

Eric E. Howard

8451 South 11th Ave #C
Inglewood CA 90305

323-750-2114

Papason1970@yahoo.com

Dishwasher/ Janitorial

Skills and Qualifications

- Excellent communication skills: listening, speaking and writing
- Works well with others; cooperative and willing to learn new procedures
- Adaptable, productive and responsible
- Able to perform all duties as Dishwasher/ Janitorial including:
 - Prepare, cook and, arrange food for serving.
 - Clean food preparation and service areas, facilities, equipment and tableware.
 - Stock serving stations or package food or supplies.
 - Store supplies or goods in kitchens or storage areas and heavy lifting.
 - Assess equipment functioning and move equipment, supplies or, food to required locations.
 - Service, clean, or supply restrooms; Gather and empty trash.
 - Clean building floors by sweeping, mopping, vacuuming, buffing or waxing.
 - Clean windows, glass partitions, or mirrors and dust furniture, walls, machines, or equipment
 - Set up, arrange, or remove decorations, tables, chairs, ladders, or scaffolding to prepare facilities for events, such as banquets or meetings.

Experience

Installer **Pacific Rim Installation, North Hollywood, CA** **06/2001-Present**
On call installer, loader, and maintenance.

Warehouse Worker **Pride Staff, Culver City, CA** **03/2013-Present**
On call warehouse worker: packer, loader, forklift operator.

Warehouse Worker **Staff mark, Torrance, CA** **11/2012-Present**
On call warehouse worker: loading and unloading; packing, assembling.

Dishwasher Experience

Dishwasher	Leona, Marina, CA	06/2015-11/2015
Dishwasher	Canali Café, Marina, CA	05/2015-06/2015
Dishwasher	Luna Vine Wine and Bar, Burbank, CA	06/2014-05/2015

Education

Food Handling Certificate
Training and Certification in: Buildings and Grounds Worker Fundamentals and Maintenance
Supervision Practices Certificate
Retail Sellers Permit
Leuzinger High School, Torrance CA

Dishwasher Test

C 1) After washing your hands, which item should be used to dry them?

- Clean apron
- Sanitized wiping cloth
- Single use paper towel
- Common used cloth

→

80%

C 2) While washing dishes by hand, which item should you wear?

- Cutting glove
- Oven Mitt
- Rubber glove
- Nothing

AB 3) When should you wash your hands?

- Before you start work
- After handling non-food items (garbage, money, cleaning chemicals)
- After using the restroom
- All of the above

A 4) If you need to move a heavy load, you should PULL and not PUSH the object.

- True
- False

F 5) Which of the following could you be at risk for getting burned from?

- Steam from boiling pots
- Hot liquids (coffee, soup, tea)
- Hot equipment (ovens, pots, chaffing dishes)
- Harsh chemicals
- All of the above

H 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- True
- False

C 7) What should you do if you spill liquids or see a liquid spill?

- Leave it for someone else to clean-up
- Wait until the end of your shift to clean it
- Flag the spill and clean it immediately
- Not sure

C 8) When handling hot items you should?

- Wear rubber gloves
- No need to wear anything
- Use an oven mitt or dry cloth towel
- Nothing

H 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- Rinsing
- Scraping
- Washing
- Sanitizing

B 10) What is the proper method for cleaning and sanitizing stationary equipment?

- Spray with a strong cleaning solution and wipe with a sanitized cloth
- Spray with a sanitizing solution, then rinse with clean water and dry
- Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- Brush off loose soil with a clean cloth, then wipe with a sanitizing solution

Multiple Choice Test (1 point each)

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

A 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

b 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

d 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

A 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

STUDENT cook

Prep Cooks Test

Multiple Choice (1 point each)

A 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

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

D 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

A 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

D 9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave