Job History Master

# Line Cook

* Worked safely around hot equipment; staged pans and utensils; verified temperatures with probe thermometer (°F).
* Prepped and portioned ingredients to spec using scales; documented counts per station each shift.
* Followed production sheets; met ticket times under rush conditions (tracked average minutes/ticket).
* Maintained sanitation: cleaned line, labeled dates, rotated stock (FIFO) and logged temps.
* Used knives, slicers, and mixers with cut-resistant gloves and guards; reported defects immediately.
* Received deliveries; checked counts by item against invoice; stored per food safety guidelines.

# Prep Cook

* Prepared bulk ingredients following recipes; measured by weight/volume and recorded yields.
* Set up and broke down stations; verified equipment function via pre-op checklist.
* Cleaned, sanitized, and organized workspace; logged tasks in closing checklist.
* Sharpened and stored knives per SOP; used guards and PPE to prevent cuts.
* Supported line during rush; restocked items keeping par levels.

# Server

* Handled cash/credit POS; reconciled till with manager sign-off.
* Communicated special orders clearly to kitchen; verified items before delivery.
* Kept sections clean and hazard free; reported spills and blocked egress immediately.
* Resolved customer issues professionally; escalated safety concerns to lead.

# Dishwasher

* Operated dish machine; monitored rinse temperature and sanitizer concentration; logged results.
* Sorted and staged wares safely; avoided overloading racks to prevent breakage.
* Disposed of waste and recyclables per SOP; maintained clear walkways.
* Performed end-of-shift cleaning: floors, drains, and machine delime.

# Barista

* Dialed in grinders; measured dose/yield/shot time; logged adjustments.
* Steamed milk to temperature; cleaned wand; used towels per safety/sanitation SOP.
* Managed queue during rush; prioritized orders while maintaining quality.
* Stocked and rotated perishables; documented waste and pars.

# Cashier

* Processed transactions accurately; balanced drawer; documented discrepancies.
* Kept front area clear; placed wet floor signage as needed.
* Resolved basic issues; called lead for complex returns or safety concerns.

# Retail Associate

* Stocked shelves to planogram; front-faced; documented shelf counts.
* Assisted customers; used handheld scanners to locate inventory.
* Kept aisles clear; followed ladder safety and lifting techniques.

# Stocker

* Unloaded pallets with pallet jack; stacked cases to safe height; used rack safety checks.
* Cycle-counted SKUs; updated handheld device counts with lead verification.
* Broke down boxes; maintained clean aisles and exits.

# Warehouse Associate

* Picked orders to packing list; verified counts and item codes; staged to dock.
* Operated pallet jack/hand truck; followed spotter signals when required.
* Maintained housekeeping (5S); recorded near-misses and hazards.

# Order Selector

* Picked by voice/RF; scanned each item; achieved target picks/hour with QC sign-off.
* Wrapped pallets; marked loads; communicated with shipping desk for dock assignment.
* Tracked errors; participated in corrective coaching sessions.

# Shipping & Receiving

* Checked BOLs; verified count/condition; documented over/short/damage with photos.
* Labeled inbound; routed to storage; updated system with locator codes.
* Coordinated with drivers; used dock safety (chocks, lights, dock plates).

# Material Handler

* Moved materials with pallet jack; secured loads; followed hand signals in shared spaces.
* Performed line-side delivery; maintained Kanban levels; recorded shortages.
* Conducted visual inspections on containers and packaging.

# Forklift Operator (trainee/experience)

* Assisted with pre-shift inspection checklist; reported issues to supervisor.
* Shadowed certified operators to learn aisle rules, stacking heights, and speed limits.
* Practiced pallet handling in training area under supervision.

# Delivery Driver (Non-CDL)

* Performed pre-trip safety checks; documented issues; maintained clean vehicle interior.
* Loaded van to route plan; secured cargo; verified addresses.
* Followed safe backing protocol; used spotter when available.

# Mover

* Packed and wrapped furniture; used dollies/straps; protected floors and doorways.
* Lifted/carry items with team; followed safe lifting; staged loads for transport.
* Documented item counts and condition; got customer sign-off.

# Janitor

* Cleaned restrooms/break areas; mixed chemicals per label; used PPE as required.
* Maintained floors (sweep/mop/auto-scrub); placed wet floor signage.
* Removed trash; kept egress clear; secured chemicals after use.

# Custodian

* Completed task lists on schedule; reported facility hazards promptly.
* Stocked supplies; replaced dispensers; logged completed work.
* Operated small tools (buffer/vacuum) per SOP; inspected cords and plugs.

# Housekeeper

* Cleaned rooms to checklist; sanitized high-touch surfaces; logged room status.
* Handled linens safely; used carts without blocking exits.
* Reported damage and safety hazards immediately to supervisor.

# Security Guard

* Monitored entrances; checked IDs; logged visitors with timestamps.
* Patrolled per route; documented findings; escalated incidents per protocol.
* Completed incident reports; preserved evidence chain where applicable.

# Landscaper/Groundskeeper

* Operated mowers/trimmers with PPE; kept guards in place; refueled safely.
* Loaded/unloaded equipment; secured on trailer; performed pre-op checks.
* Maintained walkways free of debris; marked hazards; followed noise/time rules.

# Construction Laborer (general)

* Carried materials; staged tools; kept site housekeeping (5S); clear egress.
* Built/dismantled temporary protections; used PPE and followed signage.
* Assisted skilled trades; measured/cut per instruction; documented quantities.

# Demolition Laborer

* Set containment per plan; posted signage; used respirator as required.
* Sorted debris; documented load counts/weights; maintained clear paths.
* Used hand tools/saws; followed lockout/permit rules where applicable.

# Traffic Control/Flagger

* Set up taper and advance warning per plan; verified spacing and sign order.
* Used handheld stop/slow; maintained eye contact with drivers; logged start/stop times.
* Inspected devices; replaced damaged cones/signs; noted changes in log.

# Tool Room Attendant

* Issued/received tools; scanned barcodes; recorded condition and counts.
* Inspected cords/guards; flagged out-of-service items; coordinated repairs.
* Organized storage; maintained MSDS/SDS binder accessibility.

# Parts Counter

* Looked up part numbers; verified compatibility; processed returns per policy.
* Counted inventory; reconciled discrepancies; updated counts in system.
* Assisted techs with will-calls; staged orders with labels.

# Facilities Porter

* Restocked supplies; maintained lobbies/work areas; cleared trash per route.
* Responded to spills; placed signage; escalated hazards to leads.
* Logged tasks completed; noted issues for maintenance requests.

# Event Setup Crew/Stagehand

* Set up risers, staging, and pipe/drape; verified counts and stability.
* Loaded/unloaded gear; used hand trucks and carts; followed spotter signals.
* Coiled cables correctly; labeled cases; maintained clear cable paths.

# Maintenance Helper

* Assisted with PM tasks; documented readings; handed tools to techs.
* Followed LOTO instructions; verified tags before proximity to equipment.
* Cleaned and organized shop; tracked parts issued/returned.

# Painter Helper

* Prepped surfaces; masked per plan; mixed paint per spec; logged batch/ratio.
* Moved ladders/scaffolds safely; inspected tags; observed fall rules.
* Maintained clean area; disposed of waste per guidelines.

# Drywall/Lather Helper

* Carried and staged sheets; measured/cut to size; logged waste counts.
* Assisted with hanging/fastening; verified spacing and screw patterns.
* Kept walkways clear; collected debris into bins; protected finished surfaces.

# Flooring Helper

* Staged materials; cut underlayment; measured and cut pieces to fit.
* Maintained clean area; used knee pads and PPE; followed adhesive safety.
* Recorded room measurements and material usage.

# Concrete Laborer

* Set forms; placed rebar chairs/ties; checked spacing with tape measure.
* Placed/compacted concrete; used screed/float; recorded yardage and time.
* Cleaned tools; washed out chutes in approved area; kept egress clear.

# Mason Tender

* Mixed mortar to ratio; staged block/brick; maintained steady supply.
* Built scaffolds to tag; kept planks clean and debris-free.
* Tracked counts of block/brick used; reported shortages.

# Carpenter Helper

* Measured and cut lumber; used saws with guards; verified dimensions to 1/16”.
* Held and fastened framing; used levels/squares; recorded materials used.
* Maintained clean work area; stored tools safely after shift.

# Roofer Helper

* Staged bundles; set fall protection per plan; inspected anchors/lines.
* Cut and placed shingles/membrane; rolled seams; documented squares installed.
* Maintained clear ground; controlled debris; protected building openings.

# HVAC Helper

* Staged duct/fittings; measured and cut; crimped/fastened per spec.
* Assisted with equipment lifts; used rigging/spotter; protected units.
* Recorded filter sizes/changes; logged serial numbers and readings.

# Electrical Helper

* Pulled wire; measured/conduit prep; labeled circuits; updated panel schedules.
* Used PPE; followed lockout/tagout basics under supervision.
* Terminated devices under supervision; torque-verified with lead sign-off.

# Plumbing Helper

* Staged pipe/fittings; measured/cut/thread; applied sealants per spec.
* Assisted with rough-in; pressure tests under supervision; logged readings.
* Maintained tool inventory; cleaned and organized work area.

# Sheet Metal Helper

* Staged sheet; measured and snipped; hemmed/fastened; sealed joints per spec.
* Assisted with hangers; verified spacing and level; recorded lengths installed.
* Used PPE; protected edges; maintained clean fabrication area.

# Ironworker Helper

* Staged steel; used chokers/shackles; followed hand signals with rigger.
* Installed bolts; used spud wrench; aligned holes; verified torque with lead.
* Maintained exclusion zone; flagged loose items; tracked bolt counts.

# Glazier Helper

* Staged glass units; used cups/gloves; inspected edges; protected surfaces.
* Applied sealants; set blocks/shims; checked reveals; recorded sizes.
* Maintained clean area; disposed of shards safely.

# Welder/Fabrication Helper

* Staged metal; cleaned weld area; measured and marked cuts; used grinder safely.
* Held/positioned parts; tack weld under supervision; cooled parts safely.
* Logged material heat numbers; organized scrap and offcuts.

# Grounds/Right-of-Way Helper

* Cleared brush; staged tools; used chainsaw with PPE per instruction.
* Maintained drop zone; used hand signals; watched for public/traffic.
* Loaded brush; secured loads; documented disposal site.

# Warehouse Clerk

* Logged inbound/outbound; filed BOL/packing slips; updated inventory system.
* Performed cycle counts; reconciled discrepancies; escalated issues.
* Prepared shipping labels; coordinated pickups with carriers.

# Assembler (Light Manufacturing)

* Built subassemblies per work instructions; verified with go/no-go gauges.
* Tracked counts and defects; completed traveler with initials/time.
* Used small tools and fixtures; maintained 5S station readiness.

# Kitchen Helper

* Portioned ingredients; labeled/date-marked; rotated stock FIFO.
* Cleaned prep areas; sanitized stations; restocked disposables.
* Used cut gloves/guards with knives and slicers.

# Busser

* Cleared and sanitized tables; restocked settings; maintained aisle clearance.
* Assisted servers during rush; staged plates and silverware to par levels.
* Disposed of trash and recycling; kept spill logs and signage.

# Host

* Managed waitlist; quoted accurate times; prioritized seating safely.
* Coordinated with servers and kitchen; communicated special needs clearly.
* Maintained clear entries/exits; reported hazards to manager.

# Recycling Sorter

* Sorted materials by category; removed contaminants; followed PPE rules.
* Monitored conveyor; cleared jams safely after lockout by authorized staff.
* Recorded bale weights and counts; maintained housekeeping.

# Delivery Helper

* Assisted driver with loading/unloading; verified item counts; protected property.
* Used dollies/straps safely; maintained clear paths; communicated hazards.
* Secured cargo; placed items per site instructions; obtained signatures.

# General Laborer

* Loaded/unloaded materials; carried to point of use; kept site housekeeping.
* Used hand tools safely; followed lead instructions; tracked quantities.
* Assisted multiple trades; protected finished work; maintained clear egress.