

John Mc Namara

Enthusiastic Environmental Health and Safety Officer - Westmeath,

Ireland

W: <http://www.worky.com/johnmcnamara>

I would see myself as a highly motivated, hard working, enthusiastic, honest, energetic and determined individual who likes to set targets and achieve goals. I would also see myself as a person who is easily approachable and a person who can communicate well with individuals.

Professional Experience

2006 - 2010 **Bord Na Mona - General Operative**

Bord Na Mona: I have worked in Bord Na Mona as a seasonal worker in the years 2006, 2007, 2009 and 2010. My duties included operating tractors and various types of machinery involved in the production of peat.

2009 - 2009 **Health and Safety Officer**

CorDil Construction: I worked in CorDil Construction, voluntarily, from August to September 2009. My role here consisted of carrying out induction training, Hazard Identification and Risk Assessment, designing Safe Systems of Work, updating Safety Statements and ensuring legislative compliance.

Key Skills construction

2008 - 2008 **Frank Harrington Ltd. - Health and Safety Officer/ Manager/ Leader/ Advisor**

Frank Harrington Ltd: (Concrete Manufacturing, Civil Engineering and Quarrying Industry): I worked here from June to September 2008 as part of college work placement. My roles here consisted of controlling, managing, monitoring, implementing and reviewing Occupational Safety and Health Performance through a Safety Management System. Some of my duties included, working with employees on a day to day basis, issuing and refreshing training (e.g. induction training, toolbox talks), Hazard Identification and Risk Assessment, designing Safe Systems of Work, Traffic Management, working with chemicals, designing emergency procedures, Accident investigation, etc.

Key Skills civil engineering, engineering

2006 - 2006 **Bagnall's Bar and Restaurant - Bar Person**

Bagnall's Bar and Restaurant Rochfortbridge: I worked here from January - May 2006 as a part time Bar Person.

2005 - 2005 **A1 Dry Lining - General Operative**

Builder/ Plaster/ Dry lining: I worked in the construction industry from June to September in 2005. My duties consisted of general labour; assisting with and carrying out metal studwork.

Key Skills builder, construction

2004 - 2004 **Leo Wright Window Systems - general Operative**

Leo Wright Window Systems: from June to September 2004, I worked in Leo Wright Window Systems, my duties here consisted of general labour, assembling, constructing and manufacturing aluminium windows and doors.

Education and Qualifications

2010 **Masters/PostGrad - Environmental Health and Safety Management**
Institute of Technology Sligo

2009 **Bachelor/Degree - Occupational Safety and Health**
Institute of Technology Sligo

Additional Information

Languages

Irish - Working knowlege

Interests

My main hobbies and interests would include playing Gaelic Football, Soccer, Golf, attending the gym and listening to music.

Memberships

I am currently a member of my local football and soccer clubs, St Marys Rochfortbridge and Rochfortbridge FC respectively. I am currently class representative and I am a member of the Student Union's Class Representatives Association

Awards

In relation to Health and Safety, I have carried out various Safety Statements, Method Statements and given advice on safety matters to local contractors and workplaces. I have completed Safe Pass; First Aid and Manual Handling Training. I was elected the class representative in 2006 and again in 2009. In sport, I have represented Westmeath at underage level and at minor level for Gaelic football. I have won various honours in both football and hurling with my club St. Mary's Rochfortbridge and have been involved in coaching schemes with underage players.
