resume\_47@gmail.com  
538-512-8008  
Howard Alford Laboratory Assistant Intern  
Mc Indoe Falls VT - Email me on Indeed: indeed.com/r/Howard-Alford/53d75c52120ff1ea  
WORK EXPERIENCE  
Laboratory Assistant Intern  
EMSL Analytical - New York NY - April 2009 to April 2009  
\* Learned and performed Chain of Custody Procedures  
\* Observed performance of Atomic Absorbance Flame Spectrophotometer \* Prepared wipes for lead analysis through acid and water digestion  
\* Filtered samples  
Self Employed - Orange NJ - January 2007 to August 2008  
Handyman  
\* Prepared and submitted budget estimates progress and cost tracking reports  
\* Scheduled projects in logical steps and budget time required to meet deadlines  
\* Read and interpreted plans instructions and specifications to determine work activities  
\* Measured marked and recorded openings and distances to layout areas where construction performed  
\* Loaded and identified building materials machinery tools and distributed them to the appropriate locations according to project plans and specifications  
\* Performed and oversaw the construction of homes  
Vice President  
T & C Inc - June 2001 to January 2007  
\* Oversaw activities directly related to building contracts  
\* Directed and coordinated activities of business specifically production pricing sales and distribution of products  
\* Reviewed financial statements sales activity reports and other performance data to measure productivity and goal achievement  
\* Managed staff prepared work schedules and assigned specific duties  
Laboratory Technician  
American Cyanamid - February 1997 to March 2001  
\* Discarded and rejected products materials and equipment not meeting specifications  
\* Inspected tested and measured materials and work for conformance to specifications  
\* Recorded inspection and test data such as weights temperatures grades moisture content  
\* Observed and monitored production operations and equipment to ensure conformance to specifications Pilot lab/ Junior.  
\* Compounder: responsible for weighing and mixing raw materials soap lotions deodorants and perfumes.  
Laboratory Technician  
Garden State Labs - Irvington NJ - January 1983 to February 1997  
\* Set up and conducted chemical experiments tests and analysis using techniques such as chromatography spectroscopy physical and chemical separation techniques and microscopy  
\* Conducted chemical and physical laboratory tests to assist scientists in making qualitative and quantitative analysis of solids liquids and gaseous materials  
   
\* Compiled and interpreted results of tests and analysis  
\* Provided technical support and assistance to chemists and engineers \* Maintained clean and sterilized laboratory equipment