

# Matthew Rose

Arvada, CO 80003

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I'm looking for a career not just a job

Authorized to work in the US for any employer

## Work Experience

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### **Package Handler**

UPS - Commerce City, CO

September 2022 to Present

I am responsible for loading packages onto the trucks to be delivered.

### **Line Cook/Prep Cook**

Red Robin - Arvada, CO

May 2022 to Present

I am responsible for cooking on the line, as well as prepping as needed. I am also responsible for cleaning and sanitizing my station as needed. I am also responsible for stocking the line and ensuring the freshness of the food. I also am responsible for dishes on Saturday night

### **Meat Clerk**

Sprouts Farmers Market - Arvada, CO

January 2022 to Present

Responsible for breaking down loads and stocking shelves as well as excellent customer service

### **Lube Technician**

Take 5 Oil Change - Arvada, CO

August 2021 to February 2022

I'm responsible for draining oil, changing oil filters as well as filling fluids under the hood and filling up tires. I'm also responsible for excellent customer service.

### **Assistant meat and seafood manager**

Sprouts Farmers Markets - Wheat Ridge, CO

April 2019 to August 2021

I am responsible for making sure my team has all the tools to be successful. I am also responsible for ordering and maintaining shelf stock, as well as checking and rotating dates. I am also responsible for cutting beef, pork, lamb, chicken and turkey. I am also responsible for excellent customer service

### **Roofer/Laborer**

GG exterior - Fortville, IN

January 2018 to March 2019

I was responsible for laying and nailing roof decking, shingling roofs, as well as working as a member of the ground crew making sure to keep the ground cleaned

## **Laborer**

James reed construction  
June 2012 to August 2016

In my last position I started strictly as a ground laborer and moved to full fledged roofer in less than 3 months

## Education

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### **GED**

Lawrence North High School - Indianapolis, IN  
August 2003 to March 2007

## Skills

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- Framing and building sunrooms and decks (4 years)
- Construction Laborer
- General Labor
- Landscaping
- General Laborer
- Roofing
- Assembly Line
- Warehouse Associate
- Factory
- Leadership Experience
- Retail Sales
- Customer Service
- Drywall
- Mechanical Knowledge
- Mowing
- Food Safety
- Manufacturing
- Lawn care
- Micrometer
- Coordinate measuring machine
- Calipers
- Blueprint Reading
- Maintenance
- Cleaning
- Precision Measuring Instruments

- Fabrication
- System design

## Assessments

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### **Mechanical Skills: Aptitude — Proficient**

April 2019

Measures a candidate's ability to understand and apply mechanical concepts and processes.

Full results: [Proficient](#)

### **Workplace Safety — Expert**

April 2019

Following best practices to avoid accidents and injuries.

Full results: [Expert](#)

### **Food Safety — Proficient**

April 2019

Knowledge of proper food handling, storage, and equipment use for preventing the spread of foodborne illness.

Full results: [Proficient](#)

### **Personality: Hard-Working — Expert**

April 2019

Measures a candidate's tendency to be rule-abiding, well-organized, hard-working, confident, and think before acting.

Full results: [Expert](#)

### **Conscientiousness — Expert**

December 2019

Tendency to be well-organized, rule-abiding, and hard-working.

Full results: [Expert](#)

### **Data Analysis — Proficient**

January 2020

Measures a candidate's skill in interpreting and producing graphs, identifying trends, and drawing justifiable conclusions from data.

Full results: [Proficient](#)

### **Construction Safety — Highly Proficient**

January 2020

Using safe practices while on a construction site.

Full results: [Highly Proficient](#)

### **Mechanical Skills: Aptitude — Expert**

January 2020

Understanding and applying mechanical concepts and processes.

Full results: [Expert](#)

## **Basic Maintenance and Repair — Highly Proficient**

January 2020

Performing basic repairs and maintenance for apartment complexes, office buildings, and other facilities

Full results: [Highly Proficient](#)

## **Attention to Detail — Highly Proficient**

January 2020

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

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.