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# Profile:

Innovative and inventive problem solver, experienced supervisor and manager, with motivational communication, training and planning skills.

Excellent PC skills, Long time H&S advocate, with wide experience in SSOW, RA, and safety policy/culture development and application.

Experienced and effective trainer

# Education: 3rd Level

Cenit College: Data Science

College of Commerce Rathmines: Supervisory Management Drimnagh Castle CBS.: Leaving Certificate

***Courses/ Licenses:***

IGC NEBOSH Passed International General Certificate Occupational Safety and Health (Dec 2020)

Instructor (QQI level 6): Manual Handling (July 2021)

Dangerous Goods Handling (January 2020)

NISO DSE / VDU Assessor (June 2022)

RTITB Registered Instructor: VNA Man up Truck, Counter Balance Forklift, Reach Truck, Power Pallet truck, (August 2021)

Instructor MEWP (Mobile Elevated Work Platform) Licences Boom and Scissor lift (out of operator certification)

Trainer: Emergency Spill Responder (Jan 2019)

Chemical Awareness (Jan 2020)

Load securing (Mar 2019)

Internal Racking Inspection

IRCA ISO 45001 Internal Auditor (May 2020)

Train the Trainer DHL 1998

Train the Trainer PRL 2023

Health and Safety Representative (QQI level5) (April 2020)

First Aid (July 2020)

Fire Warden (June 2022)

ECDL

OHSAS 18001 (Organisational Health and Safety) (2001)

Carpet Cleaning and Rug Restoration IICRC California (2005)

Mould remediation and flood remediation IICRC California (2005)

***Current Courses***

NEBOSH Environmental Certificate

***Upcoming education plans:***

International Diploma NEBOSH (Expected to commence Q1 2023)

Dangerous Goods Safety Advisor (expected to commence Q2 2023)

NEBOSH National Diploma in Environmental Management (Expected to Commence Q4 2023)

Certificate in Quality Management (unplanned ATT)

ISO 9001 Auditor (Internal) (Unplanned ATT)

# Work Experience:

***December 2021 to date:***

*Environmental Health & Safety Officer covering 10 sites located in PRL Group*

*Dublin, Cork and Kilkenny*

*General Duties:*

* Site walks
* EHS Audits
* Safety training
* Legislative advice
* BBS development
* Manage Safety Committee, Site Safety Forums, Safety Council.
* Accident, Near Miss, Unsafe Act Investigations
* Carry out Risk Assessments
* SOP / MS origination, and revision
* Assist in Quality Function
* Extrapolate and analyse incident data monthly to track safety performance (Distributed to SMT and line managers)
* Report Accidents to HSA
* Deal with HSA Inspections and Response to inspections
* Conduct safety briefings (Tool Box Talks) to staff (General briefings and Specific Safety Issue briefings)
* Advise SMT on new initiatives, new ISO standards (ISO 45003)
* Schedule and deliver safety training (Chemical Awareness, Haz Mat Spill Containment and Clean up, Manual Handling, Fire safety, etc.,)
* Research and integrate upgrades to safety systems (digital reporting, AI integration to safety monitoring etc.,)
* Develop training videos
* Promote and maintain a highly visible Health & Safety department presence throughout the business
* Devise and distribute H&S Inductions for Staff, Contractors, Visitors
* Advise on dangerous goods issues
* Maintain stocks of first aid materials, covid-19 disinfection materials, Spill clean-up materials.
* Assist with the environmental function
* Prepare EHS Audit reports for SLT
* Assist with Tender Preparation (H&S and Quality related questions are referred to me)
* Assist with Preparations for Certification Audits (ISO 9001, 14001, 45001, Trucksafe, AEO)
* Assist with preparation for Customer Audits (H&S Aspects)
* Prepare business cases for CapEx QSHE budget items
* Assist in preparation of QSHE budget
* Prepare NISO safety Awards submission
* Oversee control of contractors / PTW process

***September 2019 to December 2021:***

*EHSO Dachser Ireland (4 locations)*

*(Upper tier COMAH site Rathcoole, Lower tier COMAH site Little Island Cork, general transport / storage in Limerick and Kill)*

General Duties:

* Site walks
* Audits
* Safety training
* Legislative advice
* BBS development
* Manage Safety Committee
* Accident, Near Miss, Unsafe Act Investigations
* Carry out Risk Assessments
* Carry out chemical pumping site assessments
* SOP / MS origination, and revision
* Safety Support Procedures origination
* Assist in Quality Function
* Extrapolate and analyse incident data monthly to track safety performance (Distributed to SMT and line managers)
* Edit and Publish in house safety newsletter for Ireland
* Conduct safety briefings to staff (Shift briefings and Specific Safety Issue briefings)
* Advise SMT on new initiatives, new ISO standards (ISO 45003)
* Schedule safety equipment service
* Schedule and deliver safety training (Chemical Awareness, Haz Mat Spill Containment and Clean up, Manual Handling, Fire safety, etc.,)
* Research and integrate upgrades to safety systems
* Develop training videos
* Promote and maintain a highly visible Health & Safety department presence throughout the business
* Induct and assess certification on new employees and agency staff
* Advise on dangerous goods issues
* Maintain stocks of first aid materials, covid-19 disinfection materials, Spill clean up materials.
* Assist with the environmental function
* Conduct EHS Audits

# Mar2018- September 2019

Warehouse Operative *Dachser*

General warehouse duties,

* Order Picking
* Loading / Unloading Trucks
* Receiving Goods In
* Placing Stock in Rack Locations and Recording same on the WMS
* Housekeeping warehouse to ensure clean area at all times.
* Dealing with Customer Collections
* Operating VNA Man up, C/B and Reach fork lift trucks
* Serving member of the WSC

**May 2013 - Oct 2016:** *MITIE Facility Management*

Hygiene Operations Supervisor at the Green Isle Foods site in Naas.

* Maintain Plant to strict cleanliness standards.
* Staff Training : notably safe chemical handling, and lock out tag out system while cleaning High Voltage mechanical equipment.
* Ensure Safety trainings were delivered
* Maintain a “Signed Off” record of scheduled cleaning completions.
* Staff rostering
* Plan “Periodic” cleanings with Site Technical Manager.
* Prepare Risk Assessments and SSOW’s for unscheduled items.
* Maintaining Site Cleaning Records for “Periodic” cleanings.
* Remediate non compliances following audits.

**May2013 – Nov 2014**

Site Cleaning Supervisor: Kerry Ingredients Site Naas *MITIE Facilities Management*

Site Cleaning Supervisor.: Marks and Spencer Site Newbridge *Grosvenor Cleaning Services (Concurrently)*

* Staff Training and Records
* Maintain a “Signed Off” record of scheduled cleaning completions.
* Staff rostering
* Plan “Periodic” cleanings with Site Technical Manager.
* Maintaining Site Cleaning Records for “Periodic” cleanings.
* Remediate non compliances following audits.
* Recruit Staff
* Maintain Record of site hours worked for payroll.
* Order Consumables ]
* Ensure labour budget was not exceeded.

**Apr 2012 - May 2013:** *Grosvenor Cleaning Services*

General Cleaning operative at Debenhams Site, Newbridge,

* Maintain store cleanliness to specified standard

**Feb 2009-Dec 2011:** *Freelance Carpet Cleaning Technician*

Sub contactor to various Owner Operators in the Bay area in California.

* Service client accounts with required Carpet /Upholstery/ Mattress cleaning.
* Ensuring Client satisfaction with results obtained.
* Upselling services where applicable.
* Collecting payment from clients.
* Advising clients on best methods/ repairs in relation to damaged fabrics/carpets.
* Generating new enquiries / customers.
* Generating positive Yelp reviews.

**July 2005 – Jan 2009 :** *Property Maintenance Contractor*

Sub contractor to various Property Management Companies in the Merseyside area in the UK.

This involved painting, decorating, plumbing and carpentry, improvements, renovations, carpet cleaning, and repairs to rented properties.

* Specify works needed.
* Specify budget for works.
* Schedule and Complete works within timeframe agreed.
* Provide emergency call out service for PMCs where properties suffered “catastrophic damage” ie: Water damage, Criminal damage, building fabric failure etc.

It was also in my brief to source and employ subbies to complete works requiring certification and to record these details for my clients.

**Jan 2000 -July 2005:** *Intercity Nationwide Delivery*

Warehouse Manager:

* Managing the evening outbound freight process.
* Ensuring all material was dispatched to the correct depot for next day delivery.
* Ensuring Vehicles were correctly and safely loaded.
* Scheduling extra load capacity where volumes spiked.
* Devise design and implement safe systems of work
* Conduct risk Assessments and Confirm safe work practices were observed at all times.
* Devise design and implement efficient means of handling increasing volumes,
* Liaising with other depots.
* Recruitment, Training and record keeping,
* Staff Discipline.
* Inspiring staff to perform at peak levels.
* Assure KPI’s were met or exceeded
* Payroll, Customer Liaison/ Service,
* Dealing with any client issues regarding freight shipment methods.
* Confining transport budgets to within economic parameters.

***IT SKILLS***

* Excel
* Word
* Powerpoint
* Teams
* Zoom
* Webex
* Video editing
* Performance upgrades on IT equipment

# Hobbies / Interests

Accomplished DIY enthusiast with wide experience in carpentry, plumbing, painting, decorating, appliance repair, tiling and various other disciplines.

I am an avid Cook, regularly trying new ideas in the kitchen and entertaining friends.

Completed projects include making several electric guitars, and designing and building various Furniture pieces, and restoring a Land Rover.

Current Project Car is a 2005 X Type Jaguar