# **James E. Palmer**

**401 S. Emporia 316-265-5211 ext. 208**

Wichita, KS 67202 **wwrf.jpalmer@outlook.com**

Food Preparation / Kitchen Utility / Shipping & Receiving / Laborer / Animal Worker /Factory Worker

SUMMARY OF QUALIFICATIONS

* Extremely hard working and enjoys taking on new challenges
* Ambitious and energetic employee
* Self-motivated and diligent worker
* Very punctual with a strong work ethic
* Great attention to detail
* Excellent job safety history
* Willing to accept any overtime opportunities
* Comfortable working alone or in a team environment

PROFESSIONAL SKILLS

Commercial Kitchen

* Operate a commercial dishwasher
* Use various kitchen appliances including:
  + Ovens
  + Fryers
  + Broilers
  + Grills

Warehouse

* Pallet Jacks
* Palletized materials for shipment
* Used packaging equipment to box items
* Performed quality control on outgoing items

WORK EXPERIENCE

* City of Arkansas Animal Shelter Worker Arkansas City, KS 2016
* Worked in a city operated animal shelter tending to the care of rescued cats and dogs
* Responsible for feeding, watering, walking and interacting with the animals daily
* Maintained the animal living areas and ensure proper sanitation and living conditions

* Spangles Restaurant Food Prep/Utility Topeka, KS 2015
* Worked on the hot and cold preparation lines assembling completed food orders
* Performed all cleaning and sanitation duties to ensure and safe and sanitary work environment
* Completed various other duties around the restaurant including dish washing and trash removal
* LaborMAX Various Positions Topeka, KS 2008 – 2015
* Worked in various warehouses providing assistance in shipping and receiving departments
* Operated pallet jacks and other machinery to move merchandise around the facilities to properly

organize and store all products

* Communicated with other employees to ensure a cohesive and productive environment
* Worked in hotel kitchens doing utility work and food preparation

CERTIFICATIONS

* Kansas Work Ready Silver Level Ellsworth, KS 2016
  + Math- 5
  + Reading- 5
  + Locating Information- 4