

**James Palonen**  
New London, CT 06320  
jamespalonen9\_2fn@indeedemail.com  
860-315-0239

Experienced laborer and equipment operator who has a variety of work experience in construction, tree work and industrial settings. Landscaping and warehouse as well. Experience as a forklift operator and pallet jack operator.

Willing to relocate: Anywhere  
Authorized to work in the US for any employer

#### Work Experience

**Filling Technician**  
New England T-rips via Sheffield Pharmaceuticals - New London, CT  
April 2019 to July 2019  
Pack items into boxes and filling tubes and bottles.

**Material Handler**  
Choice 1 staffing via Paragica Tire - Putnam, CT  
October 2018 to February 2019  
Unmount tires with tire Machine, load and unload tires from trailers, move tires in warehouse to the proper place

**Janitor**  
East coast material supply - Plainfield, CT  
February 2018 to June 2018  
Clean office and bathrooms, breakroom, maintain grounds, cut grass with tractor and lawnmower, and trimmed with weedwacker, clean up debris on the grounds

**Material Handler**  
Choice 1 via nutmeg Container - Putnam, CT  
October 2017 to January 2018  
I did a variety of material handler jobs. Stacking and strapping Corrugated boxes. Of different sizes and types. And I ran a bandsaw cutting Corrugated to Pacific sizes

**Freight Handler**  
Capstone Logistics, LLC via unif - Dayville, CT  
September 2018 to April 2017  
Unload Freight from trailers with forklift and electric pallet jack. And break down Freight according to paperwork

**Material Handler**  
Eclipse staffing via Tide Aid distribution center - Dayville, CT  
July 2014 to March 2016

I did a variety of material handler jobs. Unload trailers and bring product to proper place in the Warehouse. Worked on the Carousel staking totes on proper pallet

**Laborer Worker**  
AAA staffing via pelletier mifflins LLC - Putnam, CT  
June 2013 to October 2013

Help in building Silo's

**Material Handler**  
AAA staffing via staples - Putnam, CT  
June 2012 to October 2013  
Cleaning totes and stacking totes, poly rapping totes and loading totes into trailers using electric pallet jack

#### Education

**None**  
Plainfield High School

#### Skills

Forklift, Warehouse Associate, Packing, Pallet Jack, Picker Packer

#### Links

<http://www.irs.gov/EITC>

## Acrobat

outsourcing  
Your Hospitality Staffing Professionals

### Dishwasher Test

Score / 10

0/10

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

2) While washing dishes by hand, which item should you wear?  
a) Cutting glove  
b) Oven Mitt  
c) Rubber glove  
d) Nothing

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

4) If you need to move a heavy load, you should PULL and not PUSH the object.  
a) True  
b) False

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

6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.  
a) True  
b) False

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

8) When handling hot items you should?  
a) Wear rubber glove  
b) No need to wear anything  
c) Use an oven mitt or dry cloth towel  
d) Nothing

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

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