

5/31 @ 10am

Jamario Givens

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Work Experience

Caterer

Morehouse College - Atlanta, GA

2017 to 2018

- Retrieve the ordered food items to serve guests.
- Transport the meals to an off-site event location.
- Prepare and serve food items to clients hosting parties, meetings and events.

UPS Package Handler

UPS - Atlanta, GA

2016 to 2017

- Load and unload packages, boxes, and general freight from trucks or other delivery vehicles.
- Unload incoming freight trucks at such a facility, helping to sort the offloaded cargo for final distribution onto the trucks.
- Sorting packages for delivery, operating heavy machinery, such as forklifts, trucks, and hydraulic conveyor belts, and, on rare occasions, picking up and delivering packages.

Warehouse Associate

Coca-Cola - College Park, GA

2014 to 2016

- Operate select material handling equipment within the warehouse walls to move and shift products and build customer orders.
- Load onto delivery trucks to be delivered in-store.

Education

High School Diploma

Fredrick A. Douglass High School - Atlanta, GA

Skills

Picking, Data Entry, Customer Service, Rf Scanner

Additional Information

- Strong ability to receive directions and establish routine.
- Capable of working independently & with team members.

- Well-equipped and detailed-oriented.
- Able to concentrate, memorize, and recollect logical connections and sequences.
- Strong physical ability.
- Excellent communication and interpersonal skills.

Name: Jamario Givens Date: 4-15-19

Dishwashing Test

10/10

Fill In The Blank:

1. Name two of the four potential hazards of working in a professional kitchen discussed in this training:

heavy lifting
wear and tear

2. Name two of the four rules mentioned for lifting safely:

Back straight
lift with your legs

3. What is a good way to prepare your body for the rigors of your work day before you start your day?

Stretching

4. What type of cleaner should you use when cleaning up an oil-based spill?

Degreaser

5. What type of item should never be used to scoop ice out of an ice machine?

Glass

6. What type of item should you use if you have to handle a hot item?

Oven mitt and pot holder

7. How do you put out a grease fire?

Smother it

8. List the 6 steps of proper handwashing:

wet & lather hands
rub palms
interlock fingers
rub back of hands
rub thumbs
Clean fingertips

9. When using a 3-compartment sink, the first sink is used for:

washing

10. When using a 3-compartment sink, the second sink is used for:

Rinsing

11. When using a 3-compartment sink, the third sink is used for:

Sanitizing

12. When stacking dishes to dry, it's important to leave room for Air to pass through.

13. When preparing dishes for an industrial dishwasher, it is important to choose the appropriate Rack and to load it evenly.