

Josh Richards

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Personal Profile

Hardworking and dependable worker with hands-on experience in warehouse, retail, and construction environments. Skilled in manual handling, teamwork, and maintaining safety standards. Known for reliability, quick learning, and a positive attitude on the job. Currently seeking a long-term opportunity with Lidl where I can contribute to an efficient warehouse team and continue to grow professionally.

Key Skills

- Manual Handling & Physical Stamina
- Teamwork & Clear Communication
- Time Management & Reliability
- Health & Safety Awareness
- Problem Solving & Adaptability
- Strong Work Ethic & Willingness to Learn

Work Experience

Various Labour & Customer Service Roles (2018 – 2023)

Employers included B&Q; LB Joinery, Kingsbury Fish Bar, Transform Your Home, and Ocado.

- Supported warehouse, construction, and retail operations with a focus on efficiency and accuracy.
- Handled loading, lifting, and organization of materials safely and efficiently.
- Maintained clean, well-organized work areas in line with health and safety standards.
- Worked collaboratively in team settings to meet daily targets and customer needs.
- Assisted with stock control, basic maintenance, and customer service tasks.

Example Roles:

- **Warehouse Operative (Ocado)** – Picked and packed food orders in a cold-storage environment, following strict PPE and safety procedures.
- **Labourer (LB Joinery / Transform Your Home)** – Assisted with refurbishment and construction work, carrying materials and managing site waste.
- **Customer Assistant (B&Q;)** – Helped customers with enquiries, organized shelves, and mixed paints to specification.
- **Kitchen Assistant (Kingsbury Fish Bar)** – Prepared ingredients and maintained hygiene standards in a fast-paced kitchen.

Certifications & Training

- CSCS Card – Valid construction site safety qualification
- Safety Awareness
- Asbestos Awareness
- Slinger/Signaller
- Harness Fall Arrest
- Safety at Work at Height

Education

High School – Prefect Role (Leadership responsibility)

References

Available upon request.