

KEITH HAYES

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OBJECTIVE: I am seeking a position at your company as a General Construction laborer Or Heavy Equipment Operator

PROFESSIONAL SUMMARY

I am a laborer with 18+ years of experience in Railroad maintenance. I possess superb interpersonal and communication skill, with 3+ years of experience in operating Heavy Machinery. Such as Backhoes, Front Loaders, Skidders, Graders. I understand the importance of staying on task and completing a job safely and meeting deadlines.

SKILLS

- Multi-tasking
- Good communication skills and work well with others
- Fast learner – Self Starter
- Strong Interpersonal Skills
- Highly motivated and able to lead within a team environment
- Knowledge of OSHA construction site and safety regulations

WORK HISTORY

Vision Railroad Company

5/2015-8/2016

- Cleaned up around construction sites, prioritizing safety at all times
- Operated Heavy Machinery to move material around
- Foreman over work crew
- Build New Turnouts and Maintenance work for new companies.
-

Railworks Track system

4/2011- 4/2014

- Build panels for turnouts
- Maintain the railroad tracks for Chemical Plants
- Operate Heavy Machinery
- Inspected facility and grounds to lay the panels for new turnouts
- Attended monthly safety meetings to ensure machine operation safely

George Hedge
Contractor
10/2007

11/2003-

- Operated Heavy Machinery
- Did Track Inspection
- Drove crew to Job Sites.
- Repair Tracks

**Popeye's Chicken and
Biscuit**

5/2001-9/2003

- Cooked and prepared food.
- Made sure the kitchen was kept cleaned.
- Ordered and Stocked the food orders.

Coach U.S.A

9/2000-4/2001

- Drove from Airport to Hotel dropping off passengers.
- I was a professional driver

EDUCATION

Jack Yates High School- Houston, TX (GED)

1998

Houston Community College – Truck Driving School

2007-2008



THE SERVICE
COMPANIES

SERVICE. ABOVE ALL

Grill Cooks Test

Keith Hayes

Multiple Choice Test (1 point each)

925/1

37/40

3

B

1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

C

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

d

3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

B

4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

C

5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer

C

6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F

d

7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions

b

8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- d) On a clean counter, at room temperature

a

9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth



THE SERVICE COMPANIES

SERVICE. ABOVE ALL

Grill Cooks Test

E 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

C 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

d 12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- d) 128

b 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

A 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

a 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

d 16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

a 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

C 18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

19) Which of the following best describes the process of Caramelization?



Grill Cooks Test

- b
- a) To cook quickly in a pan on top of the stove until food is browned
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 - c) Cooking method by which food is browned in fat, then cooked, tightly coved, in liquid at low heat
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C 20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

b 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

a 22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

23) What is a roux and what is it used for? (2 points)

Roux is form of liquid used to base the top of Rice or meat with. whether thick or not.

24 What is the process of making clarified butter, and why is clarified butter used? (3 points)

The Process is melting butter, It can be used for Popcorn.

25) What are the 5 mother sauces? (5 points)

1. Bechamel
2. veloute
3. Espagnole
4. Hollandaise
5. tomato

26) What does it mean to season a grill and why is this process important? (3 points)

When you season the grill ~~is~~ its oiling and heating the grill to work best.

27) What are the ingredients in Hollandaise sauce? (5 points)

Egg yolk and lemon juice
melted butter

