

Samantha Mijares

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

EDUCATION AND CERTIFICATIONS:

Southwest Carpenters	Apprenticeship	Whittier, CA	09/2015-10/2015
W.I.N.T.E.R	PreApprenticeship	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