

Aaron Cochran

Many Talents

Denver, CO 80205

aaronraycochran1983@gmail.com

9802831697

From age 15 at Walmart, I began stocking and learning inventory management providing great experience for years to come. I have had leadership positions, helper positions, and ran my own business when necessary.

Authorized to work in the US for any employer

Work Experience

Laborer

Labor Systems, Inc - Denver, CO

April 2021 to May 2021

Tend pumps, compressors, or generators to provide power for tools, machinery, or equipment or to heat or move materials, such as asphalt.

Read plans, instructions, or specifications to determine work activities.

Grind, scrape, sand, or polish surfaces, such as concrete, marble, terrazzo, or wood flooring, using abrasive tools or machines.

Mop, brush, or spread paints, cleaning solutions, or other compounds over surfaces to clean them or to provide protection.

Clean or prepare construction sites to eliminate possible hazards.

Load, unload, or identify building materials, machinery, or tools, distributing them to the appropriate locations, according to project plans or specifications.

Apply caulking compounds by hand or caulking guns to protect against entry of water or air.

Erect or dismantle scaffolding, shoring, braces, traffic barricades, ramps, or other temporary structures.

Perform building weatherization tasks, such as repairing windows, adding insulation, or applying weather-stripping materials.

Mix ingredients to create compounds for covering or cleaning surfaces.

Dig ditches or trenches, backfill excavations, or compact and level earth to grade specifications, using picks, shovels, pneumatic tampers, or rakes.

Cook

Crackerbarrel Restaurant

July 2020 to March 2021

Perform food preparation tasks, such as making sandwiches, carving meats, making soups or salads, baking breads or desserts, and brewing coffee or tea

Worked way through training and evaluations to the highest serving standing and provide the quality service to all of guests to the best of ability

Maintain clean work area, equipment, and utensils

Perform general cleaning activities in kitchen and dining areas

Prepare a variety of foods according to customer's orders or supervisor instructions, following approved procedures

Cook, and fry foods such as french fries, eggs, and pancakes

Construction Worker

Richard Cochran

May 2016 to June 2020

- Preparing construction sites, materials, and tools.
- Loading and unloading of materials, tools, and equipment.
- Removing debris, garbage, and dangerous materials from sites.
- Assembling and breaking down barricades, temporary structures, and scaffolding.
- Assisting contractors, e.g. electricians and painters, as required.
- Assisting with transport and operation of heavy machinery and equipment.
- Regulating traffic and erecting traffic signs.
- Following all health and safety regulations.
- Digging holes, tunnels, and shafts.
- Mixing, pouring, and leveling concrete.

Warehouse Worker

WIX FILTERS - Bessemer City, NC

January 2015 to May 2016

Pulls warehouse items from the shelves based on number, size, colour, quantity, and quality requirements.

Ensures that orders are accurate.

Stages items correctly for delivery.

Operates handling equipment and ensures safety regulations are followed.

Education

High school diploma

West Lincoln High, High School in Art/Art Studies

August 1999 to May 2002

Skills

- Problem-solving (10+ years)
- Team Work (10+ years)
- Caulking (5 years)
- Landscape Maintenance (3 years)
- Construction (6 years)
- Coffee Experience (3 years)
- Reliability (10+ years)
- Flexibility (10+ years)
- Drywall (2 years)
- Cash handling (1 year)
- Customer service (2 years)

- Carpentry (3 years)
- Microsoft Word (10+ years)
- Microsoft Excel (2 years)
- Barista Experience (2 years)
- Plumbing (1 year)
- Mowing (2 years)
- Handyman (1 year)
- Writing skills (10+ years)
- Writing skills (10+ years)
- Creative writing (10+ years)
- Writing skills (10+ years)
- Typing (10+ years)
- Leadership (10+ years)

Assessments

Basic attention to detail — Highly Proficient

May 2021

Identifying differences in materials, following instructions, and detecting details among distracting information

Full results: [Highly Proficient](#)

Following directions — Highly Proficient

May 2021

Following multi-step instructions

Full results: [Highly Proficient](#)

Memorization — Highly Proficient

May 2021

Committing product or merchandise information to memory and recalling it at a later time

Full results: [Highly Proficient](#)

Data entry: Accuracy — Highly Proficient

May 2021

Entering data quickly and accurately

Full results: [Highly Proficient](#)

Construction safety — Proficient

May 2021

Using safe practices while on a construction site

Full results: [Proficient](#)

Typing — Highly Proficient

May 2021

Transcribing text using a standard keyboard

Full results: [Highly Proficient](#)

Cooking skills: Basic food preparation — Familiar

May 2021

Preparing food, using cooking equipment, and converting ingredient measurements

Full results: [Familiar](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.