

# Fabiola Navarro

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## GENERAL LABOR

*Prefer Fabylady1@yahoo.com*

A recently graduated from Ground Maintenance Worker at Evan Adult School. My academy education had train me the maintenance procedure of classroom, office, hallway, floor, carpet, playground, gym, landscapes, garden, and public areas. Searching for General Labor position at a company where I can apply my extensive skills. Responsible for assist my community by performing safety job and sanitized environment. Looking forward a full-time job with a company can offers the opportunity to growth advancement.

### Custodial Maintenance Skills and Qualifications

- Clean and Green
- Cleanly Procedures
- Safety Procedure
- Follow Directions
- Sanitizer Control
- Janitorial
- Land Escaping
- Garden
- Housekeeping
- Cleanly Dormitories
- Kitchen
- Buff Floor
- Burnishing Floor
- Fire Extinguisher
- Change Light Bold
- Wasted Hazard Disposal
- Cleanly Tool Equipment
- Comfortable standing for long period time
- Able to lift heavy duty loads
- Extensive Hospitality Background
- Reliable Team Worker

*Dust, sweep, mop, vacuum, graffiti remover, window cleaner, pick up debris, and heavy lifting procedure.*

### PROFFESIONAL EXPERIENCE

#### **Empower Culinary Staffing, Visalia, CA**

**Kitchen Steward, 09/2018 to Present**

- Cleaning dishes, trays, pots, pan, casserole, plates, bowl, cups, spoon, fork, knife, water containers and coffee.
- Sanitize work areas sink, dish washer machine, tables, shell food, food container, kitchen equipment, stove, microwave, coffee pot, and blender machine, ect.
- Empty all trash from kitchen throw cardboard recycle bin, and clean trash can.
- Unload dishes from the cart and rack to wash dishes.
- Storage all dishes on the shells placement.

#### **Managed by Q, Culver City, CA**

**Cleaner Operator, 01/2017to 06/2017**

- Cleaning Room Office writing board.
- Clean the wall, frames, computer monitor, and office object table.
- Straight the chair, trash, objects were it belong. Turn off the light, and close the door.
- Cleaned offices. Cleaned trash can, pick up trash, cleaned restroom, cafeteria, tables, vacuum, swipe, and mop floor.

#### **UCLA, Los Angeles, CA (Business Images)**

**Custody Maintained, 06/2016 to 12/2016**

- Hygienic and Sanitary the dormitories assisted to clean the restroom, closet, bed, kitchen, refrigerator, cabinets, stove, watcher machine, fan, light bold, polish furniture, sweeping, moping, and vacuum the floor.
- Clean building floors by sweeping, moping, scrubbing, and vacuuming.
- Cleaned the Window from inside and outside including the curtain blinders.
- Inspect work performed to ensure that it meet job expectation for a clean sanitize job environmental.

#### **Acrobat, Long Beach, CA**

**Kitchen Steward, 01/2015 to 09/2016**

- Cleaned and inspected galley equipment, kitchen appliances, and work areas to ensure clean.
- Served food to invited people for wedding, birthday, artist, game rose bowl, and sport game.
- Dish washer pot, pan, casserole, plate, bowl, cup, spoon, fork, knife, and ect.
- Throw trash from garbage bin, clean wall, sweep, and mop floors.

### EDUCATION AND CERTIFICATIONS

2018	Evan Adult School, LA, CA (Ground Maintenance Worker I)
2003 to 2014	East Los Angeles College, LA, CA (A.A. Legal Secretary)
1999 to 2002	Roosevelt High School, LA, CA (Diploma)

**Reference Available Upon Request**

Fabio @ Navarro  
3/4/2019

**Dishwasher Test**

-280/

C 1) After washing your hands, which item should be used to dry them?

- a) Clean apron
- b) Sanitized wiping cloth
- ☒ c) Single use paper towel
- d) Common used cloth

C 2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- ☒ c) Rubber glove
- d) Nothing

d 3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- ☒ d) All of the above

a 4) If you need to move a heavy load, you should PULL and not PUSH the object.

- ☒ a) True
- ☐ b) False

e 5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chaffing dishes)
- d) Harsh chemicals
- ☒ e) All of the above

d 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- ☒ a) True
- ☐ b) False

C 7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- ☒ c) Flag the spill and clean it immediately
- d) Not sure

C 8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- ☒ c) Use an oven mitt or dry cloth towel
- d) Nothing

C 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- ☒ a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

C 10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- ☒ c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution

Multiple Choice (1 point each)

1) A gallon is equal to \_\_\_\_\_ ounces

- a. 56
- b. 145
- c. 32
- d. 128

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

5) How do you blanch vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter

d. In the microwave