

# SABRINA THAVARABRAHMA

Fair Oaks, CA 95628 (916) 308-3083 brinabrina17@yahoo.com

## OBJECTIVE

## A position as a Housekeeper

## SUMMARY OF QUALIFICATIONS

- ❖ In-depth knowledge of cleaning methods
- ❖ Knowledge of safety practices related to housekeeping
- ❖ Hands-on experience to operate housekeeping equipment
- ❖ Familiar with the safe usage of different kinds of chemicals
- ❖ Ability to accomplish physically challenging tasks

- ❖ Experienced at multi-tasking
- ❖ Able to take and follow directions
- ❖ Able to work independently
- ❖ High standards of excellence
- ❖ Good time management skills

## SKILLS

## Housekeeping Custodial

## Cleaning Sanitizing

## Flooring Windows

## General Cleaning Practices Meal Preparation

## RELEVANT EXPERIENCE

- ◆ Disinfect equipment and supplies, using germicides or steam-operated sterilizers.
- ◆ Clean rooms, hallways, lobbies, restrooms, and other work areas so that health standards are met.
- ◆ Empty wastebaskets, empty and clean ashtrays, and transport other trash.
- ◆ Replenish supplies, such as drinking glasses, linens, writing supplies, and bathroom items.
- ◆ Clean rugs, carpets, upholstered furniture, and draperies, using vacuum cleaners and shampoos.
- ◆ Dust and polish furniture and equipment.
- ◆ Keep storage areas and carts well-stocked, clean, and tidy.
- ◆ Changing linen and making beds.
- ◆ Sweep, scrub, wax, or polish floors, using brooms and mops.
- ◆ Wash dishes and clean kitchens, cooking utensils, and silverware.
- ◆ Run errands, such as taking laundry to the cleaners and buying groceries.

## WORK HISTORY

Better Living Healthcare Caregiver Sacramento, CA 09/2004 to 05/2019

Transporting clients to their appointments, providing personal care, bathing, oral care, dressing, grooming, incontinent care, budget funds, grocery shopping, meal preparation, experience with Foley bag, colostomy bags, vital signs, medication reminder, daily charting, Hoyer lifts, kitchen clean up, 24hr live ins, light housekeeping, report emergency situations immediately.

American River Facility      *Volunteer Caregiver*      Sacramento, CA      02/2016 to 03/2019

Visit with client at the facility twice a week, to help with range of motion, communicating by writing (aurally impaired), utilizing wheel chair, assisting her in mobility in getting around the facility to meet other clients. Take her outside for fresh air, playing games, applying lotion and massaging her limbs, blow-drying and curling her hair once a week, while showing her empathy and loving care.

State of California IHSS      Caregiver      Sacramento, CA      11/2011 to Present

Provide personal care, including bathing, oral care, transferring from bed to chair, ambulation and mobility, grocery shopping, meal planning and preparation, companionship, social activities, medication reminders, experience with Hoyer Lift, maintaining daily charts, errands, utilizing experience in first aid and CPR training as needed.

## EDUCATION

## National Career College Boston Reed Institute

## **EDUCATION**

**Medical Assistant Certificate**  
**Phlebotomy Certificate**

Sacramento, CA      June 2000  
Alameda, CA      April 2003

# **Sabrina Thavarabrahma**

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**Objective:** A Position as a Courier Driver

## **Driving Skills:**

- Obey traffic laws and follow established traffic and transportation procedures.
- Turn in receipts and money received from deliveries.
- Utilized GPS for accurate driving directions.
- Load and unload automobiles.
- Drive vehicles with capacities under three tons to transport materials to and from specified destinations, such as railroad stations, plants, residences, offices, or within industrial yards.
- Present bills and receipts and collect payments for goods delivered or loaded.
- Report any mechanical problems encountered with vehicles.

## **Qualifications:**

- Class C Driver's License
- Demonstrated ability to operate the vehicle following safety guidelines
- Good verbal communications skills
- Excellent customer service abilities
- Excellent driving record with no traffic accidents
- 10 Years' experience driving clients

## **Work History:**

Caregiver	Better Living Healthcare	Sacramento, CA	09/04 - Present
Caregiver	American River Facility	Sacramento, CA	02/16 - Present
Caregiver/IHSS	State of California	Sacramento, CA	11/11 - Present

**Education:** Pittsburgh High School  
Pittsburgh, CA  
**HS Diploma**

Contra Costa College  
**Medical Assisting** Richmond, CA

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## OBJECTIVE

Focused & energetic individual seeking a Food Service position utilizing experience

## HIGHLIGHTS

- Skilled in preparing food in accordance with the highest of sanitation standards
- Knowledge of an array of food types and their preparation times
- Familiar with methods of preparing sandwiches, salads, vegetables, and other foods
- Ability to understand and carry out basic sanitation requirements
- Ability to work independently without supervision
- Well organized approach with an ability to multitask
- Demonstrated ability to read and follow instructions
- Good interpersonal and communication skills

## RELATED SKILLS AND ABILITIES

- Prepare food items following standard recipes
- Clean equipment used for preparing food ingredients
- Chop, slice, mix, grate, assemble and marinated
- Tray Setting
- Meal Preparation
- Dish Washing
- Prepared snacks and served food
- Set up tables and clean work area
- Kitchen Assistance
- Hygiene Maintenance
- Food Storage
- Wrap and pack food

## WORK HISTORY

SSP – The Food Travel Experts **Server** Sacramento, CA 06/2017 to 02/2018

- Opened AM shift; grilled meat daily; prepared food; took orders for take outs; handled cash; operated cash register; stocked beverages and supplies during shift; cleaned counters and kept areas clean at all times.
- Clean, cut, and cook meat, fish, or poultry.
- Apportion and serve food to facility residents, employees, or patrons.
- Wash pots, pans, dishes, utensils, or other cooking equipment.
- Take inventory of supplies and equipment.
- Train new employees.
- Requisition food supplies, kitchen equipment, and appliances, based on estimates of future needs.
- Disposed of trash at the end of the shift.

Better Living Healthcare      Caregiver      Sacramento, CA      09/2004 to Present

- Budget funds, grocery shopping, meal preparation; daily charting, Kitchen clean up, 24hr live ins, light housekeeping, reported emergency situations immediately.

State of California IHSS Caregiver Sacramento, CA 11/2011 to Present

- Provided personal care, including meal planning and preparation. CPR/First Aid Certified

## EDUCATION

National Career College      Medical Assistant Certificate      Sacramento, CA      June 2000  
Boston Reed Institute      Phlebotomy Certificate      Alameda, CA      April 2003