

# **Rodney Smith-Timmons**

Oakland, CA

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## **Objective:**

To obtain an entry level position with a sufficient company where I can improve my skills and prosper while exceeding the expectations of my employer.

## **Work Experience:**

### **In-Home Support Services**

*Caregiver*

**Oakland, CA**

September, 2010 – April, 2014

- Assisted patient with bathing, oral hygiene, grooming, feeding, and elimination
- Help patient move in and out of bed, baths, wheelchairs, and automobiles
- Maintained a clean, healthy and safe environment
- Obtained household supplies and ran daily errands
- Transported patient to other areas of the hospital in wheelchairs and gurneys

## **Skills:**

- Trustworthy companion
- Compassionate caregiver
- Committed team player
- Companionship and emotional support
- Efficient and reliable team player
- Adaptable

## **Education:**

**Five Keys Charter School**  
G.E.D. / H.S.D.

**San Francisco, CA**  
2012 – 2013

**Balboa High School**  
General Education

**San Francisco, CA**  
2004 – 2006

**Ida B. Wells High**

**School San Francisco, CA**

70%

B 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, chafing dishes)  
d) Harsh chemicals  
e) All of the above

A 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

B 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

A 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