

# Theodore Gray II

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## Profile Summary

Able to use own initiative and work as part of a team under pressure to meet deadlines and objectives. Excellent communication and organisational skills, a strong work ethic and determination to succeed.

## PROFESSIONAL SKILLS

• Documentation	• Collecting vitals
• Computer savvy	• HIPPA compliance
• Heavy Machinery Operation	• Team Leadership
• Collaborative	• Professional Experience
• Safety Management	• Analytical problem solver
• forklift operator	• Log maintenance

## WORK EXPERIENCE

### Professional Experience:

*Amazon Prime (part-time)*

April 2018-present

Smryna, Georgia

*Delviery Driver*

April 2018-present

- Home delivery with Amazon Prime.
- Execution skills including estimating, scheduling, and executing on committed schedules.
- Gather and distribute supplies and documents.

- Packed and unpacked orders as and when instructed
- Measured, cut and spooled wire materials
- Verified quantities and items being shipped
- Made deliveries when required

Name: Theodore Gray ID: 11 Date: 4/23/19

## 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:

Wearing Proper Clothing, Wear proper shoes in case of Spills or Hazards.

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

Make Sure your back is straight.  
Remain front and center with the product before bending and lifting.

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

Stretch, and Eat.

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

Degreaser product

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 or Glove

7. How do you put out a grease fire?

Smother it

8. List the 6 steps of proper handwashing:

Wet hands  
Put product service on your hands  
Rub palms together  
Clean finger tips  
Clean thumbs  
Rinse with water

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.