

**VRISCHIKA P.
LISAMDITE, S.Tr.T.**

**Occupational Health and Safety Engineering
Shipbuilding Institute of Polytechnic Surabaya**



Banyuwangi, Indonesia



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SUMMARY

I graduated from the Shipbuilding Institute of Polytechnic Surabaya as an Occupational Health and Safety Engineering major who is able to perform enthusiastically and responsibly. I have experience in occupational health and safety (OHS), water and wastewater treatment plants, conservation, hygiene and sanitation, and regulation in industries. I am accustomed to executing activities with pressure and able to work with teams or individuals also adaptable in all challenging situations. I like to learn and develop new skills.

EDUCATION

- **Shipbuilding Institute of Polytechnic Surabaya (PPNS) | Mechanical Engineering Surabaya | (2018-2022)**

Majoring in Occupational Health and Safety Engineering (Thesis on fire risk assessment using the event tree analysis method)

GPA 3.51/4.00

SKILL & COMPETENCE

Hard Skills

- Microsoft Word
- Microsoft Excel
- Microsoft PowerPoint
- AutoCAD
- Adobe Photoshop
- Sony Vegas Pro

Soft Skills

- Curiosity
- Leadership
- Discipline
- Communicative
- Critical Thinking
- Fast Learning

CERTIFICATION

- **Certified “Calon Ahli K3 Umum” by Indonesia Ministry of Manpower
December 2022 | Surabaya, Indonesia**
- **Certified “Ahli K3” by BNSP
October 2022 | Surabaya, Indonesia**
- **Certified “Pelayanan P3K” by BNSP
June 2022 | Surabaya, Indonesia**
- **Online Training Awareness and Understanding Integrated Management System (IMS) ISO 9001:2015, ISO 14001:2015, ISO 45001:2018
January 2021 | Surabaya, Indonesia**

EXPERIENCES

Safety Officer (Geoscience Dept.) - PT Bumi Suksesindo

August 2023 – Now | Banyuwangi, Indonesia

- Tujuh Bukit Operation
- Tujuh Bukit Copper Project (Underground)
- Conduct commissioning test and fulfill regulation compliance on Drilling Rig unit (Diamond drilling and Reverse circulation) and Support unit (Crane truck, Forklift, Chainsaw, Core saw, Crusher, etc) then ensured all of them got periodic maintenance to be operated safely
- Ensure safety aspect fulfilled on work field, equipment and tools by doing Inspection in work area
- Monitor safety KPI for Geoscience Department
- Manage Geoscience and the contractor's SOP and safety document
- Monitor high risk activity by double check work permit verification and CRM
- Conduct annual system audit based on SMKP, Integrated ISO and Geoscience MDKA manual

General Affairs Officer (Project at PT. Petro Jordan Abadi) - Koperasi Jasa Pemuda Gangsar

October 2022 – August 2023 | Gresik, Indonesia

- Arranging logistics and preparing administrative arrangements for business related event and other activities (flights, hotels, meeting rooms, transportation, and related arrangements);
- Maintaining records of all logistics-related documents (invoices, receipts, other related documents) to be submitted to the Finance Officer;
- Maintaining the office by ensuring office working systems are all operating properly (printers, scanner, photocopier, internet connection, telephone, etc.) and dealing with issues as they arise in a timely manner;
- Taking care of facility management and maintenance, office supplies, relation to service providers, business and personal contacts, potential vendors and relations, and cleaning and housekeeping services;
- Procurement and inventory control of office stationery and pantry supplies;
- Maintaining and updating organizational databases and contact lists;
- Interfacing with internal employees regarding general affairs and administrative support functions;
- Create the design for all sorts of banners needed by all departments, x-banner, poster for company event, etc.

SHE Officer Internship (SHE Department) – PT. Petro Jordan Abadi

September 2021 – Desember 2021 | Gresik, Indonesia

- Create Job Safety Analysis (JSA) and Hazard Identification Risk Assessment & Determining Control (HIRADC) documents
- Assist the HSE Officer to planning, executing, reporting, and monitoring OHS
- Carried out safety patrols, safety talks, safety inductions and safety inspections
- Succeeded in creating a Zero Accident Report 2021 and PROPER Report 2021 at PT. Petro Jordan Abadi

EXTRA-CURRICULAR ACTIVITIES

- **Student Resources Development Staff - Himpunan Mahasiswa Teknik Keselamatan dan Kesehatan Kerja June 2019 – July 2021 | Surabaya, Indonesia**
- **Master of Ceremony in the Anniversary of K3 PPNS April 2019 | Surabaya, Indonesia**

REFERENCES

- **Moh. Wahyudi Hermanto, A.Md** – SHE Officer at Pamapersada Nusantara: wahyudihermanto91@gmail.com
- **Hasna Athiyya Yumna, S.Tr.T.** – SHE Site Leader at Kalimantan Prima Persada
- **Bagas Ari Eka Prasetya, S.Tr.T.** – Graduate OHS 2023 at PT. Thiess : bagas190998@gmail.com

