



ACROBAT OUTSOURCING
TSC GROUP

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Working Experience:

Company Name: Resource MFB
Dates of Employment: 09/16 - 11/16
Job Responsibility:

- - ~~Boxing~~ items
- - stacking pallets
- -
- -

Company Name: CSC
Dates of Employment: 11/16 - 05/17
Job Responsibility: customer service

- - Ticket Scanner
- - showing people who to be sitting doing events
- -
- -

Company Name: Walmart
Dates of Employment: 02/17 - 04/19
Job Responsibility: Overnight Stock

- - stocking shelves
- - pulling pallets
- - making sure the store looks nice.
- - customer service

Skills

- - Leadership
- - hardworking
- - reliable.

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Dishwashing Test

9/10

Fill In The Blank:

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

Spills, and Hot & Hazardous

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

Lift with your legs
Keep your back straight

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

Stretch

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

degrease

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 mitts

7. How do you put out a grease fire?

? ~~trap~~ it

8. List the 6 steps of proper handwashing:

Wet and wash hands
rub palms
lock fingers together
Wash back of hands
Wash thumbs
Get in between finger nails

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.