

# Quincy Sterling

McPherson, KS 67460  
[questerling@gmail.com](mailto:questerling@gmail.com)  
6018080977

## Work Experience

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### **Insulation Technician**

iso panels - Richland, MS

#### Responsibilities

Insulate all panels properly in a precise and timely matter

#### Accomplishments

I learned a lot of different styles and trades while employed with iso

#### Skills Used

Hard work ethic, attention to detail, power tools, ability to lift heavy objects on a daily basis

### **Dock Worker**

NAPA Auto Parts - Jackson, MS

#### Responsibilities

Scan load and organize items to be shipped

#### Skills Used

Organized

Ability to lift up 65+

Electric pallet jack

### **Production Technician**

Nissan North America - Canton, MS

#### Responsibilities

Pick parts individually for car and truck doors in sequential order.

Make sure each AGV is equipped with the proper car door parts before leaving the area

Wear proper protective gear

Assemble parts

Check carts and retrieve/ report missing parts

#### Accomplishments

Keep line running at all times

#### Skills Used

Math

Color schemes

Follow instructions

Standing 7-12 hrs a night

## Education

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### **Sports medicine**

Colin community college - Wesson, MS

### **Sports medicine**

Hinds community college - Raymond, MS