

Employment Application

816-501-9067

Acrobat Outsourcing is an equal opportunity employer dedicated to non-discrimination in all employment practices. Acrobat Outsourcing selects the best qualified individual for the job based on job-related qualifications regardless of race, age (40+), color, religion, gender, national origin, ancestry, marital status, sexual orientation, disability or any other status protected by applicable law.

PLEASE PRINT

Full Name Ira Maurice Mitchell Date: 8/24/2016
 Home Telephone () Other Telephone (415) 286-2929
 Present Address 291 10th Street
 Permanent Address, if different from present address: _____
 Email Address iranimrod117@gmail.com

EMPLOYMENT DESIRED

Position applying for: "Open" Salary desired: \$15.00 - Above

Are you currently registered with any staffing and/or employment agencies? If so, please list

Are you applying for: Full-time work? Yes No Part-time work? Yes No

Temporary work, e.g., summer or holiday work? Yes No From: _____ To: _____

How did you find out about our open position? (Please check fill in proper name of source):

Referral Name of Referral _____ Newspaper Job Fair Agency Company Website

Other Web Posting Other Source

Could you work overtime, if necessary? Yes No If hired, on what date could you start working? 8/25/2016

Please keep in mind that schedules and shifts may vary depending on position and season. Additionally, the hours may vary from week to week, depending on the company needs. Please list only the times/days you're available to work below.

SPECIFY HOURS <u>AVAILABLE</u> <u>DAILY</u>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	<u>6 A.M</u>	<u>5 A.M</u>	<u> </u>			<u> </u>	<u>6 A.M</u>
PM	<u>6 P.M</u>	<u>6:30 P.M</u>	<u> </u>			<u> </u>	<u>6 P.M</u>

Do you have any vacations or extended leaves planned in the next 12 months? If so, please list dates:

PERSONAL INFORMATION

Have you ever applied to or worked for Acrobat Outsourcing before? Yes No If yes, when? _____

Do you have friends or relatives working for Acrobat Outsourcing? Yes No If yes, please state name and relationship

If hired, would you have a reliable means of transportation to and from work? Yes No

If hired, can you present evidence of your legal right to live and work in this country? Yes No

State age if you are under 18 _____. If you are under 18, hire is subject to verification that you are of minimum legal age to work.

Are you able to perform the essential functions of the job for which you are applying? Yes No

Acrobat

outsourcing

Your Hospitality Staffing Professionals

Type of Business _____

Telephone No. (____) _____ Supervisor's Name _____

Your Position and Duties _____

Dates of Employment: From _____ To _____ Weekly Pay: Starting _____ Ending _____

Reason for Leaving: _____

Name and Address of Employer _____

Type of Business _____ Telephone No. (____) _____ Supervisor's Name _____

Your Position and Duties _____

Dates of Employment: From _____ To _____ Weekly Pay: Starting _____ Ending _____

Reason for Leaving: _____

Have you ever been fired from any previous place of employment? If so, please explain: _____

MILITARY SERVICE

Have you obtained any special skills or abilities as the result of service in the military? Yes _____ No

If so, describe: _____

JOB RELATED REFERENCES

List below three persons not related to you who have knowledge of your work performance within the last three years.

Name: Genny Date Telephone No. (816) 210-522-7944

Address 2603 E 28th Street

Occupation: Owner of Daycare Relationship: friend Number of Years Acquainted: 10

Name: Cladette Henderson Telephone No. (816) 678-1531

Address 1101 Locust

Occupation: KC Police Dept. Relationship: friend Number of Years Acquainted: 8

Name: Salahudin Akbar Telephone No. (415) 592-2891

Address 150 Golden Gate Avenue

Occupation: Program Manager Relationship: friend Number of Years Acquainted: 13

Ira M. Mitchell

291 10th Street, San Francisco, CA 94103
Phone: (415)286-2929 • Email: iranimrod117@gmail.com

2016

Acrobat Outsourcing
665 3rd St #415
San Francisco, CA 94107

Dear Hiring Manager,

I would like very much to be considered for the position of a laborer at your organization. I feel very strongly that my background and experience would make me a perfect fit for this role.

I am an experienced general laborer with over eight years accumulating skills. I would like to apply for the open slot at your company. I have the most important talent you need in a general laborer the ability to adapt and learn quickly. To me being a general laborer means be able to do a range of different things – often at the same time.

My job as a general laborer is to work with my team and make sure every level of the operation runs smoothly and safely. I can promise when working on your projects I will always apply the best to every task. I will support and coordinate with fellow team members at every site learning and adapting to situations as needed. I come equipped with my own set of tools for timely and efficient disassembly and assembly of larger pieces of equipment. I make sure that I operate all devices in a safe manner in order not to damage any properties involved. My proudest moments are when I hear that our customers are not only pleased but thoroughly satisfied with every aspect of the operation.

I am attaching a copy of my resume for your review and am looking forward for an opportunity to meet with you personally to discuss my background in greater depth and how my skills and experience can be a benefit to your organization. I look forward to hearing from you.

Sincerely,

Ira M. Mitchell

Enc. resume

Ira M. Mitchell

291 10th Street, San Francisco, CA 94103

Phone: (415) 286-2929 • Email: iranimrod117@gmail.com

OBJECTIVE: A position in general labor

SUMMARY OF QUALIFICATIONS:

- o 8+ years of experience moving residential and commercial furniture and equipment.
- o Ability to safely lift and maneuver heavy objects, both physically and with the aid of mechanical assistive devices.
- o Maintains a professional attitude at all times.
- o Ensures and enforces all safety procedures.
- o Accustomed to work in a fast independent manner.
- o Fosters teamwork always by taking initiative and a willingness to pitch-in to help others.

Residential & Commercial Moving Experience:

- o Responsible for moving furniture in various parts of the US, some particular to the San Francisco Bay area.
- o Provided exceptional customer service safely moving, packing and unpacking customer belongings.
- o Greeted customers cordially upon arriving at the specified location and completed walk-throughs of the premises.
- o Communicated always in a professional manner, both verbally and in writing.
- o Comfortably interface with customers throughout the entire move.
- o Assisted drivers with truck inspections and moving equipment inventory.
- o Shared responsibility with the drivers in accurately completing paperwork and payment collection.
- o Operated all warehouse equipment in a safe manner.
- o Handled all inventory in a manner that reduced exposure to damage.
- o Loaded material into vehicles and installed strapping, bracing, or padding to prevent shifting or damage in transit.
- o Packaged inventory neatly and systematically in preparation for moving.

Kitchen & Prep Cooking Experience:

- o Washed, cut, and prepared foods designated for cooking.
- o Measured ingredients required for specific food items being prepared.
- o Operate large-volume cooking equipment in a cautious and safe manner at all times.
- o Took customers' orders and served patrons at counters or tables.
- o Verified food met quality and quantity expectations.
- o Cooked the exact number of items ordered by each customer, working on several different orders simultaneously.
- o Cleaned food preparation areas, cooking surfaces, and all kitchen equipment and utensils on an as-you-go basis.
- o Cleaned, stocked, and restocked workstations and display cases as needed.

RELATED EMPLOYMENT HISTORY:

St. Anthony Foundation	Kitchen Worker	12/2015 – present
Gates BBQ	Food prep	9/2015 – 11/2015
All My Sons Moving & Storage	Mover	5/2015 – 9/2015
All My Sons Moving & Storage	Mover	2010 – 2012
Mayflower Moving Company	Mover	2004 – 2009

EDUCATION:

GED / HSE: Missouri Department of Elementary & Secondary Education, Jefferson City, MO

AA, Culinary Arts: City College of San Francisco, San Francisco, CA



Department of Medicine
Division of Cardiology

Date: 9/1/14

Peter Ganz, MD
Chief, Division of Cardiology
Maurice Eliaser, Jr.
Distinguished Professor of
Medicine

Neal Benowitz, MD
Ann Bolger, MD
Melvin D. Cheitlin, MD
John Chorba, MD
Nora Goldschlager, MD
Mary Gray, MD
Priscilla Hsue, MD
Dhruv Kazi, MD
John MacGregor, MD, PhD
Binh An P. Phan, MD
David D. Waters, MD

Jenny Fowler, MPA
Division Manager

San Francisco General Hospital
1001 Potrero Avenue, Room 5G1
Box 0846
San Francisco, CA 94110
Tel: 415/206-8315
Fax: 415/206-5447

To Whom It May Concern:

Patient IRA MITCHELL attended an
OFFICE VISIT on 9/1/14.

Please contact the Cardiology Lab if you have any questions or
need additional information.

*CONTACT: AUCE LEE
(415) 206-5330*

Cardiology Lab
San Francisco General Hospital
(628) 206-8315

Thank you,
Karla Iñiguez-Zarate

Karla Iñiguez-Zarate
Administrative Assistant at Division of Cardiology
University California San Francisco
San Francisco General Hospital
Building 25, HB2
Desk: 628.206.8385
Fax: 415.206.5100
Email: iniguezk@medsfg.h.ucsf.edu

Multiple Choice (1 point each)

56

1) A gallon is equal to _____ounces

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

A

2) Mesclun are what type of vegetable?

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

A

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

b

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

A

5) How do you blanche 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

C

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

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

d

7) What is Al Dente?

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

C

8) Food should be left out no more than

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

55%

d 17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8" dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

A 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) ? & ? are the basic seasoning ingredients for all savory recipes.

20) ? to cut into very small pieces when uniformity of size and shape is not important.

Grill Cooks Test

Score 21 / 40

Multiple Choice Test (1 point each)

9
21/40

A 1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

d 2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

d 3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

d 4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

C 5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer

C 6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F

d 7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions

D 8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- d) On a clean counter, at room temperature

C 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth

Grill Cooks Test

B 19) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

C 20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

C 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

b 22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

23) What is a roux and what is it used for? (2 points)

?

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

?

25) What are the 5 mother sauces? (5 points)

- 1.
- 2.
- 3.
- 4.
- 5.

26) What does it mean to season a grill and why is this process important? (3 points)

?

27) What are the ingredients in Hollandaise sauce? (5 points)

?