

Quincy J. Chretien

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Professional Summary I am advanced in individual training in wheeled vehicle mechanics.

While enlisted in the military, I earned promotions up to the rank of E-4 specialist. I portray outstanding problem solving and people skills, am very knowledgeable of construction and safety for sites (such as the plants and oil fields), and I work diligently to meet jobs' statuses and goals in an efficient manner.

Experience February 2010-February 2016: United States Military E-4 Specialist, Maryland

Graduated basic training and AIT

Responsible for vehicle maintenance and repairs

Completed combative level 1

Successfully completed all warrior tasks

Qualified with the M-4 rifle as a professional marksman

Met all physical requirements of the army physical fitness program

January 2011-July 2013: Brock Scaffolding Co. Carpenter/Helper Lake Charles, LA

Assisted carpenter in erecting, demolishing, and revising scaffolds.

August 2013-February 2014: Walmart Automotive Technician Lake Charles, LA

Responsible for oil changes and tire maintenance, portray outstanding customer services, work efficiently with team members to repair vehicles

October 2014-February 2015: Steven's Transport Company Lake Charles, LA

Over the Road Driver. Duties included: Portraying team oriented skills in getting tasks finished, responsible for erecting and tear down of scaffolding on projects in the plants and refineries.

February 2015-August 2015: Coca Cola Bottling:Delivery Driver Lake Charles, LA

Responsible for delivery of products to customer locations, track and chart daily driver records, keep accountability of company's products while in my position

August 2015-October 2015: Oasis Foods. Delivery Driver. Lake Charles, LA

Responsible for safely driving an 18 wheeler to make deliveries to the Houston, TX and Baton Rouge area

September 2015-December 2015: Coastal Staffing. Laborer Lake Charles, LA

Cutting and scraping metal, cutting and scrapping wood, operated cranes, shop cleanup and housekeeping

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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 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, chafing 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