

troy palmer

Nathalie, VA
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WORK EXPERIENCE

truck unloader

capstone - South Boston, VA - August 2014 to September 2014

Responsibilities

Lifting heavy boxes stacking them on pallets wrapping them tight in clear wrap using jacks and fork lifts
unmixing and correcting mess ups

Accomplishments

That even if your tired work through the pain because there is no better feeling than a job well done

Skills Used

Safety was a big issue always be aware of your surroundings and always make yourself easy to see near heavy equipment

wall insulator

ati - Durham, NC - December 2013 to April 2014

Responsibilities

Carried heavy bags of insulation up the 4 flights of stairs, plus insulated roof and walls

Accomplishments

Got more work done when I put my mind to it

Skills Used

Heavy lifting measuring and working well with others

EDUCATION

high school diploma in math

halifax county high - Halifax, VA
2009 to 2013

SKILLS

masonry
graphic design
carpentry skills

CERTIFICATIONS

oshsa

October 2011 to Present