

Bernadette Castaneda

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Professional Summary

Dedicated && hardworking employee with experience in retail, food service, customer service, sales, traffic control, && warehouse/assembly line work. Skilled in communication, teamwork, cash handling, customer support, multitasking, && working in fast-paced environments. Experienced in leadership responsibilities as a Subway Manager, including supervising staff, handling daily operations, && providing excellent customer service. Motivated to continue building a long-term career while bringing reliability, strong work ethic, && positive energy to any team.

Work Experience

Traffic Control Flagger

WS Barricade | Frederick, CO

February 2026 to Present

- Set up and maintain safe work zones using cones, signs, barricades, and traffic control devices
- Direct traffic using stop/slow paddles and hand signals
- Communicate with team members by radio or verbal instruction
- Monitor traffic patterns and react quickly to unsafe situations
- Help ensure construction crews and the public remain safe at all times
- Follow company safety rules, state regulations, and traffic control procedures

Assembly Line Worker

QPS | Littleton, CO

August 2025 to December 2025

- Operated assembly line machinery and equipment to assemble products according to specifications
- Maintained accurate records of production output, including quantity produced and any defects found
- Efficiently handled materials and components to minimize waste and maintain a smooth workflow
- Maintained a high level of attention-to-detail while working at a fast pace

Team Member

Jersey Mike's | Aurora, CO

September 2025 to October 2025

- Prepared and assembled a variety of sandwiches, wraps, and salads according to customer preferences and dietary restrictions
- Maintained cleanliness and organization of work area, ensuring compliance with health and safety regulations
- Processed payments using various methods such as cash, credit cards, or mobile payment apps
- Collaborated with team members to maintain smooth operations during busy periods by assisting with food preparation or cleaning tasks as needed

Subway Sandwich Artist

Subway | Ault, CO

April 2017 to September 2019

- Maintained high standards of cleanliness, food safety, and hygiene in compliance with company policies and health regulations
- Resolved customer complaints promptly and effectively to ensure customer satisfaction
- Ensured compliance with Subway brand standards including food preparation techniques & portion control guidelines
- Conducted regular inventory audits to minimize discrepancies and ensure accurate stock levels

Cold Caller

Startech | Greeley, CO

January 2017 to June 2017

- Made outbound calls to prospective customers to generate leads and promote products or services
- Managed a high volume of calls on a daily basis, consistently meeting or exceeding call quotas
- Resolved customer complaints or issues promptly and professionally, ensuring customer satisfaction
- Participated in regular training sessions to enhance product knowledge and sales techniques
- Adhered to scripts provided for different campaigns while also adapting communication style as needed

Education

GED

Aurora public school | Aurora, CO

October 2025 to Present

Upper secondary education

Skills

- Flagging
- Outdoor work
- Customer service
- Food service
- Restaurant experience
- Cashier
- Assembly
- Attention to detail
- Kitchen experience
- Meal preparation

Certifications and Licenses

Flagger Certification

Driver's License

Additional Information

Authorized to work in the US for any employer