

michael sanders

Houseman/ room attendant

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Stage hand experience in las vegas Nevada.. UCLA Dorm janitorial worker for Diamond Contract service

Willing to relocate: Anywhere

Authorized to work in the US for any employer

Work Experience

Houseman/Housekeeper

Sheraton - Los Angeles, CA

August 2017 to Present

Houseman room attendant make beds vacuum dust scrubs clean restrooms ... I've done lobby clean cleaning elevators restrooms keeping lobby clean dumping trash moving furniture in place vacuum wippeing..liening stock linen on all the floors in service rooms each floor.

Shampooing rooms for housekeeping hallways and lobby.. houseman dump housekeeping carts trash and liening vacuuming hallways wipe window seals mop service rooms separate towels robes duvets sheets bed covers blankets inserts shower curtains and rags. Also lock up housekeeping doing night houseman

Dishwasher/Prep Cook

The plunge - Longbeach Ca

June 2017 to Present

Dishwasher help the cook does temp logs power wash I'm the finisher

Dishwasher

The brewport - El Segundo, CA

October 2018 to November 2018

Dishwashing pots and pans using dishwasher cleaning floors sinks and drains

Dishwasher/Prep Cook/ server

The capri restaurant - Eagle Rock, CA

February 2017 to March 2017

Dishwasher prep cook and server

security bouncer

Doorman security service - Los Angeles, CA

February 2014 to March 2015

Doorman checking for age on ID cards secure the floors make reports and lock up closes the bars

Houseman/Housekeeper

Dishwasher Test

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 chem)
- c) After using the restroom
- d) All of the above

B 4) If you need to move a heavy load, you should PULL and not PUSH

- 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

- 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

H 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

C 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

100%

UPLOAD

~~JOB~~

~~GCC~~

FOOD-SAFE

Multiple Choice (1 point each)

B 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

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

B 6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

A 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

+5



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As a result, the *Journal of Clinical Endocrinology and Metabolism* is the most cited journal in the field of endocrinology and metabolism.