

# DAVID KEN SANDERS

721 S WEBSTER AVE #13, ANAHEIM, CA 92804  
714-588-0921  
D.SANDERS1979@YAHOO.COM

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**OBJECTIVE:** To secure a position where my qualities of a fast learner and the ability to take on new challenges can be used.

**EXPERIENCE:**

<b>10/2012 – Present</b>	<b>Macaroni Grill</b>	<b>Anaheim Hills, CA</b>
	<ul style="list-style-type: none"><li>• Responsible for prepping and freezer pulls for next shift.</li><li>• Responsible for the portioning control of food products for other stations.</li><li>• Managing stations; sautee, grill, pizza, and pantry during dinner shift.</li><li>• Responsible for dinner shifts and closing stations.</li><li>• Providing assistance to team members when they are need of assistance.</li><li>• Pushing out orders in a timely manner.</li><li>• Providing training to new hires on all stations.</li><li>• Assisting with closing down kitchen at the end of each day.</li></ul>	
<b>07/2012 – 10/2012</b>	<b>West Coast EMT</b>	<b>Orange, CA</b>
<b>11/2011 –07/2012</b> <i>Line Cook</i>	<b>Jazz Kitchen</b>	<b>Anaheim, CA</b>
	<ul style="list-style-type: none"><li>• Responsible for sauté, grill and fish station.</li><li>• Responsible for parties with 40+ individuals.</li><li>• Responsible for expediting orders, making sure orders are going out within 12 minute ticket times.</li><li>• Assisting managers with inventory check on a monthly basis.</li><li>• Providing training to multiple stations for new seasonal employees and providing back up.</li><li>• Setting up stations for dinner shifts and closing station.</li><li>• Responsible for cleaning walk – INS and wrapping all food products after dinner shift closed.</li></ul>	
<b>08/2011 –11/2011</b> <i>Southwest/Grill – Cook</i>	<b>Buffalo Wild Wings</b>	<b>Cerritos, CA</b>
	<ul style="list-style-type: none"><li>• Responsible for making sure other cooks take breaks in a timely manner.</li><li>• Responsible for prepping and freezer pulls for next shift.</li><li>• Responsible for the portioning control of food products for other stations.</li><li>• Assisting managers with inventory check on a weekly basis.</li><li>• Preparing dishes as ordered by servers and making sure food goes out in a timely manner.</li><li>• Assisting fellow cooks with closing down kitchen; sweeping, mopping, trash, dishes and polishing appliances.</li><li>• Opening kitchen, making sure appliances are running properly and daily prep for morning shift before restaurant opens.</li></ul>	

02/2010 – 01/2011

**LA Fitness**

**La Habra, CA**

*Training General Manager (Weekend)*

- Responsible for selling training packages to clients for our certified personal training staff and providing training assessments.
- Providing individual personal training services to clientele and providing them with achievable goals incorporating it within the clientele's physical needs.
- Actively pursuing enrollment of new members through self-generated and Company Sponsored programs, promotions and referrals.
- Obtaining possible leads from existing members, giving club tours and membership presentations, tracking appointments and sales.
- Responsible for managing training department and sales department.

2009 - 2010

**Ballys Total Fitness**

**Norwalk, CA**

*Personal Trainer*

- Conducted fitness consultations and assessments.
- Providing customer service to guests and members.
- Developed individuals programs that ensured clientele safety, satisfaction with personal fitness goals.
- Responsibility to assist, monitors, and instruct clients, also ensuring safety and effective use of equipment.

2007 - 2009

**Gardens Casino**

**Hawaiian Gardens, CA**

*Sous Chef*

- Provided assistance to executive chef and responsible for scheduling and substituting when chef is off duty, and assistant with managing of kitchen staff.
- Assistant with hiring new employees, providing the new hires with training, and any possible Write ups for employees.
- Processing paperwork and any inventory and ordering of supplies kitchen supplies.

2005 - 2006

**Knott's Berry Farm**

**Buena Park, CA**

*Line Cook*

- Responsibilities included assistance in the kitchen, any current duties for specific day.
- Responsible for preparing dishes those servers requested for customers.
- Duties included cleaning and sanitization of kitchen supplies.

06/1999 – 05/2005

**McDonald's**

**Norwalk, CA**

*Crew Trainer*

- Responsible for training the new grill cooks and answering questions.
- Responsibility of stocking with deliveries came for supply restocking.
- Responsible for breaking employees for there lunch or breaks.
- Basic maintenance of equipment weekly basis.
- Duty quality control of food.

**08/1998 – 01/1999**

**Benihana**

**Tracy, CA**

*Teppan Chef*

- Preparing fresh chicken, steak and seafood tableside for customers.
- Prepping each individual order per customer.
- Responsible for butchering meat on a daily basis and kitchen prep.
- Responsible for preparing sushi rolls.
- Prepping all sauces for each specific dish.

**06/1997 - 07/1998**

**Vinny's Sports Bar and Grill**

**Tracy, CA**

*Line Cook*

- Responsible for preparing fresh pizza dough on daily basis.
- Setting up all the lines for each shift and prepping homemade pasta sauce.
- Responsible for sauté and grill station of kitchen.
- Prepping for pantry station; salads, sauces and deserts.

**03/1995 - 04/1997**

**Sierra Nevada Ambulance Service**

**Nevada County, CA**

*Paramedic*

- Responsible for transporting patients to the emergency room.
- Responsible for taking vital signs and administrating medicine through IV.
- Defibrilating of patients in cardiac arrest.
- Maintenance of ambulance equipment and making sure everything is properly cleaned.
- Documenting paperwork on every emergency call received and in direct contact with ER Physician.

**01/1995 – 04/1997**

**Nevada County Fire Department**

**Nevada County, CA**

*FireFighter*

- Responsible for responding to all emergency calls that may come in at any time.
- Responsible for handling in any type of fires that may occur to put out.
- Working along hand crews during fire season.
- Monthly training of new fire cadets and making sure everything taught was still intact of current employees.
- Proper maintenance of fire equipment of cleaning, polishing and washing fire hose.
- Duties include going within the public and teaching other residents on how to avoid fires, protection and caution.

**05/1994 – 01/1995**

**Old Nevada Brewery Restaurant**

**Nevada County, CA**

*Prep Cook/Line Cook*

- Duties preparation of fresh seafood and homemade sauces and helped prep homemade sausages.
- Responsible for all appetizers, sauté and table side salads of orders being received.
- Assisting other staff on other stations of the kitchen when needed and requested.
- Proper sanitation of kitchen equipment in between shifts and after each shift.

EDUCATION

Bellflower High School  
■ GED

Bellflower, CA

SKILLS

- Food Handler Certification
- Certified CPR and EMT
- Basic knowledge of PC software (Microsoft Word, Excel and Outlook)