

FREDERICK A. DOUGLAS

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PROFESSIONAL SUMMARY

Highly skilled and motivated applicant seeking an entry-level full-time position within a manufacturing environment. Silver NCRC certificate candidate who has the ability to understand schematic diagrams, blueprints, sketches, building plans and other specifications required to get the job done. High standard of integrity and professionalism. Strong working knowledge of job site safety, as well as, the ability to complete a company-specific safety orientation. Work well in a team-based environment where attention to detail, dexterity, physical strength, stamina, technical skills, troubleshooting skills, and visual acuity are required.

EDUCATION / PROFESSIONAL TRAINING

ROCHESTER COMMUNITY AND TECHNICAL COLLEGE – WELDING PROGRAM, Rochester, Minnesota
Anticipated Certificate Completion, December 2013

HAWTHORNE EDUCATION CENTER/UNITED WAY – WELDING PREP PROGRAM, Rochester, Minnesota
Anticipated Certificate Completion, August 2013

WORKFORCE DEVELOPMENT, INC. – MANUFACTURING ACADEMY, Rochester, Minnesota
Certificates of Training, April 2013

- Basic Computer Training
- Lock-Out Tag-Out Training
- 5 S Workplace Organization Training
- Ecolab Chemical Safe Handling-Hazardous Materials
- Lean Manufacturing Training
- Forklift Pre-Inspection Training

MINNESOTA STATE COLLEGE – SOUTHEAST TECHNICAL, Winona, Minnesota
Forklift Hands-On Training – LP Gas Sit-Down Rider, April 25, 2013-April 25, 2016

UNIVERSITY OF MISSOURI ST. LOUIS – BARNES COLLEGE OF NURSING, St. Louis, Missouri
Bachelor's of Science in Nursing, May 20, 2000

INDUSTRY-RELATED CERTIFICATION

ADVANCEONLINE SOLUTIONS ONLINE INSTITUTE
OSHA 10-Hour General Industry Safety – Certificate ID: 5478_775689

AMERICAN HEART ASSOCIATION
Basic Life Support /Cardiopulmonary Resuscitation (CPR) – Expires: March 2014

SKILLS / QUALIFICATIONS

- Proficient use of computers and MS Office 2010 applications: Word, Excel, Outlook, Publisher, PowerPoint
- Able to obtain a Commercial Driver's License (CDL)
- Adept in handling multiple priorities and meeting deadlines
- Capable of lifting up to 75 pounds on a regular basis

PROFESSIONAL EXPERIENCE

MAYO CLINIC – SAINT MARYS HOSPITAL, Rochester, Minnesota November 2000 — January 2013
STAFF REGISTERED NURSE / CARDIOVASCULAR SURGERY PCU

- Executed the task of providing exceptional pre- or post-operative care to patients who required or underwent coronary bypass grafts, valvular repairs / replacements, repair of congenital anomalies, or Ventricular Assist Devices (VAD), in addition to medical-surgical patients needing ECG monitoring

CARDIO CYCLE, INC., Rochester, Minnesota April - September 2003 — April - September 2006
PRESIDENT / OWNER

- Owner of community-based business that sought to help improve the heart health of all Olmsted County residents and visitors
- Oversaw business as it acted as an individual initiative to aid in preventing cardiovascular disease and help those at risk by promoting an opportunity for members of Olmsted County to enjoy physical activity

PROFESSIONAL DEVELOPMENT / CONTINUING EDUCATION

Mayo Quality Academy – Quality Essentials Bronze Level Certification, February 2011

Effectively Facilitating Diversity Discussions, May 2010

Developing an Effective Poster Presentation, August 2008

Organizational Improvement Methodologies: How They Fit Together, August 2008

Crucial Conversations, July 2008

Respectful Communication at Work, June 2008

Working as a Team, May 2008

Creating the Future in a Diverse World, December 2007

Fundamentals of Interpersonal Communication, May 2007

LEADERSHIP OPPORTUNITIES / SERVICE AWARDS

Child Care Resource and Referral, Rochester, Minnesota – Board of Directors 6/2009 – 1/2013

Collaborative Leadership Fellows Program, Rochester, Minnesota – 2010 Cohort 2/2010 – 10/2010

Community Education Citizen Advisory Council, Rochester, Minnesota – Member 10/2010 – 10/2012

Diversity Council, Rochester, Minnesota – Champion of Diversity Award 2012

International Nurse Exchange Program, Mayo Clinic Department of Nursing – Delegate to Japan 2007

National Association for the Advancement of Colored People – Rochester Branch, Lifetime Member

Olmsted County Human Rights Commission, Rochester, Minnesota – Commissioner 1/2007 – 2/2008

Rev. Dr. Martin Luther King, Jr. Celebration, Rochester, Minnesota – Planning Committee 2004 – 2012

RACE: Are We So Different? Exhibit, Rochester, Minnesota – Facilitator / Actor 5/2010 – 9/2010

Rochester Juneteenth Celebration, Inc., Rochester, Minnesota – Co-Founder / Treasurer 5/2004 – 5/2013

United Way Community Solutions Team, Rochester, Minnesota – Member 5/2009 – 5/2012

Professional and Academic References: Available upon request