

- 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
- 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
- d 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

- 1) After washing your hands, what should be used to dry them?  
 a) Paper towel  
 b) Disposable wiping cloth  
 c) Towel  
 d) Common used cloth  
 Answer: a
- 2) While washing dishes by hand, which item should you wear?  
 a) Cutting glove  
 b) Oven Mitt  
 c) Rubber glove  
 d) None  
 Answer: c
- 3) When should you wash your hands?  
 a) Before you start work  
 b) After handling raw food items (garbage, poultry, cleaning chemicals)  
 c) After using the restroom  
 d) All of the above  
 Answer: d
- 4) If you need to move a heavy load, you should HULL and not PUSH the object.  
 a) True  
 b) False  
 Answer: a
- 5) Which of the following could you be at risk for getting burned from?  
 a) Steam from cooking pots  
 b) Hot liquid (coffee, soup, tea)  
 c) Hot equipment (toaster, waffle cooking griddle)  
 d) None of the above  
 Answer: a, b, c
- 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.  
 a) True  
 b) False  
 Answer: a
- 7) When should you ask your supervisor or see a lipid with?  
 a) When you are unsure if you are doing it right  
 b) When you are unsure if you are doing it right  
 c) When you are unsure if you are doing it right  
 d) When you are unsure if you are doing it right  
 Answer: a, b, c, d
- 8) When handling raw meat, you should:  
 a) Wash your hands  
 b) Use a clean towel to dry your hands  
 c) Use a clean towel to dry your hands  
 d) None of the above  
 Answer: a, b, c
- 9) If you are using a three compartment sink for cleaning and sanitizing, the second sink is used for:  
 a) Rinsing  
 b) Sanitizing  
 c) Washing  
 d) Drying  
 Answer: a
- 10) Which is the proper method for cleaning and sanitizing stationary equipment?  
 a) Wash with a strong cleaning solution and wipe with a sanitized cloth  
 b) Wash with a sanitizing solution, then wipe with clean water and dry  
 c) Wash and wipe with water, then wipe with a chemical sanitizing solution  
 d) Brush or pour hot water over the equipment, then wipe with a sanitizing solution  
 Answer: b

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**OBJECTIVE:** *To enhance my professional skills in a dynamic and stable workplace*

**WORK EXPERIENCE**

**Whataburger** Wichita Falls, Texas 2012-2013

Porter

**Duties Included:**

- Make sure everything is clean, tidy, safe and hygienic.
- Unload deliveries of food to the kitchen
- organize the store room
- Collect and wash pots, pans, plates and cutlery
- Disinfecting kitchen appliances, work surfaces, floors, and walls
- remove and recycle waste from the kitchen.

**Pelicans** Wichita Falls, Texas 2012-2013

Dishwasher

**Duties Included:**

- Sort and rinse dirty dishes, glass, tableware and other cooking utensils and place them in racks to send through dish machine.
- Carry clean dishes to cook's line and other proper storage areas.
- Wash pots, pans and trays by hand. Remove trash and garbage to dumpster.
- Set up or break down dish washing area.





-Clean and roll/unroll mats. Fill/empty soak tubs with cleaning/sanitizing solutions, Sweep/mop floors. Wipe up any spills to ensure kitchen floors remain dry.

-Sweep up trash around exterior of restaurant and garbage dumpster.

## **Western Petroleum** Midland, Texas 2011-2012

Hydraulic Fracturing Technician

### **Duties Included:**

- Properly load and unload fuels
- Properly handle, hook, and unhook hoses
- Operate pumps and valves for loading and unloading, both on and off the truck
- Safely fill tanks of all types and sizes using various size hoses, nozzles, and fittings
- Safely use pipe wrenches, crescent wrenches, hammers, and other hand tools
- Complete invoices and other paperwork as required
- Courteously work with bosses, dispatchers, fellow employees, and customers

## **EDUCATION**

**Utah University** Vernon, Utah 2011

Certificate: Hydraulic Fracturing Technician

**San Andreas High School** Beaumont, California 2005-2009

Diploma

**CERTIFICATE:** OSHA certified 2011 CPR certified 2011 FRACING License

2011

