

Steven Roloff

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WORK EXPERIENCE

Biological Waste Manager

CDCR, Vacaville, CA

12/2013 - 06/2016

- Prepared hazardous material for removal or storage
- Loaded or unloaded materials into containers or onto trucks, using hoists or forklifts
- Built containment areas prior to beginning abatement or decontamination work

Forklift Operator

CDCR, Vacaville, CA

03/2008 - 10/2013

- Moved freight, stock, or other materials to and from storage or production areas, loading docks, delivery vehicles, ships, or containers, by hand or using trucks, tractors, or other equipment.
- Stacked cargo in locations such as transit sheds or in holds of ships as directed, using pallets or cargo boards
- Installed protective devices, such as bracing, padding, or strapping, to prevent shifting or damage to items being transported

Sanitation Worker

CDCR, Vacaville, CA

06/2005 - 02/2008

- Cleaned building floors by sweeping, mopping, scrubbing, or vacuuming
- Mixed water and detergents or acids in containers to prepare cleaning solutions, according to specifications
- Moved heavy furniture, equipment, or supplies, either manually or by using hand trucks

Library Clerk

CDCR, Vacaville, CA

03/2003 - 04/2008

- Instructed patrons on how to use reference sources, card catalogs, and automated information systems
- Answered routine inquiries and referred patrons in need of professional assistance to librarians
- Performed clerical activities, such as answering phones, sorting mail, filing, typing, word processing, and photocopying and mailing out material

EDUCATION

G.E.D, Vacaville, Vacaville, CA

TB CLEARANCE CARD

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

Name Steven Roloff DOB 2/17/73

Date issued 11/30/16 Expires 11/30/17

Site THS

(card not valid without City seal embossment)

- 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
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- 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
- F 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
- 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
- A 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

7096

14/20

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

- D 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- C 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- C 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 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
- C 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- B 7) What is Al Dente?
- a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- A 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

Prep Cooks Test

B

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) SALT & PEPPER are the basic seasoning ingredients for all savory recipes.

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