

## **SHERARD LOWE**

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**Objective:** To continue to build on my work experience that will help me long term into the future.

### **Education:**

#### **American Red Cross**

*CPR, First Aid, and Life Saving Certificate*

May 2002

#### **California Maritime Academy**

*Bachelor of Science, Business*

August 1996 – May 2000

- The courses of my studies were a combination of industry operations, and other classwork, labs, and internships.

### **Work Experience:**

#### **Aerotek, California**

*Laborer*

September 2010 – Present

- Mold panels for aircraft construction
- Fabrication of car, aircraft, and machinery parts
- Conduct inventory incoming products that are used for the construction of various vehicle parts
- Input data into excel sheets and word processing of incoming documents for internal use

#### **Military Sealift Command (MSC), San Diego, CA**

*Longshoremen*

August 2000 – August 2010

- Other position titles included: food service worker, crane operator, oiler, welder, mechanic, store keeping
- Cross trained from other areas of the supply department
- Switched from maritime shipments to land based work which implied loading and unloading fuel, machinery, generators, and vehicles.

### **Activities:**

#### **Los Angeles LGBT Center, Los Angeles, CA**

*Volunteer*

September 2010 – Present

- Setting up tables and chairs for various events of all ages
- Registration and greeting of guests for the different events the LGBT organization puts on

### **Skills:**

- Persistent and perseverant to personal and professional goals
- Focus on the finer details of a given task
- Strong written communication
- Effective listening and verbal communication

ON SHIPS      FOOD SERVICES

## Dishwasher Test

-2800

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

d 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