

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

A 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

ANTONE V. DEPINA

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A service and result oriented individual with a diverse career background with proven ability to follow directions, build good working relationships with staff. Able to work in a fast pace environment and producing results and meeting goals. Learn quickly, multitask, time management and able to contribute and collaborate in a team setting and individually take initiative to complete tasks.

SUMMARY OF SKILLS

Certified	Stock/Organize	Staff Hire/Train	Safe Food Handling
Forklift Operator	Pack/Label	Supervise/Monitor	Sanitizing Procedures
Shipping/Receiving	Landscaping	Residential Aide	Dietary Aide
Customer Service	Cash/Finance Mgmt.	Management	Patient/Client Service

WORK HISTORY

Sheffield Pharmaceuticals	Machine operator in production	New London, 11/2018-5/2019
Levine Auto Parts	Forklift Operator	Danbury, CT 4/2017-3/2018
Good Samaritan Mission	Residential Aide	Danbury, CT 2015-2010
St. Patrick Manor	Dietary Aide/Receiver Clerk	Framington, MA 2013-2015
Salvation Army	Manager	Danbury, CT 2010-2012
A & D Landscaping	Landscaper	Wareham, MA 2008-2012

- Forklift Operator** - Transported, moved, organized and stocked bulk orders of auto & truck parts, touch up paint for most cars and spray guns, glass cleaner, 3M automotive products and a full line of body shop supplies, car wash supplies, and every car part with over 100,000 part #'s in stock.
- Residential Aide** - Supervised and monitored all residents' activities, ensuring safety and order. Provided assistance with daily meal preparation, accompany and assist clients with their shopping for groceries, clothing, personal or household supplies.
- Dietary Aide** - Prepared and worked hand-in-hand with dieticians and health care professionals in creating healthy meals for patients according to their nutritional needs. Received inventory of supplies, food and beverage, organized, stocked, rotated in shelving and refrigerator.
- Manager** - Performed customer services, clerical and administrative duties, interviewed, trained, supervised and monitored work performance of employees, dealt with timesheets, opened and closed, report of daily sales, performed inventory of office supplies and ordering and kept records of donations and provided tax write-off sheet. Provided spiritual guidance and services.
- Landscaper** - Landscaped or maintained grounds of property using hand or power tools or equipment. Performed a variety of tasks, sod laying, mowing, trimming, planting, watering, fertilizing, digging, and raking.

EDUCATION

MTA Truck Driving School - Diesel Mechanic
 Norwich Free Academy - High School Diploma

CERTIFICATE

Levine Auto Parts - Danbury, CT - Forklift Operator Certified

2017

VOLUNTEER WORK HISTORY