

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

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| 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 repair 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

