

James Bowden

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Work Experience

Warehouse Worker

Express Employment Professionals - Wellesley, MA

April 2021 to Present

Material Handler/Picker Packer/General Labor

Warehouse Worker

True Blue- People Ready Company - Framingham, MA

September 2019 to January 2021

Material Handler/Picker Packer/General Labor

Warehouse Worker

Complete Staffing Solutions, Inc - Framingham, MA

March 2008 to September 2019

Material Handler/Picker Packer/General Labor.

Material Handler And Utilities

People Ready - Framingham, MA

March 2017 to July 2019

Education

High school diploma

Framingham High School - Framingham, MA

September 1998 to June 2002

Skills

- Materials Handling
- Warehouse Experience
- Order Picking
- Forklift
- Pallet Jack
- RF Scanner
- Shipping & Receiving
- Load & Unload

- Microsoft Word
- Quality Inspection
- Warehouse Distribution Experience
- Warehouse Management
- Packaging
- Manufacturing
- Inventory Control
- Order Picker
- Merchandising
- Communication skills
- Customer service
- Computer literacy
- Computer skills