

REGINALD E. TOWNSEND
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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

Recycler

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

04/2019 to 05/2019
Redondo Beach, CA

Air Trucking
Unloader

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

03/2019 to 04/2019
Carson, CA

State of California
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.

10/2014 to 01/2019
Imperial, CA

In-Home Care

In-Home Care Provider

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

06/2013 to 12/2013
Los Angeles, CA

Contractors Carpentry

Carpenter

- Assisted with measurements and leveling.
- Cut wood.

03/2012 to 12/2012
Los Angeles, CA

EDUCATION:

Los Angeles County Office of Education
Career and Work Ethics Training

Los Angeles, CA
2019

Adult School of Learning
General Education Courses – Diploma

Calipatria, CA
1992

Dishwasher Test

Score 9/10

96%

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