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Durham, United Kingdom DH7
8SX



Full UK driving license (CAT B/
CAT C)

EDUCATION

St Leonard's RC school,
County Durham
January 2012 - May 2015

- GCSE maths/ science- C
English - B French-C German
-B
- BTEC sport level 3 extended
diploma at six form,
graduated with triple grade
distinction.

SAM LYALL

PROFESSIONAL SUMMARY

I am a highly professional and competent British army soldier with 5+years service. I have deployed around the world on operations and exercise in high stress environment, fulfilling vital roles within teams In order to carry out missions and objectives set by superiors. I have gained many qualities and qualifications within my successful military career. Leave the service march 2025

WORK HISTORY

September 2020 - Current

Special forces support group - Parachute regiment , Cardiff, Vale of Glamorgan

- Performed fire team member duties during situational training exercises.
- Maintained 100% accountability of all assigned equipment.
- Responded to emergencies with speed, coherence and knowledgeable assistance.
- Prepared for military action with short notice.
- Acted quickly and effectively in emergency response situations, providing reliable aid.
- Remained composed and focused in highly stressful situations.
- Trained in combat and weaponry to meet field demands.
- Maintained high readiness multiple times for UK/ global counter terrorism.
- Work in small professional teams (assault, ropes rescue/access and smoke field environment)
- Worked in a short term training team teaching ropes rescue to partner forces. (Undisclosable location)
- 6 month operational tour. (Undisclosable location)
- Army boxing champion, representing the parachute regiment.

November 2019 - September 2020

3rd battalion the parachute regiment - Parachute regiment , Colchester Essex , United Kingdom

- Operated weaponry and communication systems.
- Fueled and prepared vehicles for military action.

January 2022 - Current

Assero security - Door supervisor , Cardiff , Wales

- Created and maintained secure, safe and welcoming environment for patrons.
- Enforced venue policies regarding prohibited substances and activities.
- Used approved techniques to defuse conflict and remove unruly guests.

- Handled ID checks using company system, managing customer access or denial in line with company policy.
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SKILLS

- Leadership.
 - Communication.
 - Confident in working in a team or alone.
 - Reliable and resilient
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MILITARY QUALIFICATIONS

- Blood storage and supply
 - HUET (helicopter under water escape training)
 - Medical BLS (basic life support) training
 - Operator advanced medical course
 - Breathing apparatus wearer at the defence fire and rescue college.
 - CAV driver license (civilian armoured vehicle)
 - Counter improvised explosive device training. C-IED.
 - Military parachute trained (LLP - low level parachute)
 - Ropes rescue/access qual through HELIX.
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CERTIFICATIONS

- Level 1 IRATA
- GWO's
- Working at height
- Manual handling
- Fire awareness
- First aid
- Sea survival
- GWO Blade repair

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