



# AMELIA MOORE

Manual Labor

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📍 Los Angeles

🌐 www.qwikresume.com

## PROFESSIONAL SUMMARY

With 10 years of extensive experience in manual labor, I excel in a variety of construction and maintenance tasks. My proficiency in operating heavy machinery and hand tools, combined with a strong focus on safety protocols, ensures efficient project completion. I am dedicated to contributing my robust work ethic and teamwork skills to achieve high-quality results in challenging environments.

## WORK EXPERIENCE

### Manual Labor

📅 Apr / 2018-Ongoing

WidgetWorks Inc.

📍 Denver, CO

1. Performed diverse tasks including construction, maintenance, and equipment operation, ensuring safety standards were met.
2. Assisted in the setup and teardown of various construction sites, demonstrating adaptability in fast-paced environments.
3. Utilized effective communication skills to coordinate with team members and improve overall project efficiency.
4. Operated heavy machinery and tools safely, contributing to timely project completions.
5. Maintained equipment and tools, ensuring optimal functionality and safety.
6. Executed basic carpentry, plumbing, and painting tasks, showcasing versatility in manual labor.
7. Monitored job site safety and compliance, actively participating in safety meetings and training sessions.

### Manual Labor

📅 Apr / 2015-Apr / 2018

Cactus Creek Solutions

📍 Phoenix, AZ

1. Assisted in the preparation and assembly of construction materials, ensuring timely project delivery.
2. Performed demolition tasks safely, following all safety protocols and guidelines.
3. Managed inventory of tools and materials, improving efficiency in resource allocation.
4. Supported team efforts in building renovations, contributing to significant improvements in project outcomes.
5. Participated in training sessions for new employees, sharing knowledge of safety practices and equipment usage.
6. Engaged in regular maintenance checks to uphold high operational standards.

## EDUCATION

### Diploma in Construction Technology

📅 Apr / 2012-Apr / 2015

Tech Institute of Construction

📍 Toronto, ON

Focused on construction management, safety protocols, and hands-on skills.

## SKILLS

Demolition Skills

Safety Protocols

Material Handling

Construction Skills

Problem-solving

Plumbing Basics

## INTERESTS

🤿 Scuba Diving

🎮 E-sports

📖 Reading Fiction

🧩 Puzzle Solving

## STRENGTHS

🧰 Stewardship

👥 Teamwork

🔑 Tenacity

👁 Vision

## LANGUAGES



English



Italian



Spanish

## ACHIEVEMENTS

★ Successfully completed over 100 construction projects on time and within budget.

★ Improved safety compliance by 30% through rigorous training and adherence to protocols.