

## **Samuel Helm**

San Francisco, CA 94102

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### **SUMMARY OF SKILLS**

#### **Janitorial Experience**

- Serviced, cleaned, and supplied restrooms; swept, mopped, scrubbed, and vacuumed floors
- Stripped, sealed, finished, and polished floors, using buffer
- Used cleaning chemicals properly while adhering to safety precautions specified
- Managed inventory and ordered supplies

#### **Maintenance Worker**

##### ***Plumbing***

- Used snake to unblock drains and used caulking and soldering equipment
- Ran PVC pipe underground, assembled, and installed pipe assemblies, fittings and valves
- Repaired and installed appliances such as dishwashers and water heaters, and fixtures such as sinks or toilets

##### ***Electrical***

- Performed basic electrical repairs such as replacing circuit breakers, light switches, and transformers; bending conduit; and running wires
- Checked electrical systems using testing devices and operated boom truck

##### ***HVAC***

- Replaced coolant in air conditioners, changed filters, and cleaned ducts
- Inspected, repaired and/or replaced motors in fans
- Tested pipe, tubing joints, and connections for leaks, using pressure gauge and soap-and-water solution

##### ***Painting***

- Prepped and painted interiors and exteriors using rollers, brushes, and spray guns
- Erected scaffolding and set up ladders; mixed and matched colors of paint, stain, and varnish

##### ***Landscaping***

- Operated vehicles and power equipment, including tractors, twin-axle vehicles, chain saws, electric clippers, and sod cutters; pruned and trimmed trees and shrubs with shears, pruners, and chain saws
- Mowed and edged lawns, using power mowers; mulched, aerated, weeded lawns, and laid AstroTurf
- Used hand tools, such as shovels, rakes, pruning saws, saws, hedge and brush trimmers, and axes
- Mixed and sprayed /spread fertilizers, herbicides, or insecticides using hand and automatic sprayers

#### **Cook / Kitchen Assistant**

- Promoted to lead cook after 2 months on the job and managed orders
- Cooked meals for breakfast, lunch and dinner for up to 1,600 people daily
- Prepped vegetables, meats and chicken for cooking; measured ingredients according to recipe
- Operated large-volume cooking equipment such as mixers, grills, griddles, commercial oven, and commercial dishwasher

#### **Warehouse/ Stock Clerk**

- Loaded and unloaded supplies from trucks; selected merchandise and utilized a pallet jack
- Checked merchandise against shipping lists to ensure that shipments were correct

### **WORK HISTORY**

**Personal Fitness Trainer:** BOP, Herlong, CA

2014 – 2017

**Janitor:** BOP, Herlong, CA

2012 – 2014

**Warehouse/Stock Clerk:** State of California, CA

2003 – 2005

**Maintenance Worker:** State of California, CA

2003 – 2005

**Cook/Kitchen Assistant:** State of California, CA

1998 - 2003

### **EDUCATION**

**A.A. Degree,** Lassen Community College, Susanville, CA

**High School Diploma,** Johanna Boss High School, Stockton, CA



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**Skills and Attributes:**

- Experienced maintenance worker and knowledgeable of tools and equipment
- Valid Driver's License
- Ability to problem solve
- Ability to lift over 75lbs
- Ability to work with a team and independently
- Familiar with kitchen equipment and sanitary procedures
- Fast Learner and Hard worker

**Education:**

Associates Degree, Social Sciences -- Lassen Community College  
High School Diploma, Dewitt Nelson High

**Professional Experience:**

Laborer

2/2005 – 10/2006

*California Youth Authority*

- Performed general maintenance tasks on a routine basis
- Determined tools and equipment needed for individual report or maintenance job
- Worked hands on with painting and renovations

Warehouse Associate

3/2004 – 2/2005

*California Youth Authority*

- Selected orders, managed inventory, and loaded trucks in a timely manner
- Operated equipment in a safely manner
- Packed merchandise and scanned shipments

Recreation Supervisor

3/2002 – 2/2004

*California Youth Authority*

- Coordinated and facilitated activities for youth
- Coached and organized basketball and baseball games
- Planned, instructed, and supervised group activities and programs

Prep Cook & Dishwasher

4/2000 – 10/2001

*California Youth Authority*

- Prepared meals in a high volume kitchen
- Ensured compliance with menu, portioning, and presentation
- Served meals and bussed tables
- Operated commercial dishwashing equipment

