

James Palonen

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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 Temps, 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 Pangaia 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 2016 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 Rite 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 millrites 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

- 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, chaffing 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 gloves
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