

TERESIA GAPIN



PROFILE

Personable, fast learner and high self-motivated with a good time management skill. I am very keen to learn something new and ready to take challenges to carry out each task given. I am a fresh graduate with academic background in Environmental and Occupational Health. I am seeking my first job with my certificate and wide general skills. I have a good leadership quality as well as good in documentation. I believe I can work under pressure and will be fully committed to the job.





24 years old



Malaysian



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P.O BOX 681, 89208 Tuaran Sabah, Malaysia

A HIGHLIGHT OF SKILLS

TEAM WORK

TIME MANAGEMENT

LEADERSHIP

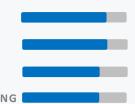
PRESSURE HANDLING

MS OFFICE

DOCUMENTATION

REPORT WRITING

PLANNING & ORGANIZING







EDUCATION

2012 – 2016

University of Science Malaysia (USM)

2011 - 2012

Labuan Matriculation College (KML)

2005 - 2010

SMK Tamparuli, Sabah

Bachelor of Health Science (Honours) (Environmental And Occupational Health)

CGPA: 3.02

Matriculation Level

CGPA: 3.35

Sijil Pelajaran Malaysia (SPM)



EXPERIENCE BACKGROUND

JUL2015-OCT2015

NKA Energy Ventures Sdn Bhd, Miri Sarawak

Company: Oil and Gas industry

Position: HSE & ISO Trainee (INTERNSHIP) Duties:

- Assisted in completion of punch list report
- Conduct a risk assessment and vesselinspection
- Conduct HSE trainings and familiarization to employees
- Maintained and tracked training files, certifications and licenses
- Reviewed accident reports and gathered information to further employees safety initiatives
- Reviewed and maintained HSE documentation
- Participated in incident investigations and root cause analysis
- Placed safety signs and posters on board

SEP2012-JUN2016

University of Science Malaysia (USM)

Other Related Projects:

- Fecal Coliform and Escherichia Coli in Wastewater and Tap Water
- Hygiene and Noise Monitoring at Bernas Rice Mill in Tumpat, Kelantan
- Walkthrough Survey Assessment at Incineration Plant in Pulau Langkawi, Kedah
- Walkthrough Survey Assessment at Ampang Jajar Solid Waste Transfer Station and Pulau Burung Sanitary Landfill in Penang

Final Year Project: Parent Metallic Chemical Element Concentrations: A Detailed Study On Soil Content From Paddy Cultivation Areas In Kota Bharu, Kelantan



REFERENCES

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MALAY

ENGLISH