



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.

PERSONAL DETAILS

- 24 years old
- Malaysian
- +60 11 2935 8041
- teresiagapin13@gmail.com
- P.O BOX 681, 89208 Tuaran Sabah, Malaysia

HIGHLIGHT OF SKILLS

TEAM WORK	<div><div></div></div>
TIME MANAGEMENT	<div><div></div></div>
LEADERSHIP	<div><div></div></div>
PRESSURE HANDLING	<div><div></div></div>
MS OFFICE	<div><div></div></div>
DOCUMENTATION	<div><div></div></div>
REPORT WRITING	<div><div></div></div>
PLANNING & ORGANIZING	<div><div></div></div>

EXPECTED SALARY

RM 1,800 – RM 2,300



EDUCATION

- 2012 – 2016**
University of Science Malaysia (USM)
Bachelor of Health Science (Honours) (Environmental And Occupational Health)
CGPA: 3.02
- 2011 – 2012**
Labuan Matriculation College (KML)
Matriculation Level
CGPA: 3.35
- 2005 – 2010**
SMK Tamparuli, Sabah
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 vessel inspection
- 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

DR. NURULILYANA SANSUDDIN
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USM Lecturer

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LANGUAGES

MALAY

ENGLISH