

REGINALD E. TOWNSEND
(424) 236-5898

douchie85@aol.com
Los Angeles, California 90047

JANITORIAL

SKILLS AND ABILITIES:

- Experienced in carpentry, recycling, stock clerk, home health care and experience working in a restaurant.
- Excellent communication and listening skills.
- Self-Motivated.
- Quick learner, Prompt, Team player, Hard worker, Flexible, and Responsible.
- Willingness to take on new task.
- Willingness to learn.
- Get along well with others.
- Work well with/without supervision.

EMPLOYMENT HISTORY:

California Recycling

04/2019 to 05/2019
Redondo Beach, CA

Recycler

- Separated plastic bottles, glass and cans.
- Some janitorial.

Air Trucking

03/2019 to 04/2019
Carson, CA

Unloader

- Unloaded diesel trailer.
- Moved and prepared pallets for pick-up.
- Assisting with cleaning warehouse.

State of California

10/2014 to 01/2019
Imperial, CA

Dishwasher/Janitor

- Washed pots and pans.
- Swept and mopped kitchen and dining areas.
- Arranged all pots and pans on each shelf.
- Cleaned offices, and dust desk.
- Cleaned and sanitized restrooms.
- Replaced paper towels and toilet tissue.

In-Home Care

06/2013 to 12/2013
Los Angeles, CA

In-Home Care Provider

- Assisted with bathing and grooming patient.
- Food preparation and served patient.
- Transported patient to and from Doctors appointments.

Contractors Carpentry

03/2012 to 12/2012
Los Angeles, CA

Carpenter

- Assisted with measurements and leveling.
- Cut wood.

EDUCATION:

Los Angeles County Office of Education

Los Angeles, CA
2019

Career and Work Ethics Training

Adult School of Learning

Calipatria, CA
1992

General Education Courses – Diploma

Dishwasher Test

Score 9/10

90%

- 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
- b 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, chaffing 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
- d 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