**Gary Long**

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**Summary-**

I am a fast learning detail oriented worker. I am experienced in working in a high paced environment but I also don’t mind working in a steady or slow paced environment. I have a flexible schedule and I am available for most shifts. I will bring honesty, drive, positive energy and continuous productivity to your team.

**Experience-**

**Dave & Busters 11/2006 to 07/2007**

Weigh and ingredients, go after pots and pans, and stir and strain soups or sauces. Clean, peel, and slice vegetables and fruits and makes salads. I was also responsible for grinding meats, poultry, and seafood in preparation for cooking.

**Prep Cook**

**Studio Movie Grill 04/2008 to 09/2009**

Assist other cooks in the preparation and service of various menu items. I was in charge of keeping the food storage and non-food storage organized and properly stocked. I also stocked and maintained the salad bar, and assisted in keeping the hot buffet stocked and clean.

**Line Cook**

**Sports Cave 05/2010 to 08/2011**

Grill, cook, and fry foods such as French fries, eggs, and pancakes. Grill and garnish hamburgers or other meats such as steaks or chops. Clean food preparation equipment, work areas, tables, and or counters. Ordered supplies and kept my area and work station clean and stocked.

**Grill Cook**

**The Beacon 09/2011 to 09/2013**

Assist other cooks in the preparation and service of various menu items. I was in charge of keeping the food storage and non-food storage organized and properly stocked. I also stocked and maintained the salad bar, and assisted in keeping the hot buffet stocked and clean.

**Line Cook**

**Focus Industrial Workforce, Inc. 11/2013 to 12/2014**

I unloaded, picked, staged, and loaded products for shipping. I exhibit proper warehouse storage practices and housekeeping. Received incoming shipments and reviewed contents against purchase order for accuracy. I also assembled product containers and crates. Packed containers and re-packed damaged containers.

**Sales Rep**

**Volt Workforce Solutions 12/2014 to 02/2015**

I transported good from racks, shelves, and vehicles. I worked at a rapid pace to meet tight deadlines. Cleared damaged items and loaded freight.

**Warehouse worker**

**Johnson Control 04/2015 to 09/2015**

I operated power tools and robot machinery on an assembly line. I also installed vehicles seats on an assembly line for General Motors. I was required to maintain a safe and clean work environment. I am skilled at working in a fast paced high pressured work environment to meet daily production quotas.

**Production Worker**

**Pratt Industries** **04/2017 to current**

I am responsible for all activities associated with helping operators on all presses including setup, operation, cleanup, and recommending improvements to operations. I also set-up slotting, feed, and die cut sections on machine accurately in accordance with proper setup techniques. I assist the operator in other duties such as monitoring board quality, including - loose liner, warp, dimensions, caliper, and any other defects. I report any quality problems to the operator and sort as necessary to keep the machine running. Work at pace set by the machine operator.

**Machine Helper**

**Education-**

High School Diploma: Visual Arts **May 2001**

**Paseo Academy** Kansas City, MO

Certificate of Completion: HVAC **June 2005**

**Vatterott College** Kansas City, MO