

- 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
- F 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
- 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

Mark Worthington

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Authorized to work in the US for any employer

Work Experience

Laborer

Sawbuilders Home Remodeling - Norwich, CT
February 2015 to October 2019

Home remodeling; Stock & Heavy Lifting

Home Remodeling

Justys Aluminum & Home Remodeling - Norwich, CT
January 2010 to January 2015

Home Remodeling; Carpentry; Gutters; Painting; Heavy Lifting

Food Prep

Taco Bell - Groton, CT
August 2005 to January 2008

Food Prep; Stock; Cashier; Crew Trainer; Open/Close

Food Prep

Wendys Restaurant - Norwich, CT
May 1999 to February 2002

Food Prep; Stock; Close; Cashier; Crew Trainer

Education

High school or equivalent in Basic; College Prep

NFA - Norwich, CT
September 1989 to June 1993

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Skills

- Home Remodeling, Heavy Lifting, General Labor, Prep Cook, Dishwasher, Line Cook, Safe Serv (10+)