

# Lamonte Harts Jr

## Cashier

Denver, CO 80249

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"Cross me so much I've got nails in my hands"

- FOOD HANDLER CERTIFIED 2020-2023 with the state of Colorado
- CPR CERTIFIED with LifeSavers Inc, CO 2021-2023
- UPDATED PHONE NUMBER 7202516093

Authorized to work in the US for any employer

## Work Experience

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### Cashier/Sales Associate

Family Dollar - Denver, CO

January 2022 to Present

Cashier at Family dollar is responsible for displaying friendly and helpful customer service. side duties are included but not limited to: Stocking shelves, Cleaning, pinning security tags for high theft items, The distribution for sales and Tobacco products, etc.

### Warehouse Associate

Carpet exchange - Denver, CO

July 2020 to May 2021

At the carpet exchange a warehouse employee will learn the variations of products from

Carpet, Hard Wood Flooring, vinyl, tile, trim, etc;

Forklift operating skills for a regular forklift and a carpet pole forklift

Loading and unloading all flooring materials.

to use a unique style to switch skills between the carpet pole and forklift daily

Use of all warehouse equipment and machinery including the

Accu-cut 2000 used to cut all carpets

Certified within the company to cut carpets

### Prep Cook/Line Cook/Dishwasher

BJ'S Restaurant & Brewhouse - Aurora, CO

April 2018 to January 2019

-Time management and balancing

- Dishwashing

- preparation of various foods from sauces and soups, vegetable washing and cutting, baking and dessert specialty, preparing of raw meats and cooked meats.

-line cooking experience with the pizza station, appetizer station, and salad station

- food safety specialist

### Cap Team 2 Associate

Walmart

August 2017 to May 2018

Job title includes:

- \*Unloading freight from a trailer onto a conveyor belt
- \*Organizing Freight
- \*Stocking Freight
- \*Pulling and relocating pallets

### **Prep cook**

Chipotle Mexican Grill - Denver, CO

July 2016 to June 2017

Prep cook at Chipotle Mexican grill is responsible for grilling and cooking all foods to be placed on the line for line workers. This includes the grilling of all proteins and some vegetables. This also includes cooking rice and storing all hot foods at food safe temps.

## Education

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### **Associate's degree in Information Technology**

DeVry University-Chicago/Loop - Chicago, IL

January 2022 to Present

### **Partial college in Culinary Arts**

Emily Griffith Technical College - Denver, CO

March 2019 to July 2019

### **High school diploma in Form Art**

Summit Academy - Denver, CO

August 2017 to March 2018

## Skills

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- Cooking (4 years)
- Freight handling (2 years)
- Stocking (1 year)
- Sales floor associate (1 year)
- Food preparation (4 years)
- Grill
- Kitchen Staff
- Food Service
- Culinary
- Pizza Maker
- Warehouse (1 year)
- Customer Service Experience (5 years)
- Sandwich crafting (1 year)
- Italian cooking

- Retail (1 year)
- Retail Sales (1 year)
- Customer Service (3 years)
- Cashier (1 year)
- Food Prep (4 years)
- Heavy Lifting (5 years)
- Detail cleaning (3 years)
- Merchandiser (3 years)
- Merchandising (3 years)
- Cleaning & sanitation (3 years)
- Food Safety
- Kitchen Management Experience
- Shift Management
- Organizational Skills
- Supervising Experience
- Customer care
- Restaurant Experience
- Packaging
- Meal Preparation
- Menu Planning
- Unloading (2 years)
- Freight (4 years)
- Sales Experience
- Kitchen Experience
- Food Safety Experience
- Food Production Experience
- Culinary Experience
- Pallet Jack Experience (2 years)
- Hospitality Experience (4 years)
- General labor (5 years)
- Packaging specialist (4 years)
- Dietary Aide Experience (4 years)
- Dietician (4 years)
- Shipping & Receiving (4 years)
- Inventory Control
- Forklift operation (1 year)
- Warehouse experience
- Floor care
- Manufacturing
- Assembly

- Warehouse distribution
- Sanitation
- Materials Handling
- English
- Custodial Experience
- Banquet Experience
- Microsoft Word
- Catering
- Order Picking
- Pricing
- Profit & Loss
- Time Management
- Leadership

## Certifications and Licenses

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### **food handler certificate**

June 2020 to June 2023

### **Driver's License**

December 2020 to December 2025

Class R

### **Forklift Certification**

August 2020 to August 2023

Forklift certified by Welch Colorado

### **CPR/First Aid**

March 2021 to March 2023

Basic CPR certification, the second renewal in my lifetime

### **ServSafe**

## Assessments

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### **Security guard skills — Proficient**

July 2020

Assessing risks, enforcing security standards, and handling complaints.

Full results: [Proficient](#)

### **Sales skills — Familiar**

June 2020

Persuading reluctant customers to buy products or services, and influencing and negotiating with customers to meet sales goals.

Full results: [Familiar](#)

### **Work style: Reliability — Highly Proficient**

November 2021

Tendency to be reliable, dependable, and act with integrity at work

Full results: [Highly Proficient](#)

### **Food safety — Proficient**

July 2021

Knowledge of proper food and equipment handling safety measures

Full results: [Proficient](#)

### **Cooking skills: Basic food preparation — Expert**

July 2021

Preparing food, using cooking equipment, and converting ingredient measurements

Full results: [Expert](#)

### **Work motivation — Expert**

May 2020

Level of motivation and discipline applied toward work

Full results: [Expert](#)

### **Warehouse associate — Highly Proficient**

April 2021

Assesses the tendencies that are important for success in warehouse roles

Full results: [Highly Proficient](#)

### **Attention to detail — Familiar**

April 2021

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

Full results: [Familiar](#)

### **Retail customer service — Proficient**

December 2021

Responding to customer situations in a retail setting

Full results: [Proficient](#)

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

## Additional Information

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Forklift certified 2020-2023