**James B. Guhl**

*Sandblasting / Metal Refurbishment*

*Warehouse Worker / General Laborer*

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**Message:** (316) 265-5211 ext. 208

401 S. Emporia, Wichita, KS 67202

**Summary of Qualifications**

* 3 years of combined sand blasting and metal refurbishing experience; also certified in Vocational Food Service in 2013.
* Comfortable using hand tools and power equipment.
* Available, accountable, and can be depended on to show up early and stay late.
* Works well independently or on a team in fast-paced, adverse environments.
* Avid on-the-job learner excited and ready to apply newly acquired skills in productive manner.
* Physically fit and able to repeatedly lift packages over 100 pounds.

**Skill Profile**

* **Machinery:** Metal sandblasting and wheel chair refurbishing. Operate bench grinders and other power tools. Able to operate forklifts, pallet jacks, conveyor belts, and hand trucks.
* **General labor:** Skilled at cleaning efficiently and thoroughly. Mowing, trimming and removing snow from lawns. Light repairs and construction work.
* **Physical ability:** perform strenuous tasks and stand for long periods of time; lift and move objects over 50 lbs; properly handle fragile or hazardous materials according to industry standards.
* **Teamwork:** able to communicate clearly and concisely to coworkers.
* **Organization:** able to accurately read and record warehouse data and information. Fill orders with accuracy and efficiency.
* **Basic math skills:** verify the logistical accuracy of figures and calculations.

**Work Experience**

* *Utility Worker* State of Kansas Stockton, KS 2017 – 2018
* *Custodian* State of Kansas Norton, KS 2017
* *Crew Member* McDonald’s Overland Park, KS 2015 – 2017
* *Laborer* Royal Metal, LLC. Olathe, KS 2014 – 2015
* *Refurbisher* Wheels for the World Norton, KS 2012 – 2014

**Certificates**

* *Vocational Food Service* Greenbush Education2013