**Kieran Bennett**

49 North Row, Kells,

Whitehaven, Cumbria, CA28 9AS

Tel:07562495411 Home:01946395435

Email: kieranbenn02@outlook.com

DOB:07/02/02

Personal Statement

I am a confident, ambitious, and self-motivated individual who will complete any task given to me and I am willing to help other colleagues/workers to succeed in what they do. I work well independently. I also enjoy and work strongly in a team situation. I am an incredibly positive individual who is always open to learn new skills and I endeavour to be polite and professional to people of all grades all of time.

Key Skills

I am extremely competent within the health and safety role following lots of experience with safety inspections, audits, stakeholders, meetings, risk assessments, trending, and training. Proficiency in all areas of Microsoft Office including PowerPoint, Word, Access and Excel. I work very well under pressure, ensuring strict deadlines are met. I adapt to new environments well and I am truly clear with my communication skills. One of my greatest skills is being assertive, and I have great interpersonal skills.

Education

Level 3 safety health and environment technician apprenticeship Sep 2022 – June 2024 - Distinction

* NEBOSH environmental management achieved
* NEBOSH National General achieved
* Managing safely achieved
* Working safely achieved
* Fire Marshall trained
* Mental Health first aid trained
* C2 R2 Trained
* SC cleared
* P4 access
* Control and supervision SL Course passed
* Medical passed April 2024
* Member of IOSH
* Emergency first aid trained

K T Tuition IGCSE Biology – Oct 2021 – August 2022:

* Grade 4

GEN2 Lillyhall Level 3 Business Administrator Apprentice Sept 2019 – Jan 2022.

Lakes College/Business NVQ Level 3 - September 2018 - June 2019

St Benedict’s Catholic High School/GCSE’s - September 2013 – June 2018:

* 6 in English language
* 6 in English Literature
* 4 in Maths
* 5 in Religious Studies

Career History

Sept 2022 – now – Health, safety, and environmental apprentice – KAEFER UK

Main duties:

* Daily safety audit and inspections all around the Sellafield site
* Reviewing, amending, and signing off risk assessments
* Producing toolbox talks and sharing of information documents
* Attending stakeholder meetings
* Meeting clients
* Filling out hazard screen sheets
* Safety walk arounds
* Dealing with safety observation reports
* Dealing with condition reports
* Dealing with accidents and incidents
* Witness statements and investigations
* Assurance audits
* Dose management
* Training courses
* Building inductions
* Weekly stats for general manager
* Creating Risk assessments
* Shadowing new safety members
* Visiting schools, spreading awareness of the importance of safety
* Presenting
* Creating company policies and procedures
* Providing COSHH information
* Weekly fire alarm checks
* Experience in ISO 14001

April 2021 – Jan 2022 – Office Clerk apprentice – Paton Bros Ltd

Main duties:

* Answering phones
* Invoicing
* Purchase orders
* Wages
* Meetings
* Ordering PPE & materials
* Other office duties

Sept 2019 – June 2020 – Finance Apprentice – Cyclife UK

Main duties:

* Filing
* Answering phones
* Invoicing
* Booking meeting rooms and accommodation
* Taking minutes
* Purchase orders
* Meetings
* Ordering PPE
* Other clerical duties

Hobbies and interests

I like to spend a lot of my time keeping fit at the local gym and I play football frequently and love swimming. I also love to go on walks out In the Lake district. I like to visit places I have never been before and going out of my comfort zone.

Achievements

I succeeded in my GCSE’s especially in Maths which I achieved a grade 4 in and achieved a level 6 in both English exams following on with a pass in my English presentation.

One of my proudest achievements is helping my elderly Grandparents get about in their daily life in any spare time I have.

I was rewarded with trophies with my success in football for the past ten years I have played. Not only that but I was promoted to captain for many of the games I played for Whitehaven Amateurs.

In my secondary school, myself and friends participated in a sponsored walk we organised together. We walked around Ennerdale Lake to raise money for charity.

Passing my NEBOSH environmental and NEBOSH general was a great achievement for me. These qualifications were difficult to achieve but with hard work I managed to pass them both.

Finally, I am very proud in achieving apprentice of the month for the whole of KAEFER UK and Ireland.

References

* Miss Ashbridge (Head of Year 11)- St Benedict’s Catholic High School - 01946 692275
* Susan Starkey (Head Teacher) - St Mary’s Catholic Primary School - admin@kells-stmarys.cumbria.sch.uk - 01946 66356
* Jeanette Lee (Duty Manager) – Whitehaven Sports Centre – contactus@gll.org 01946 695666
* Sarah McDowell (mentor)- Lakes college - 07872150940
* Mark Fryers (Manager) – Cumbria Recycling Limited – 01900 604466
* Rachel Hannah (GEN2 Mentor) GEN2 Office, Blackwood Road, Lillyhall – 07902807973 – [Rachel.Hannah@gen2.ac.uk](mailto:Rachel.Hannah@gen2.ac.uk)
* Kate Pearson (Assessor) – Lakes college – 07872150940 – [katep@lcwc.ac.uk](mailto:katep@lcwc.ac.uk)
* Liam Seager (Manager) – KAEFER UK – 07701 340172 – Liam.seager@kaefer.com