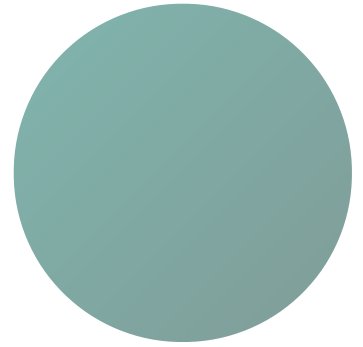# TOBIAS HAMN

Contact

Fatabursvägen 1c

0703821808

0703821808

tobiashamn2@gmail.com

Skills

- Technical Proficiency
- Empathy
- Problem-Solving
- Organizational Skills
- Team Collaboration
- Customer Service
- Microsoft Office
- Python
- JavaScript
- CSS
- HTML
- Positive reinforcement providing
- Ethical understanding
- Constructive feedback delivery
- Calm under pressure
- Time management mastery
- Mental health support
- Stress management efficiency

Summary

Experienced caregiver for individuals with mental illnesses and substance abuse, with a solid foundation in programming including HTML, CSS, JavaScript, and Python. Proficient in Office 365. Committed to providing high-quality service and maintaining an organized work environment.

Experience

Assistant nurse

Kalmar Kommun | Kalmar, Sweden | April 2022 - Current

· Coordination with different departments

· Responsible for enforcing processes and procedures

· Team collaboration to achieve organizational goals

· Customer care and high-quality service

· Maintain organized and clean work environment

Prison guard

Police Department | Sweden | March 2014 - september 2016

- Managed conflict and incidents using established and approved techniques, maintaining health and safety of patrons.
- Prevented and constructively managed challenging behaviours, demonstrating fairness and consistency to build positive relationships.
- Diligently supervised meals and recreation time, maintaining safety of staff and patrons.
- Escorted prisoners through prison for appointments.

Warehouse worker

EM Severins Möbler | Kalmar, Sweden | June 2011 - september 2013

- Understood warehouse product placement, enabling efficient picking and packing services.
- Cleaned and maintained warehouse in compliance with safety standards.

Education

Stagneliusskolan
Kalmar
Assistant nurse: Nursing
August 2008 - may 2011

- Assessed packages and counted stock to ensure delivery accuracy before unloading and processing.
- Recognised and reported defective material and equipment to warehouse supervisor.
- Maintained excellent physical fitness levels to safely lift and manoeuvre heavy orders and deliveries.
- Accurately followed verbal and written directions.
- Completed routine and reactive cleaning activities to maintain hygienic work space.

Assistant nurse

Kalmar Sjukhus Vuxen Psyk | Sweden | September 2016 - april 2022

- Maintained patient privacy, demonstrating sensitivity and confidentiality when dealing with service users' personal affairs.
- Evaluated social and health needs of new patients, implementing ongoing assessments to elevate care plans.
- Guaranteed service users care plans were jointly maintained with relatives.
- Measured blood pressure, pulse rate and oxygen level as part of physical assessments.
- Administered CPR following Basic Life Support for Health Care Provider during emergency cases to help patients encountering cardiac arrest.
- Briefed head nurse and attending physicians on each patient's symptoms, condition and development.
- Liaised with nurses and doctors to discuss plans of care for patients.

Certifications

Web Development with HTML and CSS for Beginners

Starting JavaScript Programming

Git Fundamentals

Office 365 for End Users

Python for Beginners

How to Build Your Own Computer

The Basics of Security Guard Work

Cyber security: Understand Threats and Prevent Attacks

Diploma in Basic Guide to Microsoft Windows 11 for Beginners

Digital and Cyber Security Awareness

- CourseIntroduction To Ethical Hacking

  100%Progress: 100%

- CourseLearn Color Design

  100%Progress: 100%

- CourseLearn How to Code

  100%Progress: 100%

- CourseHow to Deploy a Website

  100%Progress: 100%

- CourseLearn Bash Scripting

  100%Progress: 100%

- CourseLearn CSS: Responsive Design

  100%Progress: 100%

- CourseLearn Interaction Design

  100%Progress: 100%

- CourseIntroduction to UI and UX Design

  100%Progress: 100%

- CoursePython for Programmers

  100%Progress: 100%

- CourseLearn JavaScript

  100%Progress: 100%

- CourseLearn Navigation Design

  100%Progress: 100%

- CourseLearn HTML

  100%Progress: 100%

- CourseDefending Against AI-Generated Attacks

  100%Progress: 100%

- CourseLearn Python 2

  100%Progress: 100%

- CourseLearn User Research: Evaluative

  100%Progress: 100%

- CourseIntroduction to IT

  100%Progress: 100%

- Skill pathCode Foundations

  100%Progress: 100%

- Skill pathBuild a Website with HTML, CSS, and GitHub Pages

  100%Progress: 100%

- Skill pathFundamentals of Cyber Resilience and Risk Management

  100%Progress: 100%