

ING. MICHAL TVRDOŇ

Certified Occupational Health and Safety Specialist,
HSE Manager, Safety Engineer

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SAFETYFIRST

www.safetyfirst.at

PROFILE

I am a results-driven HSE Manager and Safety Engineer with over a decade of international experience in high-risk industries including automotive, nuclear, chemical, and logistics. Currently, I ensure full-scope HSE compliance and risk management at DHL Supply Chain Slovakia while continuing to oversee safety operations for Jaguar Land Rover via Syncreon, where I introduced digital safety walks that cut incident response time by 50%.

Previously, I led HSE strategy for the completion of Blocks 3 & 4 at the Mochovce Nuclear Power Plant, managing a team of 15 with zero reportable incidents. My hands-on background includes safety supervision in paint shops, scaffolding coordination, and safety engineering during major turnarounds for industry leaders like Shell and Duslo Šaľa.

I specialize in implementing ISO 45001/14001 systems, conducting audits, leading root-cause analyses, and training teams to foster a proactive safety culture. Certified as a NEBOSH IGC Specialist, ISO 45001 Lead Auditor, and Fire Protection Officer, I am fluent in English and German and ready to drive measurable safety improvements across your operations.

Should you be interested in collaboration or have further questions regarding my services, I would be pleased to hear from you. Let's work together to make your work environment safer.

Personal Details

Date / Place of Birth: December 25, 1983 / Slovakia

Nationality: Slovak

Professional Experience

07.2024 – till now

GKSU GmbH

HSE Consulting

- Development of safety training materials
- Creation of operating instructions
- Preparation and revision of risk assessments
- Conducting employee training and inductions
- Support in the preparation of HSE documents (e.g., HSE plans)
- Assistance with creating risk assessments (Gefährdungsbeurteilungen)

01.2023 – 01.2026

DHL-Supply Chain Slovakia

Slovakia

HSE-Engineer

- Coordination, monitoring, and inspection of health and safety (H&S)
- Implementation of legal requirements
- Proactive approach to ensure achievement of defined targets
- Preparation of method statements and risk assessments for all equipment
- HSE induction training for new employees
- Conducting safety walks and preparing inspection reports
- HSE meetings with the client Jaguar Land Rover
- Organizing follow-up HSE training for staff
- Developing method statements for new work areas in Trim and Final, Body in White, and Paintshop
- Optimizing existing work areas
- Improving ergonomic conditions in work areas
- Preparing fire prevention documentation
- Overseeing facility management across the entire site

07.2020 – 10.2023

Syncreon

Slovakia Nitra

Safety-Engineer

- H&S coordination, control and inspection of the H&S
- Law implementation
- Pro-active attitude to ensure implementation of the defined goals
- implementation method statement and risk assessment for all plant
- HSE training for new employees
- Safety walk, inspection and reports

- HSE meeting with client Jaguar Land Rover
- Prepare follow up HSE training for employees
- Prepare method statement for new work area in Trim and Final, Body in White, and Paintshop
- Improvement existing work area
- Improvement ergonomic conditions on work area
- Prepare documentation about fire prevention
- Responsible for facility management on all site

09.2019 – 02.2020

Moditech, Nuclear power Plant Mochovce completion of block 3,4

Slovakia

HSE-Manager

- H&S coordination, control and inspection of the H&S and fire-protection on the all Field
- H&S and first aid training of the workers
- HSE meetings on site, HSE training activities, safety walks, inspections, audits, to write reports
- Conducts safety audits both internal and external
- Takes part in accident / incident investigation
- Carries out analysis of accident / incident statistics, identifying trends and suggesting improvement plans
- Provides technical support to Senior Management on any safety related subjects
- Carries out safety audits on Sub-contractors
- Liaises between Clients on safety related issues
- Performs Risk Assessment
- Preparation of Health and Safety documentation for new tenders
- Provides Safety support and advice, including supervision on preparation of plans and procedures for initial contract start up activities

07.2017 – 05.2019

SAFIRS, JAGUAR LAND ROVER-PAINTSHOP-Nitra

Slovakia

HSE-Supervisor

- Arrange induction program stressing HSE and security aspects for all personnel prior to them commencing work on the job site
- Pro-active attitude to ensure implementation of the defined goals
- Maintaining a consistent safety regime
- Coordination of scaffolding
- Timely and regular reporting of progress towards Construction Manager
- Maintain & update HSE-Plan and the HSE file for the project- Review subcontractors' HSE-Plan and procedures
- Review and contribute to the establishment of RI&E and/or JSA for specific erection work
- Execute safety inspections at construction site and subcontractors' area on a day-to-day basis
- Set-up a program of toolbox meetings in close cooperation with subcontractors
- Set up and maintain site inductions in close coordination with Construction Manager

- Attend safety meetings with Client
- Supervise and control the adherence to Client's work permit system
- Pro-active attitude to ensure implementation of the defined goals
- Communicate on a day-to-day basis with the Construction Manager
- Participate in risk analyses/hazard assessments of circumstances of all construction activities prior to their commencing on site during the entire construction execution phase, in close cooperation with the site supervisory staff
- Provide to Construction Manager, Client, subcontractors and line supervision the necessary service, guidance and promotion activities relating to Construction HSE Plans
- Ensure that all operations are carried out in a safe and environmentally protective manner and in line with the Construction HSE Plan

10.2015 – 07.2017

PPA ENERGO s.r.o., Nuclear Plant Mochovce completion of block 3,4

Slovakia

HSE MANAGER, Scaffolding Coordinator

- Arrange induction program stressing HSE and security aspects for all personnel prior to them commencing work on the job site
- Pro-active attitude to ensure implementation of the defined goals
- Maintaining a consistent safety regime
- Coordination of scaffolding
- Timely and regular reporting of progress towards Construction Manager
- Maintain & update HSE-Plan and the HSE file for the project- Review subcontractors' HSE-Plan and procedures
- Review and contribute to the establishment of RI&E and/or JSA for specific erection work
- Execute safety inspections at construction site and subcontractors' area on a day-to-day basis
- Set-up a program of toolbox meetings in close cooperation with subcontractors
- Set up and maintain site inductions in close coordination with Construction Manager
- Attend safety meetings with Client
- Supervise and control the adherence to Client's work permit system
- Safeguard the environment and ensure that sound environmentally protective measures are applied by subcontractor
- Pro-active attitude to ensure implementation of the defined goals
- Communicate on a day-to-day basis with the Construction Manager
- Participate in risk analyses/hazard assessments of circumstances of all construction activities prior to their commencing on site during the entire construction execution phase, in close cooperation with the site supervisory staff
- Provide to Construction Manager, Client, subcontractors and line supervision the necessary service, guidance and promotion activities relating to Construction HSE Plans
- Ensure that all operations are carried out in a safe and environmentally protective manner and in line with the Construction HSE Plan

03.2014 – 10.2015

Solesi S.p.A., Nuclear Plant Mochovce completion of block 3,4

HSE-Supervisor, scaffold inspector

- H&S coordination, control and inspection of the H&S and fire-protection on site
- Check that all subcontractors ensure that all registers, records and reports are up to date and that only qualified persons are appointed to make necessary inspections to scaffolds, lifting equipment, etc. of own activities as well as subcontractor activities
- Prepared, all documentation about safety, entrance training with skill and unskilled workers, and other trainings about safety, working at heights, working with tools, supervision on site, prepared permit work, and fire permits
- Risk identification and mitigation: Analysis of potential hazard sources and implementation of effective safety measures.
- Training and instruction: Conducting fire protection and safety briefings for employees and subcontractors.

Education

2008-2013 Quality and safety in production technologies – Slovak University of Agriculture

Additional Skills & Qualifications

Languages

Slovak: Native

English: Fluent (excellent verbal and written)

IT-Skills

Microsoft Word, Excel, PowerPoint, Outlook, Photoshop, CRM

Driving Licence

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Ebergassing, 10.12.2025