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| Jaydean Nicell | 45 Sarsfield Square, Athlone, Co. Westmeath  jaydeannicell2019@yahoo.com | 085 211 8373  <https://www.linkedin.com/in/jaydean-nicell-72b001199/> |

A resilient, self-motivated **Health and Safety Officer**, and recent BSc. Environmental Health and Safety Graduate, who utilises more than 11 years of professional experience implementing effective procedures that remove hazards, mitigate risk and monitor environmental controls within regulated environments. Demonstrated ability conducting root-cause analysis to investigate incidents, formulate solutions and apply contingency plans to resolve unforeseen challenges. Talented at forging strong connections with others to build team cohesion, achieve goals and deliver high standards.

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| * Environmental Health & Safety * Risk Management & Mitigation * Project Ownership & Delivery * Strategic Planning & Execution | * Interpersonal Relationship Management * Incident Management & Investigation * Motivational Leadership * Cross-Functional Team Management |

# Career History

Avoca Ireland

**Health and Safety Officer** (09/2022 – Present)

As a member of a dynamic multi-disciplinary team, coordinate the implementation of a suitable Health and Safety system that outlines the policies, processes and procedures needed to promote a safe work environment across 15 locations, supporting the well-being of all personnel.

* In collaboration with senior management, prepare an Accident Management process that clearly defines approaches, details corrective actions and outlines preventative measures that can be taken to avoid reoccurrence.
* Conduct quarterly internal audits to isolate trends and generate reports; escalate concerns to senior management to influence decisions and introduce improvements.
* Actively investigate incidents to determine root-cause, record findings to mitigate risk and to exploit opportunities that improve working conditions according to safety programmes.
* Attend weekly and monthly scorecard meetings with senior directors from Avoca and Aramark in order to deliberate options and recommend workarounds, upholding compliance.
* Coordinate safety training for employees to include fire warden, first-aid and manual handling, promoting best practice to minimise injury risk.
* Maintain safety statements, fire evacuation documentation and safe work procedure to reflect legislative changes, bridge process gaps and prevent accidents.
* Complete safety walks across all sites to remove hazards, outline changes and verify alignment with safety procedures; develop risk assessments that rectify issues and address concerns.

Irish Defence Forces

**3\* Private** (01/2012 – 09/2022)

With more than 10 years of service with the Defence Forces, performed multiple duties within Custume barracks to include operations, payroll, administration and food provisioning.

* Oversaw the inspection and storage of food produce in accordance to HACCP guidelines; held full accountability for the issuing and recording of stock within the barracks.
* Inspected the integrity of weapons before and after use in order to identify faults and relay issues to the armourer for investigation, maximising user safety.
* Completed in-depth risk assessments of fire ranges to embed protocols that protect individuals and effectively warn the general public, managing expectations.
* Continuously engaged with communication units to coordinate evacuation procedures, particularly from dangerous situations to avoid further injury.
* Completed a tour of duty in Lebanon (2017) as part of a UN peace-keeping mission; performed routine security patrols, engaged with Lebanese armed forces and monitored border relations.

Kenny’s Construction & G Form Construction

**Trainee Carpenter** (01/2018 – 09/2019)

Deciding to take a career break and to travel to Australia and Canada, accepted a position as a Trainee Carpenter in both countries; improved knowledge in interpreting plans and enforcing safety policies.

* Supported the completion of the new rapid transit station and the M4 underground motorway in Sydney; gained experience in carpentry tools, equipment and materials, as well as formwork techniques.
* Contributed to the construction of low-rise park aids and apartment complexes in Canada; installed various building structures, walls and stairs in accordance to blueprints.
* Acted as safety representative at Kenny’s Construction to pin-point any issues, conducted weekly site walks, approved permits and verified equipment integrity.

# Education & Training

Bachelor of Science, Environmental Health and Safety Management (1:1) | 2022

Technological University of the Shannon (TUS) (formerly Athlone IT)

***Modules:*** *Environmental Pollution, Occupational Health and Safety, Risk Management*

Professional Development

* First Aid Responder (CPR / AED / First Aid) (2022) | Aramark
* National Irish Safety Organisation (NISO) Certificate, Occupational Health and Safety (2019)
* HACCP Level 1