

# **Martha Bonnorh**

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## **SUMMARY OF QUALIFICATIONS**

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- 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**

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### **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**

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