

# General Laborer

# John Carter

## Professional summary

Hardworking and physically fit general laborer with experience assisting construction crews in site preparation and material handling. Skilled in maintaining a clean and safe work environment and following safety protocols. Eager to contribute strong work ethic and dependability to a growing team.

## Experience

### General Laborer

Cascade Builders, Seattle, WA /

May 2025 – July 2025

- Supported construction crews in preparing work areas by clearing debris, setting up scaffolding, and organizing tools.
- Transported and organized heavy materials, ensuring they were positioned correctly to expedite project workflows.
- Maintained tools and equipment in top condition by cleaning, inspecting, and reporting potential issues.
- Adhered to strict safety protocols, including wearing protective gear and ensuring compliance among team members.

### Warehouse Associate

Pacific Shipping Co., Seattle, WA /

July 2023 – April 2025

- Managed inventory, organized products, and ensured the timely loading of goods onto delivery trucks for distribution.
- Operated forklifts and pallet jacks to handle large shipments with precision, preventing damage or loss.
- Coordinated with team members to optimize warehouse layouts for better accessibility and efficiency.
- Demonstrated a strong work ethic by consistently exceeding daily productivity targets.

## Volunteer Work

### Habitat for Humanity

Seattle, WA

March 2025 – May 2025

- Participated in building affordable housing for families in need.
- Assisted with material handling, site preparation, and minor carpentry tasks.
- Worked collaboratively with a team to complete projects on schedule.

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## Education

### High School Diploma

North Seattle High School, Seattle, WA

June 2024

### OSHA 10-Hour Safety Certification

Issued: June 2025

## Skills

Prepared and maintained construction sites to ensure safe and efficient project execution.



Loaded, unloaded, and transported materials and tools, demonstrating attention to detail and timeliness.



Used basic hand tools like hammers and shovels to assist in various tasks, including minor repairs and adjustments.



Collaborated effectively with team members and supervisors to meet tight deadlines without compromising quality.



Followed safety guidelines strictly to minimize accidents and maintain a secure work environment.

