

# Lynn Knight

Minneapolis, MN

- Email me on Indeed: <http://www.indeed.com/r/Lynn-Knight/87a74f9ab927440d>

To obtain full time employment with a company or organization where I can utilize my skills and experience, and gain sufficient knowledge for growth to include advancement opportunities.

## Work Experience

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### **Cook**

Brave New Restaurant - Little Rock, AR

September 2018 to August 2019

- Inspected and cleaned food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices.
- Ensured freshness of food and ingredients by checking for quality, keeping track of old and new items, and rotating stock.
- Ensured food was stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters.
- Seasoned and cooked food according to recipes or personal judgment and experience.
- Turned and stirred foods to ensure even cooking.
- Checked the quality of raw or cooked food products to ensure that standards were met.

### **Picker/Packer**

People Ready - Little Rock, AR

January 2018 to July 2018

- Loaded materials and products into package processing equipment.
- Cleaned containers, materials, supplies, and work areas, using cleaning solutions and hand tools.
- Recorded product, packaging, and order information on specified forms and records.
- Examined and inspected containers, materials, and products to ensure that packing specifications were met.
- Measured, weighed, and counted products and materials.

Capstone Logistics

### **Lumper**

Capstone Logistics, LLC - Minneapolis, MN

February 2016 to July 2017

- Moved freight, stock, and other materials to and from storage or production areas, loading docks, delivery vehicles, ships, or containers, by hand or using trucks, tractors, and other equipment.
- Sorted cargo before loading and unloading.
- Attached identifying tags to containers or marked them with identifying information.
- Read work orders or received oral instructions to determine work assignments or material or equipment needs.
- Stacked cargo in locations, such as transit sheds or in holds of ships as directed, using pallets or cargo boards.

### **Fabrication Punch Press Operator**

Express Employment Professionals - Hopkins, MN  
July 2015 to January 2016

- Measured completed workpieces to verify conformance to specifications, using micrometers, gauges, calipers, templates, and rulers.
- Examined completed workpieces for defects, such as chipped edges or marred surfaces and sorted defective pieces according to types of flaws.
- Read work orders and production schedules to determine specifications, such as materials to be used, locations of cutting lines, or dimensions and tolerances.
- Loaded workpieces, plastic material, and chemical solutions into machines.
- Positioned, aligned, and secured workpieces against fixtures and stops on machine beds and on dies.
  
- Moved levers or controls that operated lifting devices, such as forklifts, lift beams with swivel-hooks, hoists, or elevating platforms, to load, unload, transport, or stack material.
- Manually or mechanically load or unload materials from pallets, skids, platforms, cars, lifting devices, or other transport vehicles
- Positioned lifting devices under, over, or around loaded pallets, skids, or boxes and secured material or products for transport to designated areas.
- Examined completed workpieces for defects, such as chipped edges or marred surfaces and sort defective pieces according to types of flaws.
- Cleaned and lubricated machines.
- Positioned, aligned, and secured workpieces against fixtures or stops on machine beds or on dies.
- Sorted, graded, weighed, and inspected products, verifying and adjusting product weight or measurement to meet specifications
- Removed finished packaged items from machine and separated rejected items.

## Education

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### **High school or equivalent**

Austin High School - Chicago, IL

August 2002 to June 2006