in Environmental and Occupational Health & Safety**

University of Victoria, BC, Canada

**2017 Certificate in Safety and Health**

Institute of Technology, Sligo, Republic of Ireland

**2016 Construction Safety Specialist**

BC Construction Safety Alliance, New Westminster, BC, Canada

**2015 National Construction Safety Officer**

Alberta Construction Safety Association, Edmonton, AB, Canada

**2014 B.Sc. General Studies**

University of Fraser Valley, Abbotsford, BC, Canada

## **2009 Diploma in Criminology**

Douglas College, New Westminster, BC, Canada

### **Examination Awarded: West African Examination Council**

Subjects completed: Maths, English, Home Economics, Biology, Physics, Chemistry and Business Studies.

### **Skills and Awards:**

- Irish citizenship
- Full Irish driver's licence.
- Fluent in reading and written English.
- Graduate member of **IOSH** (Institute of Occupational Safety and Health).
- Manual handling training.
- Hard working, self-motivated, willing to learn, responsible, reliable and flexible.
- Interpretation and application of EHS legislation, guidelines and codes.

### **Achievements:**

- Volunteered with Castlebar Christian fellowship in Co. Mayo to deliver health and safety advice and address fire extinguishers, fire exits issues.
- Volunteered and completed safety statement for the Physiotherapy department in Mayo University Hospital.
- Participated in compiling required documents to meet KN *Circet* ISO 45001, 14001 certifications.

### **Hobbies and Interests:**

- Table tennis
- Basketball
- Soccer

### **References**

Upon request.