

JEFFREY GAULDEN
Los Angeles, CA 90037
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Summary of Skills

- Well organized, positive and self-motivated, being able to complete assignments unsupervised.
- Outstanding communication skills and conflict resolution skills.
- Solid team member and team leader experience
- Excellent ability to work well in fast-paced environments while handling multiple priorities.
- Enthusiastic hard worker with several years of experience in a diverse range of labor positions.

Employment History

Janitor

January 2017 to November 2023

State of California, San Diego, CA

- Cleaned floors and fixtures following procedures for the use of chemical cleaners and power equipment.
- Stripped, sealed, finished, and polished floors.
- Steam cleaned and shampooed carpets.
- Maintained and repaired machines and equipment, using tools such as hammers, hoists, saws, drills, wrenches.

Caretaker

March 2015 to December 2016

State of California, Vacaville, CA

- Administered bedside or personal care, such as ambulation or personal hygiene assistance.
- Prepared and maintained records of patient progress and services, reporting changes in condition to Supervisor.
- Participated in case reviews, consulting with the team caring for the patient to evaluate the patient's needs and plan for continuing services.
- Instructed patients on issues such as household cleanliness, utilities, hygiene, nutrition and infant care.

Landscape Worker

July 2004 to February 2006

State of California, San Diego, CA

- Flagged pedestrians to warn them of obstacles or repair work ahead.
- Evacuated dried brush and weeds.
- Maintained grounds by rimming, weeding and general cleanup.
- Installed and repaired guardrails, road shoulders, berms, highway markers, warning signals and highway lighting, using hand tools and power tools.

Education and Certifications

Adult and Pediatric First Aid/CPR/AED

American Red Cross, Los Angeles Southwest College

OSHA 10, Construction

Los Angeles Southwest College

Facilities Maintenance Skills Certification

Los Angeles Southwest College

High School Diploma

San Diego High School, San Diego, CA