

# Matthew Benigar

Lakewood, CO

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303-902-6300

A challenging position, with the opportunity for professional growth based upon performance that will utilize my abilities developed through my education and experience.

## Work Experience

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### **Driver/Dock Worker**

The Action Center - Lakewood, CO

March 2019 to December 2020

Pick up donation food from store and bring them back to the center. Also take in donation on dock

### **Forklift Operator**

Lohmiller and company - Denver, CO

May 2016 to May 2019

2016- present

Forklift and receiving and shipping

Main job I do everything from picking orders to putting stock

Away to shipping package and motor. I have drive the big state truck

2011 -2015 October

love and logic

I did Warehouse work, pallet loading and unloading, world shipping, shipping and receiving and operate a 5-ton truck.

2009-2010

Carpentry

Constructed wooden decks and fences hammers, staples guns saws.

### **Temp**

CoorsTek, Inc - Golden, CO

2009 to April 2010

Kiln loader and Un-loader press operator and grinder. I did heavy lifting and I can drive a forklift trucks, I know to use pallet jacks, and eclectic pallet truck.

### **Temp**

CoorsTek, Inc - Golden, CO

2008 to 2009

Dry press operator, Grinding operator and Material Handler.

Wal-Mart - Lakewood, CO

2007 to 2008

Wal-Mart cart pusher and parking lot cleanup

1999-2006 Lawn mowing Lakewood Co.

- I mowed lawns for the summer
- I also did Maintenance on the mowers

Warren Tech - Lakewood, CO  
2004 to 2007

## Education

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### **High school diploma**

Green Mountain High school - Lakewood, CO  
2003 to 2007

Dunstan Middle School - Lakewood, CO  
2001 to 2003