

ONASOTE TIMILEHIN SUNDAY

Lagos, Nigeria

+234 8132314302

sonasote95@gmail.com

PERSONAL STATEMENT

A passionate Health, Safety and Environment officer with professional experience in Hazard identification and control, Emergency preparedness, Fire and life safety, employee engagement, waste management, Food safety and hygiene, Accident investigation and reporting, Compliance assurance, Fire detection and protection, First aid administration, Inspection and Audits. My objective is to be actively involved in a vibrant and challenging global work environment where I can contribute meaningfully to the overall goal of the organization and develop my professional career.

CORE SKILLS

- Basic Life Support
- First aid and CPR Administration
- Hazard Identification
- Risk Assessment
- Proficiency in the use of MS Office and Email Correspondence
- Fire and Life safety
- Leadership skills
- Excellent communication skill
- Proactive.

WORK EXPERIENCE

Health Safety and Environment Officer | Lagos Continental Hotel

Victoria Island, Lagos | Nov 2020 - Present

Key Responsibilities

- Conducts regular inspection of work environment for hazard identification and control.
- Conducts regular inspection of work areas to ensure that employees comply with the hotel's safety policies and procedures at all times.
- Provides safety and security briefing to guests, visitors and contractors.
- Spearhead fire and evacuation drills.
- Coordinate crisis response team before and during fire and evacuation drills
- Conducts in-house fire awareness and first aid trainings.
- Conducts periodic inspection of Fire extinguishers and cylinders to ensure they are in good condition,
- Maintain all safety documents and ensure they are updated as at when due.
- Ensures all firefighting system and fire panel control with all devices are standby and in good condition
- Ensures first aid boxes are stocked with necessary first aid materials.
- Prepare the hotel for external audits and inspections

- Liaising with Government agencies to ensure compliance/conformance to safety requirements.
- Receive reports and respond to safety complaints issued by any department.
- Investigate and report accidents that occur within the hotel.
- Oversee that contractors have the right equipment and permit to work (PTW) before commencing work.
- Ensures that all areas are clean and tidy by liaising with the housekeeping department.
- Stop any unsafe act or process that seems dangerous or unhealthy.
- Provides first aid treatment to injured staff, guests and contractors.

Microbiologist/Environmental Officer | Clean Environment Systems Ltd.

Ikeja, Lagos | Dec 2018 – Oct 2020

Key Responsibilities

- Conducted air quality assessment at various client's facilities.
- Oversaw the sampling of food, water, swab, and effluent samples in an aseptic manner from industries, hotels and facilities for physicochemical and microbial analysis.
- Carried out microbial analysis on food, water and raw material samples.
- Conducted various physicochemical analyses to check level chlorine, P^H, temperature, dissolved oxygen, water conductivity and total dissolved solids in water on site.
- Ensured that laboratory equipment are serviced when due.
- Led my team during kitchen inspections and hygiene check at various hotel kitchens.
- Maintained good relationship with current and prospective clients.

Laboratory Assistant (Intern) | Clean Environment Systems Ltd.

Ikeja, Lagos | May 2015 - May 2016

Key Responsibilities

- Assisted lab scientist in carrying out chemical analyses on water and food samples.
- Assisted Lab scientist in carrying out microbial analyses on water and food samples.
- Assist Lab scientist in collection of samples of food, water, waste water, legionella and swab from industries, hotels and various facilities for laboratory analyses.
- Performed other assigned duties

MEDICAL LAB TRAINEE | INLAND SPECIALIST HOSPITAL

Alapere, Lagos | JULY 2013 – OCT 2013

Key Responsibilities

- Learnt how to conduct various medical laboratory tests.
- Processed patient's result.
- Learnt phlebotomy
- Cleaned and sterilized various laboratory equipment.

- Registered patient's information into the lab log book.
- Assisted the Lab scientist
- Performed other assigned duties.

EDUCATION

- 2016 – 2018 Yaba College of Technology, Lagos
HND, Microbiology
- 2013 – 2015 Yaba College of Technology, Lagos
ND, Science Laboratory Technology
- 2006 – 2012 Comprehensive High school, Lagos.
Senior Secondary School Certificate (WASSCE)

PROFESSIONAL CERTIFICATIONS and TRAINING

- | | |
|-------------|--------------------------------------------------------------------------------------------------------------------------|
| 2022 | Leadership Development Programme
Lagos Continental Hotel |
| 2022 | Fire Training: Fixed Installation System in High Rise Buildings
Federal Fire Service Training School |
| 2022 | Leadership Assessment programme
Lagos Business School, Pan-Atlantic University |
| 2022 | Leadership Challenge - making extraordinary things happen
<i>P4PE Limited</i> |
| 2022 | NEBOSH IGC in Occupational Health and Safety
<i>NEBOSH, UK</i> |
| 2022 | First Aid Training
<i>Nigerian Red Cross</i> |
| 2022 | Leadership Assessment Programme
<i>Lagos Business School (LBS)</i> |
| 2022 | Leadership Challenge-making extraordinary things happen in an org.
<i>Institute of Professional Excellence</i> |
| 2022 | Health and Safety Standards
<i>Lobster ink</i> |
| 2022 | Hospitality Security Professional
<i>Lobster ink</i> |

2021	Fire and Evacuation Training <i>Federal Fire Service</i>
2021	First Aid Training for Lifeguards <i>Occupational Health and Safety Managers</i>
2021	Food Safety and Hygiene <i>Alison – Online learning</i>
2021	HACCP SYSTEM INTRODUCTION <i>Haccp Academy of Nigeria (HAN)</i>
2020	HSE LEVEL 3 (Award in Environment Awareness) <i>The United Kingdom SHE Organization</i>
2020	HSE LEVEL 2 (Risk Assessment Practical Application) <i>The United Kingdom SHE Organization</i>
2020	HSE LEVEL 1 (Award in Health and Safety at work) <i>The United Kingdom SHE Organization</i>
2020	Environmental Impact Assessment <i>Department of Petroleum Resources (DPR)</i>
2020	Basic First Aid/CPR <i>Novelle Center Professional Training Center, Nigeria</i>
