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JOHN BURKS

General Construction Laborer



(555) 123-4567



johnburks@email.com



Denver, CO

Education

High School Diploma

Denver High School, CO | Graduated 2021

OSHA 10-Hour Safety Training

2024

Forklift Operation Certification

2022

Skills

Site preparation and cleanup



Operating hand and power tools



Heavy lifting and material handling



Framing and carpentry assistance



Mixing and pouring concrete



Blueprint reading



Teamwork and collaboration



Languages

♦ English (Fluent) ♦ Spanish (Basic)

Professional summary

Hardworking and reliable general construction laborer with experience assisting with site preparation, material handling, and equipment operation. Strong understanding of safety protocols and ability to work efficiently in fast-paced environments. Seeking to contribute hands-on skills and teamwork to Summit Construction.

Experience

Rocky Ridge Builders

June 2023 - Now

Denver, CO

Construction Laborer

- Assist with framing, drywall installation, and flooring on residential and commercial projects, ensuring tasks are completed according to blueprints and safety standards.
- Load and unload materials from delivery trucks, organizing supplies for easy access by the crew.
- Maintain a clean and organized worksite by removing debris, sweeping, and ensuring tools are properly stored.
- Operate power tools, including drills and saws, to support various stages of construction.
- Provide general labor support to skilled tradespeople, following instructions to assist with complex tasks.

Mile High Contractors

March 2022 - May 2023

Boulder, CO

Construction Helper

- Dug trenches and assisted with foundation pouring for new residential developments, ensuring precise measurements.
- Transported heavy materials such as lumber, cement, and metal beams to designated areas on-site.
- Helped install insulation, roofing, and siding, learning basic trade skills from experienced professionals.
- Followed all job site safety procedures, including proper lifting techniques and PPE use.