**Gary Long**

*Warehouse/Food Service Expert*  
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401 S. Emporia

Wichita, KS 67202

316-295-9752

**Summary of Qualifications**

* Detail oriented and excellent time management to meet deadlines and exceed quotas.
* Capable of working at a rapid pace in fast-changing environments.
* Highly efficient in shipping and receiving operations, materials handling, and inspections.
* Exhibits proper warehouse storage practices and housekeeping.
* Familiar with restaurant and food service duties, including staffing, commercial kitchen equipment, and food safety guidelines.

**Skills Summary**

*Warehousing*

* Palletizing/Forklift
* Record Keeping
* Assembly
* Shipping & Receiving
* Quality Assurance
* Moving & Packing
* Materials handling
* Staging & preparation

*Food Service*

* Cooking
* Prepping
* Fry, broil, grill, sauté
* Cashier/Server
* Stocking & Rotating
* Dishwashing
* Bussing

**Professional Experience**

* *Product Engineer* **Adient LLC** 5/2015 – 9/2016
  + Assembled car seats and console parts.
  + Palletized finished products to prepare for transport and shipping.
  + Troubleshoot equipment before shift to assist maintenance workers to ensure safe operations.
* *Mover/Loader/Unloader* **Long’s Moving & Transport Inc.** 3/2002 – 5/2017
  + Loaded and unloaded household furniture, office furniture, hospital furniture, etc.
  + Handled monetary transactions.
  + Provided excellent customer service by answering questions, listening to problems, and making suggestions.
* *Warehouse Worker* **Volt Workforce Solutions** 12/2014 – 2/2015
  + Transported goods from racks, shelves, and vehicles.
  + Cleared damaged items.
  + Loaded freight for shipping.
* *Sales Representative* **Focus Industrial Workforce Inc.** 11/2013 – 12/2014
  + Unloaded, picked, staged, and loaded products for shipping.
  + Received incoming shipments and reviewed contents against purchase orders.
  + Assembled product containers and crates.
  + Packed containers and re-packed damaged containers.

**Additional Work History**

* *Line Cook/Dishwasher* **The Beacon** 9/2011 – 9/2013
* *Grill Cook* **Sports Cave** 5/2010 – 8/2011
* *Line Cook* **Studio Movie Grill** 4/2008 – 9/2009
* *Prep Cook* **Dave & Busters** 11/2006 – 7/2007
* *Bistro Cook/Cashier* **Bishop Spencer Place** 11/2004 – 11/2005
* *Fry Cook/Dishwasher* **Cornbread Café** 1/2000 – 3/2002
* *Stocker/Sales Associate* **Wal-Mart** 3/1999 – 1/2000

**Education**

* *HVAC Certificate of Completion* **Vatterott College** 6/2007