

# John Richard Castillo

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## PROFILE SUMMARY

*A certified HSE Officer with 3 years experience with a Dedicated Health, Safety, and Environment (HSE) officer with a proven track record of enhancing workplace safety, compliance, and environmental stewardship. Offering several years of experience in developing and implementing comprehensive HSE programs*

## PROFESSIONAL SKILLS

Microsoft Office (Word, Excel, PowerPoint) Outlook	Strong Analytical Skills
First Aid	Patient Care Skills
Communication Skills	Documentation
Problem-Solving Abilities	Training and Development Expertise
Vital Signs Taking	
Deep Knowledge of Safety Regulations	

## PROFESSIONAL EXPERIENCES

### LEFEBVRE ENGINEERING FZC

Hamriyah Freezone, Phase 1, Sharjah, United Arab Emirates  
June 6, 2022 – Present

### HSE Officer

- Conducting risk assessment and enforcing preventative measures
- Advising and instructing on various safety-related topics (noise levels, use of machinery, etc.)
- Supporting the development of OHS policies and programs
- Initiate and organize OHS training of employees and executives
- Report immediately to the Site Manager any serious safety breaches that place workers in life-threatening situations
- Oversee installations, maintenance, disposal of substances, etc.
- Stop any unsafe acts or processes that seem dangerous or unhealthy
- Assist Construction Supervisors in delivering Pre-Task Briefings to the workforce on the control measures identified in risk assessments and the safe system of work to be adhered to
- Record and investigate incidents to determine causes and handle worker's compensation claims
- Prepare reports on occurrences and provide statistical information to upper management
- Strong ability to present and explain health and safety topics
- Check if all the employees are acting in adherence to rules and regulations
- Prepare educational seminars and webinars regularly
- Provide weekly input of H&S statistics and data to HSE Coordinator
- Ensuring that employees have proper safety training and are aware of hazards in their work environment
- Conduct daily TBT for all employees
- Give safety induction to new workers, visitors, and sub-contractors.

## PROJECT EXECUTED

Client: Lamprell Energy Limited  
Project: Moray West-Offshore Windfarm  
Title: Fabrication and Supply of TP Cover  
Period: August 8, 2023 – February 28, 2024  
Position: Project HSES Coordinator

**LEFEBVRE ENGINEERING FZC****Security**

Hamriyah Freezone, Phase 1, Sharjah, United Arab Emirates

June 1, 2017 – September 10, 2021

- Check and Monitor Workers coming In and Out of the company.
- Record Visitors and Deliveries coming into the company.
- Authorize entrance of people and vehicles.
- Patrol designated property to monitor and prevent intrusion, damage, hazards, and breaches of security.
- Protect properties from theft, damage and accidents
- Assist the company Safety Officer in maintaining the company safety policy.

**MERCURY DRUG CORPORATION****Pharmacy Assistant**

Fuente Osmeña, Cebu City, Philippines

January 07, 2014 – January 31, 2017

- Label medication, which can be in bottles, tablets, or other formats
- Operate the cash register and manage payments
- Provide medicines on prescription
- Manage the inventory by restocking shelves
- Enter data relating to medicine on computerized systems
- Answering all incoming telephone calls in a professional manner
- Accurately typing and printing out prescription labels
- Ensuring that work areas are organized and clean
- Taking inventory of all medication and pharmaceutical supplies
- Processing sales transactions for medications and other pharmaceutical supplies
- Assist in dispensing medications under the supervision of a pharmacist
- Provide excellent customer service, answering inquiries and assisting customers
- Use and maintain pharmacy equipment and technology
- Handle cash transactions and operate the cash register

**CABADBARAN EMERGENCY HOSPITAL****Nursing Aid**

Cabadbaran, Agusan Del Norte, Philippines

June 01, 2012 – December 10, 2012

- Turn, reposition, and move patients between wheelchairs, seats, and beds
- Help patients with personal hygiene and care such as bathing, grooming, and dressing, and bowel and bladder care
- Measure vital signs like blood pressure and temperature
- Provide patients comfort by utilizing resources and materials, transporting patients, answering patient's call lights and request
- Serve meals, and help patients eat their food
- Help patients clean, use the bathroom
- Help patients with mobility problems to move around
- Treat all patients, family, and other visitors with respect, and tactfully engage with them at all times
- Comply with all safety and health regulations
- Observe and record patients' conditions, food and liquid intake, and other behavior, and report changes to the supervisor
- Set up medical equipment and assist with some medical procedures

**EDUCATION**

Year Graduated: 2012  
Butuan City, Philippines

Year Graduated: 2007  
Agusan Del Norte, Philippines

## CERTIFICATES / TRAINING

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**IOSH Completion Certificate – UK**  
**IOSH Managing Safety Training**  
**Basic OSH Incident Investigation**  
**Fire Safety Prevention Awareness Training**  
**General Health and Safety Training**

**NEBOSH International General Certificate – UK**  
**NEBOSH International General Certificate – NBIZ**  
**Emergency Preparedness Training**  
**First Aid Training Exp May 2024**  
**World HSE Week 2022**

## LANGUAGES

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Filipino (fluent)

English (fluent)

## PERSONAL INFORMATION

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Date of Birth:	December 05, 1990
Place of Birth:	Cabadbaran City, Agusan Del Norte, Philippines
Gender:	Male
Marital status:	Married
Nationality:	Filipino
Age:	33

## REFERENCES

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Available upon request.