

Samantha Mijares

| samisdope12@gmail.com C:(909)212-3698

SUMMARY OF QUALIFICATIONS:

- ✚ Willingness to perform all assigned duties following specific and detailed guidelines
- ✚ Excellent people skills with an understanding of how to work with customers and establish and maintain effective working relationships
- ✚ High in physical strength and stamina with ability to work long hours, lifting heavy objects, up to 100-pounds
- ✚ Effective mechanical skills and able to work with several varieties of hand and power tools
- ✚ Ability to adapt quickly and apply new knowledge in work setting
- ✚ Trained in safety protocol and applies policies and procedures for health, safety, and environmental compliance
- ✚ Worked independently on projects within a carpentry team
- ✚ Palletizing packages, scanning, shipping, receiving, and sorting product

WORK HISTORY

Gourmet Foods International	<i>Warehouse Associate</i>	Southern CA	08/17 – Present
Metropolitan Water District	<i>General Maintenance</i>	Southern CA	11/2015 - 11/2016
Olive Garden	<i>Prep cook/ Line cook</i>	Ontario Mills, CA	06/2015 - 08/2018
Cal Poly Foundation	<i>Grill Cook/Kitchen Prep</i>	Pomona, CA	09/2013 - 2015
Fed-Ex	<i>Warehouse Associate</i>	Chino, CA	01/2011- 12/2012

EDUCATION AND CERTIFICATIONS:

Southwest Carpenters	<i>Apprenticeship</i>	Whittier, CA	09/2015-10/2015
W.I.N.T.E.R	<i>PreApprenticeship</i>	Los Angeles, CA	03/2015 – Present

Certifications include:

| 40Hr HAZWOPER General Site Worker | W.I.N.T.E.R Certificate of Completion
| 30Hr OSHA Construction Safety and General Industry | CPR/First Aid

Montclair High School : High School Diploma
2010