

**Curriculum Vitae**  
**STUART ADAM**  
**Grad IOSH, LCGI, DGSA, DipNEBOSH**

22 Green Lane, Houghton, Carlisle, CA3 0NT  
Telephone. Home: 01228 548467 Mobile: 07985708154  
E-mail: stuart@Adams-Safety-Solutions.co.uk

**PROFILE**

A versatile, self motivated, **Health & Safety Professional**, with proven experience in the management of Health & Safety, through the effective use of personnel and resources. An enthusiastic individual who is accustomed to working to deadlines, while achieving key targets through the effective organisation, motivation and development of people. A decisive team player, who leads by example and is both flexible and approachable with excellent communication skills.

**KEY SKILLS**

- Ability to manage, organise and work efficiently while under pressure, reacting effectively to changing priorities and workloads.
- Have a systematic approach to problem solving.
- Ensures that all Health and Safety and TQM aspects are complied with at all times throughout the work area and implementing any changes within the work force.
- Well organised, disciplined and self-motivated, instilling confidence in management and team members.

**CAREER HISTORY**

**Health & Safety Consultancy**

**Adam' Safety Solutions & Training LLP**

- Produce and implement safety policy
- Conduct safety inspections, audits, tool box talks and provide annual reports
- Provide advice and information on regulatory reform and changes
- Monitoring and review existing systems to ensure that they are compliant with current legislation
- Provide support and advice on safety cases for a variety of complex projects.
- Support for the development of HSEMS for a major Utility based Client
- Gap analysis, procedural development and implementation guidance for HSEMS

**2008 - 2010**

**Health & Safety Advisor/Trainer**

**Gen II Eng & Tech Training Ltd**

- Registered NEBOSH/IOSH/CCNSG trainer delivering National General Certificate in Construction and safety passport.
- Present and deliver a variety of bespoke construction courses to contractors working on Sellafield site in line with current operating procedures.
- Carry out inspections and audits
- Conduct accident investigation and provide written reports.
- Conduct Health & safety practitioner's duties in support of its current operations and liaise with Sellafield site personnel and safety departments

## Curriculum Vitae

2006 – 2008

Health & Safety Advisor/Trainer

System Group Ltd

### HM Forces

Royal Air Force

An exemplary 22 year career with the Royal Air Force, specialising in all aspects of engineering.

2000-2006

Engineering/Facility Manager

- Conduct and control major project work at various diverse locations worldwide.
- Liaise with Engineering Authorities and construction contractors with reference to safety and construction compliance.
- Advising customers with requirements and rectifying problems
- Organise and motivate a team of up to 30 personnel, ensuring through motivation, that all key targets were achieved to high standards, especially when under extreme pressure ensuring deadlines were achieved.
- Carried out all Risks Assessments, Method Statements Environmental Inspections, COSHH Assessments, Accident reporting and investigation throughout the organisation.

1984-2000 Mechanical Engineering Technician RAF

### Education & Training

IOSH	Managing Safety & Environmental Waste Management.
C&G	Motor Craft Studies
HNC	Mechanical and Production Engineering (Scotvec)
C&G	Diploma in Management & Leadership
NEBS	Management
CIEH	Professional trainer
NEBOSH	General Certificate in Occupational Health & Safety Level 3
NEBOSH	National Diploma in OSH Level 6
SQA	Dangerous Goods Safety Advisor (DGSA)

### Personal

DOB 07 Mar 1966

Full Clean Driving Licence (Including HGV)

### COURSE INSTRUCTION

#### Health & Safety

- NEBOSH General Certificate in Occupational Safety
- IOSH Working Safely
- IOSH Managing Safely
- CIEH level 3 Risk Assessment
- CIEH level 3 Health & Safety in the Workplace
- CIEH Principles of Manual Handling
- CIEH Principles of COSHH
- CIEH Conflict Resolution & Personal Safety
- CCNSG
- Accident investigation (to include human performance)
- Office Safety
- Safety Representatives for Managers and Supervisors

## **Curriculum Vitae**

### First Aid

- Emergency First Aid for the appointed person
- First Aid at Work

### Dangerous Goods

- ADR(Regulations applicable to Dangerous Goods) training for drivers including all classes of substances.
- ADR awareness for warehouse and storage personnel.
- IATA awareness for dispatch personnel.
- DGSA training for preparation for DGSA qualification.