






# NORSHAFIQAH BINTI OMAR




## BACHELOR (HONS) OCCUPATIONAL SAFETY AND HEALTH

PERSONAL INFORMATION	PERMANENT ADDRESS	
NRIC : 920929-12-5710	NO 3768 TAMAN RIA 2, JALAN UTARA BARU, 91000 TAWAU SABAH.	
NATIONALITY : MALAYSIA		
CONTACT DETAILS	<div>  <b>AVAILABILITY</b> : Notice 2 Weeks </div> <div>  <b>EXPECTED SALARY</b> : RM1600 </div>	
<div>  <b>MOBILE</b> : 012-9451879 </div> <div>  <b>EMAIL</b> : shafiqahomar@yahoo.com </div>		

### CAREER OBJECTIVES

Seeking a challenging career with a progressive organization that provides an opportunity to capitalize my technical skills & abilities in the field of safety and health.

### EDUCATIONAL BACKGROUND

	Universiti Malaysia Pahang (2011 - 2016) <ul style="list-style-type: none"> <li>Bachelor of Occupational Safety and Health (OSH) with Hons</li> <li>CGPA: 3.01 / 4.00</li> </ul>
	Kolej Matrikulasi Labuan (2010 - 2011) <ul style="list-style-type: none"> <li>Science Physical</li> <li>CGPA: 2.43 / 4.00</li> </ul>
	Sekolah Menengah Kebangsaan Kuhara Tawau, Sabah (2005 - 2009) <ul style="list-style-type: none"> <li>SPM: 5B 3C 1D</li> <li>PMR: 3A 4B 1C</li> </ul>

### INDUSTRIAL EXPOSURE

### SKILLS & STRENGTHS

**Company: National Institute of Occupational Safety and Health (NIOSH) Sandakan Branch**

**Position: Industrial Trainee (September 2015 - February 2016)**

- Develop documentation for Emergency Response Plan (ERP) and also Hazard Identification, Risk Assessment and Risk Control (HIRARC)
- Research and Development (R&D) on the topic of the risk of exposure of herbicide 2,4-D and parquet among palm oil workers through the dermal exposure.
- Participate in the OSH IN SCHOOL that organized by NIOSH at MRSM Tun Mohammad Fuad Stephens Sandakan.

#### COMPUTER SKILLS:

Microsoft Office (Word, Power Point, Excel, Publisher), Internet Research

#### INSTRUMENTATION SKILLS:

Wet Bulb Globe Temperature (WBGT)  
Air Sampling Pump  
Personal Heat Stress  
Dosimeter

#### LANGUAGE PROFICIENCY:

Malay Well written and spoken  
English Fair written and spoken  
Mandarin Beginner

### FIELDWORK & LAB EXPOSURE

Site Visit to the Nak Palm Oil Mill at Sandakan (2015)

Visited National Institute Occupational Safety and Health (NIOSH) at Bangi, Selangor (2013)

Visited Waste Disposal at Jabor (2013)

Visited Kualiti Alam Sdn Bhd at Negeri Sembilan (2012)

#### STRENGTHS:

- Willing to learn new things
- Fast learner and highly adaptable to new environment
- Good teamwork skills
- Hardworking and responsibility doing given tasks
- Desire to upgrade knowledge & skills

## EXTRA CO-CURRICULAR ACTIVITIES

YEARS	ACTIVITIES / PROGRAM	POSITION
2015	'OSH IN SCHOOL' at MRS Tun Mohammad Fuad Stephens Sandakan.	SECRETARIAT
2014	Festival Bayu Kenyalang (FBK)	EXCO MULTIMEDIA
2013	OSH Mock Trial 'Pyrethrum'	EXCO F&B
	Industrial Visit of Waste Disposal at Jabor	MEMBER
	Industrial Visit at National Institute of Occupational Safety and Health (NIOSH) at Bangi, Selangor	MEMBER
	Community Services in Teruntum Zoo, Pahang	MEMBER
2012	Seminar of Developing and Sustaining Safety Culture in Malaysia 2 (DSSCM 2)	EXCO F&B

## PROFESSIONAL MEMBERSHIP

1	Construction Industry Development Board (CIDB)
2	Malaysian Industrial Hygiene Association (MIHA)

## REFERENCES

### INDUSTRIAL SUPERVISOR

#### **MOHD AMIN B. ADRAH**

Head Office NIOSH Sandakan Branch

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### PERSONAL ACADEMIC ADVISOR

#### **AFIZA BINTI ABDULLAH SUHAIMI**

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