



# OCCUPATIONAL HEALTH AND SAFETY

## A BRIEF INTRODUCTION



Well Researched Content

## About Mr. Shahid



### Graduate in Education and Safety

Mr. Mohammad Shahid, a distinguished professional with an impressive 23 years of experience in the realm of Health and Safety. His expertise has earned him multiple awards and accolades, and he has been recognized in esteemed publications like Industry-outlook and CEO Insight.

Mr. Shahid's contributions to safety innovation in various projects and organizations have been invaluable, and his efforts have garnered him numerous awards and recognitions. Notably, he has pioneered groundbreaking ideas in R3 concepts for construction waste management and played a key role in elevating the Pacific Institute to become one of India's top 10 safety institutions.

As a prominent member of the National Safety Council, Society of Safety Professionals (SOSP), IOSH, and IIRSM, Mr. Shahid has served as a distinguished jury member in assessing and awarding top contributors in the field of Electrical Power Generation Safety among major companies.

Currently serving as the Director of Safety at the esteemed PISH Foundation, Mr. Shahid efficiently manages four safety institutions. His responsibilities encompass a wide array of tasks, including safety training, project planning, industry safety, consultancy, and providing comprehensive safety guidance.

With a rich background in planning, managing, and executing safety measures in high-rise industrial and civil constructions, airport and metro projects, and offshore ventures across multiple countries, including UAE, Qatar, Mauritania, Saudi Arabia, and India, Mr. Shahid's expertise knows no bounds.

He has been an integral part of several renowned projects, including Palm Jumeira, Dubai, DMCC-Dubai Metal and Commodities Center, Al Maktoum Airport, Dubai, New Doha International Airport, Riyadh Metro, Tasiast-Kinross Gold Mining-Infrastructure Project, Mauritania, and Haramain (Mecca and Masjid-e-Nabwi) Expansion, serving in various pivotal capacities such as Chief Safety Officer, HSE Manager, and Director of Safety.

Mr. Shahid's influence extends beyond his professional endeavors, as he is also an accomplished author, having penned educational and research-based books covering a wide range of safety topics. Some of his notable works include "Health and Safety for Beginners," "Safety Culture – Issues and Solutions," "Cement – A Silent Killer," "The Top Safety Hazards and Controls," "The Top 10 No Tolerance – Safety Critical," "Major Occupational Health and Safety Issues – An Introduction," and "Risk Assessment – The Preliminary to Work Safety."

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