

Martha Bonnorh

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SUMMARY OF QUALIFICATIONS

- 12 years of food handling and kitchen experience
- 11 years previous experience as a Community Support Worker
- Hardworking, ambitious and willing to learn
- Friendly and outgoing; cooperative with coworkers
- Enjoys helping and caring for people
- Possesses Class 5 driver's license

SKILLS

- Proficient in housekeeping tasks and kitchen operations
- Experienced in providing support to individuals with physical and mental challenges
- Knowledgeable about medication administration and food safety protocols
- Skilled in communication and teamwork

EMPLOYMENT HISTORY

Kitchen Helper, CIVEO, Fort McMurray, AB **2011-2023**

- Served food in camp dining room
- Washed, dried and put away dishes

Kitchen Helper/Housekeeping, Horizon North, Fort McMurray, AB **2011**

- Cleaned rooms throughout camp
- Prepped and served food

Community Support Worker, Nightingale Support Services, Calgary, AB **2004-2011**

- Provided support to physically and mentally challenged individuals
- Assisted clients with bathing, personal hygiene and meal prep
- Administered medications as scheduled

Community Support Worker, Central Accra Disability Centre, Ghana **2000-2004**

- Worked with children and adults with disabilities
- Assisted clients with bathing, personal hygiene, meal prep and housekeeping

TRAINING & TICKETS

- | | |
|-----------------------------|---------------------------------|
| • WHMIS | • National Food Safety training |
| • Support Worker Workshop | • CSTS |
| • Medication Administration | • OSSA Regional |
| • ESL | • First Aid Level C & CPR |
| • Abuse Protocol | • CSO |