

# John Foster

Golden, CO 80401

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+1 720 429 5740

Willing to relocate: Anywhere

Authorized to work in the US for any employer

## Work Experience

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### **Handyman/ Subcontractor**

Self Employed Contractor - Denver, CO

May 2014 to Present

Framing: Light and heavy; wood and steel stud

Window & Door: Installation and repair, including various types of blinds

Drywall: Installation, mudding, taping, patching and texturing

Flooring: Tile, epoxy, carpet and concrete

Metal Flashing: Bending, cutting and installing

Siding: Vinyl, composite, natural wood and metal

Deck Building: Wood, composite and cement

Existing Concrete: Grinding, leveling, waxing, buffering and sealing

General Concrete: Patching, finishing/brooming, troweling, mixing and pouring

Cement Overlay: Mixing, pouring, squeegeeing and brooming

Caulking: Shooting, troweling. Glazing for indoor and outdoor repairs and new construction

Demolition: Remodel, concrete and landscape

Household Appliance Repair

Landscaping: Weed whacking, mowing, edging, snow removal

Grounds keeping & Housekeeping

HVAC: Repair and replace ducting; furnace upkeep

Painting & Staining: Taping, spraying, rolling and brushing; wood and concrete

### **Veterinary Technician**

Banfield Pet Hospital - Littleton, CO

June 2023 to September 2023

Collecting blood and stool samples

Running various fecal and blood tests

Administering various shots

Assisting with euthanasias

Assisting veterinarians

Data entry

General Building cleanup and maintaining very sanitary conditions

General machine maintenance and upkeep.

## **Assistant Grocery/ Overnight Manager**

Sprouts Farmers Market - Denver, CO

December 2021 to March 2023

- Assistant Grocery Manager and Overnight Manager experience
- Ability to read product placement schematics & floor plans
- Experienced in running multiple night crews
- Basic Knowledge of Ordering, pricing and Scan gun use
- Experienced in proper Floor Jack use
- Some Dairy and Frozen experience
- Experienced in proper use of multiple types of compactors
- Store Keyholder

Breaking down Pallets

Throwing/Stocking product to shelves

Facing/zoning and Conditioning merchandise

Checking Expiration dates and removing expired merchandise

Inventory, Back-stock and store room organization & upkeep

Building and Dismantling Displays

Making Bails

Unloading Trucks

## **Maintenance Technician**

Various/ Subcontractor - Denver, CO

October 2020 to November 2021

Proficient and skilled with a wide range of hand and power tools, air tools and machines

Basic electrical and plumbing experience

Power tool upkeep and repair

Basic small engine upkeep and repair

- Window & Door: Installation and repair, including various types of blinds
- Drywall: Installation, mudding, taping, patching and texturing
- Flooring: Tile, carpet and vinyl
- HVAC: Repair and replace ducting; furnace upkeep
- Household Appliance Repair
- Landscaping: Weed whacking, mowing, edging, snow removal
- Grounds keeping & Housekeeping
- Painting & Staining: Taping, spraying, rolling and brushing; wood and concrete

## **Foreman**

Complete Caulking & Restoration - Highlands Ranch, CO

June 2019 to October 2020

Commercial and Residential Caulking

Remove and replace old caulking (indoor & outdoor): Driveways, Windows, Doors, Home perimeters, Floors, Bathtubs, Showers, etc.

Commercial and Residential Cement Flooring:

Prepping driveways and flooring: grinding, washing and treating  
Cement Overlays, Staining and patching of various types

Removal and replacing old concrete

Water proofing new and or existing concrete

### **Night Stocker & Receiving**

Safeway - Evergreen, CO

December 2018 to April 2019

### **Technician**

Auto Cosmetics - Englewood, CO

June 2018 to February 2019

### **Receiving Clerk**

Big R - Evergreen, CO

May 2017 to February 2018

### **UBC Apprentice Carpenter**

UBC - Denver, CO

June 2011 to September 2016

### **Head Vocation Leader**

Collbran Job Corps - Collbran, CO

November 2009 to April 2011

### **General Laborer/ Carpentry U.S Forest Service**

Collbran Job Corps - Collbran, CO

June 2010 to January 2011

### **Vocation Leader**

Collbran Job Corps - Grand Junction, CO

September 2010 to December 2010

### **Installer**

Premier Commercial Interiors - Broomfield, CO

August 2007 to June 2008

### **Cashier/Cook**

Red Rocks Community College - Lakewood, CO

January 2005 to April 2008

Bookstore - Stock Clerk/ Shipping & Receiving

Information Desk - Receptionist

### **Sales Floor Clerk / Customer Service**

Target Stores - Lone Tree, CO

March 2007 to September 2007

### **Laborer**

Sierra Siding and Construction - Lakewood, CO

September 2006 to February 2007

### **Laborer**

Geo-D Construction - Pine, CO  
March 2004 to September 2004

### **Dishwasher / Line Cook**

Mountain Goodies Diner - Bailey, CO  
October 2003 to February 2004

## Education

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### **High school diploma or GED in Education**

General Studies Red Rocks Community College - Lakewood, CO  
January 2005 to August 2008

General Studies Platte Canyon High School - Bailey, CO  
August 2002 to May 2006

## Skills

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- Proficient and Skilled with a wide range of Hand, Power and Air Tools & Machines
- Foreman and Crew Lead experience
- Residential and Commercial experience
- Framing: Light & Heavy, Wood & Steel Stud
- Drywall: Installation, Mudding, Taping, Patching & Texturing
- Flooring: Tile, Epoxy, Carpet & Concrete
- Metal Flashing: Bending, Cutting & Installing
- Siding: Vinyl, Composite, Natural Wood and Metal
- Window and Door: Installation & Repair, Various types of Blinds installation
- Deck Building: Wood, Composite & Cement
- Painting & Staining: Taping, Spraying, Rolling and Brushing for Wood and Concrete
- Existing Concrete: Grinding, Leveling, Waxing, Buffering and Sealing
- General Concrete: Patching, Finishing/Brooming, Troweling, Mixing and Pouring
- Cement Overlays: Mixing, Pouring, Squeegeeing and Brooming
- Caulking: Shooting, Troweling, Glazing for indoor or outdoor repairs and new construction
- Demolition: Remodel, Concrete and landscape. Experienced with heavy
- Power Tool upkeep & repair
- Boom & Scissor Lift experience
- Basic Electrical & Plumbing experience
- Household Appliance Maintenance & Repair
- Groundskeeping & Housekeeping
- Landscaping
- Auto Body: RNI, Bondo, Painting and Engine Mechanics
  
- Warehouse/ Shop/ Shipping & Receiving
- Load & Unload trucks
- Stockroom and Storage maintenance
- Packed product for shipping and returns
- Inventoried stock and place orders
- Pull Orders and Restock
- General Assembly with machine or by hand
- General Machine and Small Engine repair experience
  
- Computer Experience
- MS Word, Excel and Power Point, Data Entry, Invoicing, Internet
  
- Carpentry
- Handyman
- Mechanical Knowledge

- Remodeling
- Construction
- English
- Facilities maintenance
- Trim carpentry
- Roofing
- Leadership

## Certifications and Licenses

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### **OSHA 10**

#### **Driver's License**

March 2021 to June 2026

## Assessments

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### **Work motivation — Proficient**

October 2020

Level of motivation and discipline applied toward work

Full results: [Proficient](#)

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