

**James O'Brien**  
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## **Experience**

Studied and employed advanced communication techniques.  
Inventory management in a fast paced production environment.  
Diagnose and fix complex computer controlled manufacturing equipment.  
Adjusting chemistry (ph, surfactants, emulsifiers), electro pneumatics, and hydraulics.  
Supervise 12 or more workers and adjust personnel or production schedule when needed.  
Licensed forklift and clamp truck operator.

## **Education**

Graduated from Kittatinny Regional High School. Four years of graphic arts, printed all school flyers as well as the school paper on a single color multilith 1750.

Two years Fairleigh Dickinson University majoring in psychology. Coordinator of Freshman seminars, interacting with outside agencies and appropriate university departments to ensure seminars were problem free. Studied effective communication skills, learning reflective listening and conflict resolution techniques.

## **Employment**

2003-2014 Denver Post. Pressman working in their commercial printing plant operating a 13 unit Goss Community and rolltending on a 32 unit Heidelberg Mercury. Certified forklift and clamp truck operator. Trained to operate the plate room to fill in for manpower shortages. Can operate and perform any maintenance required on both presses. Can maintain and operate a variety of 3-knife trimmers, stackers, deservers, and inserters.

1997-2003 Adplex. Operated a 13 unit Goss Community on the second shift. Rolltended and ran the press by myself whenever there was a shortage of rolltenders. Consistently among the top three performers in the pressroom in IPH and lowest waste.

1996-1997 Denver Post. Worked in the composing room at their headquarters. Did hot wax paste up, assembling pages according to editors layout using a pica gauge and an x-acto knife. Responsible for building the business and sports sections. Operated the servers that ripped the images that were fed to the printers.

1992-1996 Metro Label. Operated a four color 16 inch Mark Andy press with hole punch and 6 die cut stations. Mixed inks to match pantone colors and also matched custom colors supplied by customers on a variety of substrates. Responsible for monthly inventory of paper, ink, cores, boxes, and chemicals used in the manufacturing process. Communicated inventory levels to the plant manager.

1990-1992 Sunrise House. Started as third shift counselors assistant was promoted to the second shift and eventually earned the position of discharge coordinator on the first shift. Employed reflective listening and conflict resolution skills while working the volatile second shift when patients were most likely to act out. Received clinical accreditation, and gave lectures on communication skills to a 72 patient treatment community.

1988-1990 North Jersey Advance. Second shift pressroom foreman. Ran an eight unit Goss Community printing press. Supervised 12 mailroom workers and several pressroom personnel. Met with production manager and pressroom foreman to devise a weekly schedule that I communicated to mailroom supervisor. Interacted with temp agencies as needed to ensure appropriate staffing levels. Implemented changes to schedule as needed when production priorities shifted and communicated these changes to appropriate staff members.

1982-1988 New Jersey Herald. Started in the composing room and was promoted to apprentice pressman. Completed a four year press apprenticeship on an eight unit Goss Urbanite.