

# Jack Mateo

## OSHA Certified Construction Worker

The dedicated and hard-working construction worker with 5+ experience in the construction industry who was certified by the Occupational Safety and Health Administration in 2015. Expert in using hazardous tools with caring for safety first. Excellent body fitness assisted to increase team efficiency by 10%.

jackmateo@example.com

+(310) 0000 000

Lewistown, Montana

### Professional Experience

#### Construction Worker

McCarthy, Athens

Jan 2015 - Present

- Assisted and cooperatively worked with craft workers, plasterers, carpenters, and masons.
- Lifted, pulled, and carried 50+ pounds of items more than 30 times.
- Walked and stood up for more than three hours while performing strenuous physical labor.
- Avoided more than 20 hazardous incidents by using safety methods and equipment.

#### Construction General Laborer

State Of Tennessee, Nashville

Jan 2010 - Dec 2014

- Loaded and unloaded hauls materials 50+ times.
- Cleaned the working areas, machines, and equipment after the end of each day.
- Overcome the immediate problems and reported to the supervisors about them.
- Assisted the construction and paving crew to complete the responsibilities assigned by management.

### Education Qualifications

#### High School Diploma

Brooklyn Latin School, New York

Jan 2007 - Dec 2009

### Skills

- Power tools
- Safety regulation
- Own-hand work
- Teamwork
- Leadership
- Multi-tasking
- Problem-solving
- Time Management
- Equipment maintenance
- Decision-making
- Communication
- Heavy objects Handling
- Organization

### Languages

- English - Native Speaker
- French - Very Good Command

### Certificates

- OSH

# CONSTRUCTION WORKER

RESUME EXAMPLE | Cresuma.com