



Muhammad Arief Catur Prakoso



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Pasir Jaya, Kec Sekampung Udik, Kab
Lampung Timur, Lampung
34385

PENDIDIKAN

Sept. 2013 - **Universitas Muhammadiyah Yogyakarta**
Jan. 2018 Sarjana Teknik Mesin - GPA 3.44 / 4.00

PENGALAMAN

2014 - 2016 **Asisten Laboratorium**
Prodi Teknik Mesin, Fakultas Teknik, UMY,
Bantul-DI. Yogyakarta

Aug - Sep 2015 **Internship Maintenance Staff**
PT Indonesia Power Unit Pembangkit Listrik Mrica

Aug 2019 **Safety Officer**
PT Jaya Protect

Sept 2019 - **Safety Officer**
Jan 2020 PT Panca Jiwa Manunggal

Jan - Mei 2020 **Site Engineer**
PT Indocahya Wira Nusantara

PELATIHAN

21 Jan - 2 Feb **Ahli K3 Umum**
2019 **QHSE ISO 14001, 9001, dan 45001**
PT Environesia Global Saraya

4-5 Mar 2017 **International Project Manager Training**
American Academy of Project Management

10-19 Aug 2015 **Disaster Management Summer School**
Faculty of Engineering

ORGANISASI & KEPANITIAAN

2014 **Staff Kesekretariatan - Mataf Fakultas Teknik**

2014 **Ketua Divisi Kesekretariatan - Makrab Himpunan
Mahasiswa Mesin**

2015 **Staff Kesekretariatan - Mataf Fakultas Teknik**

2015 **Ketua Umum - Seminar Nasional Hari Hiv/Aids Sedunia**

2015 - 2016 **Staff Kementerian Kesehatan & Pengabdian Masyarakat-
BEM Universitas Muhammadiyah Yogyakarta**

2015 - 2016 **Staff Keorganisasian- Himpunan Mahasiswa Mesin**

2016 **Ketua Divisi Acara - Semarak Teknik Ke-35**

PROFIL

Lulusan teknik mesin yang memiliki
minat pada hal-hal baru. Memperoleh
predikat staff terbaik BEM masa bakti
2015-2016..

PERSONAL DETAILS

Tempat Tanggal Lahir
Sidorejo, 8 February 1994

Status
Single

Suku
Jawa

SKILL

- **Bahasa**
 - Indonesia
 - Inggris
- **Komputer**
 - MS Office, SolidWork
- **Kepribadian**
 - Pekerja keras, antusias, kreatif, dan mampu bekerja dibawah tekanan.



KEMENTERIAN KETENAGAKERJAAN R.I.
MINISTRY OF MANPOWER OF THE REPUBLIC OF INDONESIA
DIREKTORAT JENDERAL PEMBINAAN PENGAWASAN KETENAGAKERJAAN DAN KESELAMATAN DAN KESEHATAN KERJA
DIRECTORATE GENERAL OF LABOUR INSPECTION DEVELOPMENT AND OCCUPATIONAL SAFETY AND HEALTH

Sertifikat

Certificate

diberikan kepada :
awarded to :

Nama : **Muhammad Arief Catur Prakoso**
Name

Tempat, tanggal lahir : **Sidorejo, 08 Februari 1994**
Place and date of birth

TELAH MENGIKUTI
has successfully followed

PEMBINAAN PENGAWASAN NORMA KESELAMATAN DAN KESEHATAN KERJA
The Supervision Development of Occupational Safety and Health Norms

diselenggarakan oleh
conducted by

PT Environesia Global Saraya
di Hotel Ininside by Melia, Yogyakarta
in Ininside Hotel by Melia, Yogyakarta
pada tanggal **21 Januari - 02 Februari 2019**
on January 21 until February 02, 2019

Pemegang Sertifikat ini memenuhi persyaratan sebagai
The holder of this certificate has fulfilled the requirements as

Calon Ahli Keselamatan dan Kesehatan Kerja
Occupational Safety and Health Expert Candidate

sesuai Peraturan Menteri Tenaga Kerja R.I. Nomor Per. 02/Men/1992 tentang Tata Cara Penunjukan, Kewajiban dan Wewenang Ahli Keselamatan dan Kesehatan Kerja.
according to the Regulation of the Minister of Manpower of the Republic of Indonesia Number: Per.02/Men/1992 concerning the Procedures of Appointment, Obligations and Authority of Occupational Safety and Health Expert



Jakarta, 22 Februari 2019
Jakarta, February 22, 2019

A.n. Direktur Jenderal
Pembinaan Pengawasan Ketenagakerjaan dan K3
On behalf of Director General of Labour Inspection Development and Occupational Safety and Health

Direktur Pengawasan Norma Keselamatan dan Kesehatan Kerja
Director of Occupational Safety and Health Norm Supervision

Drs. Herman Prakoso Hidayat, MM
NIP. 19590412 198603 1 001

MATERI PEMBINAAN
CALON AHLI KESELAMATAN DAN KESEHATAN KERJA (AK3) UMUM
THE CURRICULUM TRAINING OF OCCUPATIONAL SAFETY AND HEALTH (OSH) EXPERT

1. Undang-undang Nomor 1 Tahun 1970
Act Number 1 of the 1970 Concerning Occupational Safety
2. Kebijakan Keselamatan dan Kesehatan Kerja
Occupational Safety and Health National Policy
3. Dasar-dasar Keselamatan dan Kesehatan Kerja
The Principles of Occupational Safety and Health
4. Panitia Pembina Keselamatan dan Kesehatan Kerja
Occupational Safety and Health Committee
5. Pengawasan Kesehatan Kerja
Occupational Health Inspection
6. Pengawasan Lingkungan Kerja
Working Environment Inspection
7. Pengawasan Keselamatan dan Kesehatan Kerja Penanggulangan Kebakaran
Fire Prevention Occupational Safety and Health Inspection
8. Pengawasan Keselamatan dan Kesehatan Kerja Instalasi Listrik
Electric Installation Occupational Safety and Health Inspection
9. Pengawasan Keselamatan dan Kesehatan Kerja Konstruksi Bangunan
Occupational Safety and Health on Building Construction Inspection
10. Pengawasan Keselamatan dan Kesehatan Kerja Mekanik
Mechanical Occupational Safety and Health Inspection
11. Pengawasan Keselamatan dan Kesehatan Kerja Pesawat Uap
Boiler Occupational Safety and Health Inspection
12. Pengawasan Keselamatan dan Kesehatan Kerja Bejana Tekan
Pressure Vessel Occupational Safety and Health Inspection
13. Sistem Manajemen Keselamatan dan Kesehatan Kerja (SMK3)
Occupational Safety and Health Management System
14. Audit Sistem Manajemen Keselamatan dan Kesehatan Kerja
Audit of Occupational Safety and Health Management System
15. Manajemen Resiko
Risk Management
16. Analisa Kecelakaan
Accident Analysis
17. Laporan Statistik Kecelakaan
Report of Accident Statistic
18. Praktek Kerja Lapangan
On The Job Training
19. Seminar
Seminar
20. Evaluasi
Evaluation

QHSE

Awareness Training

This is to certifies that
sertifikat ini menyatakan bahwa

Muhammad Arief Catur Prakoso

Has been successfully completed a course in QHSE Awareness Training on
ISO 9001:2015 – Quality Management Systems

telah berhasil menyelesaikan pelatihan pengenalan QHSE
Sistem Manajemen Mutu - ISO 9001:2015

Held on January 27th 2019 at Innside by Melia Hotel Yogyakarta, Indonesia
telah dilaksanakan pada 27 Januari 2019 di Innside by Melia Hotel Yogyakarta, Indonesia

Certificate Number : 840/IMS-02/EGS-A/I/2019
nomor sertifikat : 840/IMS-02/EGS-A/I/2019




SAPRIAN, S.T., M.Sc.
DIRECTOR


SUDIRMAN, A.Md.
ENVIRONESIA ACADEMY'S MANAGER

HSE Awareness Training

This is to certifies that
sertifikat ini menyatakan bahwa

Muhammad Arief Catur Prakoso

*Has been successfully completed a course in QHSE Awareness Training on
ISO 14001:2015 - Environmental Management System*

*telah berhasil menyelesaikan pelatihan pengenalan QHSE
Sistem Manajemen Lingkungan - ISO 14001:2015*

Held on January 27th 2019 at Ininside by Melia Hotel Yogyakarta, Indonesia
telah dilaksanakan pada 27 Januari 2019 di Ininside by Melia Hotel Yogyakarta, Indonesia

Certificate Number : 840/IMS-02/EGS-A/I/2019

nomor sertifikat : 840/IMS-02/EGS-A/I/2019

**ISO**
14001:2015


**SAPRIAN, S.T., M.Sc.**
DIRECTOR


SUDIRMAN, A.M.
ENVIRONESIA ACADEMY'S MANAGER

QHSE

Awareness Training

This is to certifies that
sertifikat ini menyatakan bahwa

Muhammad Arief Catur Prakoso

Has been successfully completed a course in QHSE Awareness Training on
ISO 45001:2018 – Occupational Health and Safety Management
telah berhasil menyelesaikan pelatihan pengenalan QHSE
Sistem Manajemen Kesehatan dan Keselamatan Kerja – ISO 45001:2018

Held on Januari 27th 2019 at Innside by Melia Hotel Yogyakarta, Indonesia
telah dilaksanakan pada 27 Januari 2019 di Innside by Melia Hotel Yogyakarta, Indonesia

Certificate Number : 840/IMS-02/EGS-A/2019
nomor sertifikat : 840/IMS-02/EGS-A/2019




SUDIRMAN, A.Md.
ENVIRONESIA ACADEMY'S MANAGER

