

# Jonathan Ramos Lara

Denver, CO 80204

[johnyray2@hotmail.com](mailto:johnyray2@hotmail.com)

7202889152

Bilingual (En, Sp) certified chef. Able to keep sanitary practices. Work in a fast paced environment. Attention to detail. Able to lift over 50lbs and work standing up during an 8hr shift. Communicate well with others.

Authorized to work in the US for any employer

## Work Experience

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### **Stand up forklift operator**

KeHE Distributors - Aurora, CO

Present

Replenish shelves by bringing down pallets of merchandise using a forklift. Maintain a neat and safe workspace by performing cleaning tasks such as relocating empty pallets to appropriate area and throwing out trash. Work environment includes temperature controlled freezer and cooler for perishable items.

### **Drywall Hanger**

Gonzalez Drywall - Denver, CO

March 2018 to February 2021

Precisely cut, hang and drill heavy 12' x 4' sheets of drywall in commercial and residential construction projects. Installation materials include drywall sheets, corner beads and RC channels.

### **Overnight Reach Forklift Operator**

Home Depot - Lakewood, CO

June 2018 to August 2019

Accurately stock and restock items in their assigned space at the store. These items included heavy bulky items such as full size refrigerators, ranges, doors, counter tops and toilets. This was done with the use of an order picker or reach forklift.

## Education

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### **Certificate in Culinary Arts**

Emily Griffith Technical College - Denver, CO

March 2019 to October 2019

### **High school diploma**

Abraham Lincoln High School - Denver, CO

August 2010 to June 2014

## Skills

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- Culinary Experience
- Food Safety
- Driving Experience (8 years)
- Drywall
- Cooking
- Food Preparation
- Restaurant Experience

## Certifications and Licenses

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### **ServSafe**

#### **Order Picker**

August 2018 to August 2021

#### **Forklift Certified**

February 2019 to February 2022

## Assessments

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### **Forklift safety — Highly Proficient**

December 2020

Best practices and safety hazards in forklift operation

Full results: [Highly Proficient](#)

### **Delivery driver fit — Proficient**

December 2020

Measures the traits that are important for successful delivery drivers

Full results: [Proficient](#)

### **Following directions — Highly Proficient**

December 2020

Following multi-step instructions

Full results: [Highly Proficient](#)

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