

BARSHA CHAPAGAIN

📍 454 Station Street, Lalor VIC 3075 • 📞 0404360094 • ✉ barshachapagain005@gmail.com

SUMMARY

Reliable and hardworking professional with experience in cleaning, housekeeping, and facility maintenance in hospitals, hotels, and restaurants. Knowledgeable in infection control, hygiene standards, and sanitation procedures. PCL Nursing-qualified, bringing additional expertise in safety and health compliance. Physically fit, detail-oriented, and available for immediate start for full time.

SKILLS

- General cleaning: rooms, bathrooms, kitchens, dining areas, lobbies
 - Infection control and hospital-grade hygiene
 - Floor care: sweeping, mopping, vacuuming, polishing
 - Waste management: disposal, recycling, hazardous waste
 - Restocking and organizing supplies
 - Time management, reliability, and teamwork
 - Flexible availability: day/night shifts, weekends, public holidays
 - Languages: Fluent in English, Nepali, and Hindi confident in verbal and written communication
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WORK EXPERIENCE

Cleaner - Royal Cleaning Services and suppliers Pvt LTD Jan 2023 – June 2023

- Maintained guest rooms, lobbies, and dining areas to high cleanliness standards.
- Performed daily cleaning: dusting, vacuuming, sweeping, and mopping.
- Ensured restrooms and bathrooms were sanitised and stocked with supplies.
- Reported maintenance and safety issues to supervisors.

Housekeeping Assistant- Hotel Aikawa July 2023 – March 2024

- Maintained guest rooms, lobbies, and common areas.
- Replenished toiletries, towels, and bedding for guests.
- Performed deep cleaning of bathrooms and kitchen areas.
- Reported maintenance and safety issues to supervisors.

Staff Nurse - College of Medical Science 2018-2024

- Supervised teams and ensured compliance with hygiene, safety, and organizational standards.
 - Delivered patient care and maintained accurate records, applying strict infection-control practices.
 - Trained staff and educated patients/families on health, safety, and hygiene best practices.
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EDUCATION

PCL Nursing (Proficiency Certificate Level) 2016-2018

- College of Medical Sciences, Bharatpur, Nepal
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References: Saraswati Kandel 0478249900