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| Frederick  Dunn | 123 Any Street, New York, NY 12456  502+123-456-7890  frederick.dunn@email.com |

**SUMMARY**

Experienced and dependable labourer with 15 years of hands-on experience in construction, manufacturing, and logistics environments. Skilled in operating heavy machinery, adhering to safety standards, and executing time-sensitive tasks with precision. Known for strong work ethic, physical stamina, and teamwork in fast-paced job sites. Seeking to leverage my expertise in a reputable company that values quality craftsmanship and safety.

**EXPERIENCE**

**Senior Site Labourer | GreenBuild Construction Ltd., Houston, TX** *Dec 20XX – Present*

* Operated forklifts and skid steer loaders to transport materials safely across the site
* Supervised junior workers and delegated daily site tasks efficiently
* Assisted in framing and roofing on multiple residential projects, reducing turnaround time by 15%
* Ensured 100% compliance with OSHA safety protocols on-site
* Collaborated with site supervisors to meet aggressive project deadlines
* Maintained tools and machinery, reducing equipment downtime by 20%
* Mixed and poured concrete foundations with precision and speed
* Documented site issues and reported safety hazards to minimize risks

**Labourer – Construction | Turner & Co. Services, Dallas, TX** *Jun 20XX – Nov 20XX*

* Assisted in demolition and site clearing for commercial buildings
* Loaded/unloaded heavy materials and operated jackhammers and drills
* Followed blueprints and supervisor instructions to prepare job sites
* Maintained cleanliness and safety of work zones
* Handled concrete finishing and form setting for walkways and patios
* Supported subcontractors with miscellaneous tasks to keep work on track.

**EXPERIENCE**

**MS in Construction Management | University of Texas at Arlington, Arlington, TX**

*Jun 20XX – Apr 20XX*

**BS Computer Civil Engineering | University of Texas at Arlington, Arlington, TX**

*April 20XX – Mar 20XX*

**SKILLS**

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| * Heavy Equipment Operation * Construction Site Safety * Material Handling * Basic Carpentry and Masonry | * Power Tool Proficiency * Team Collaboration & Leadership * Time Management * Physical Stamina & Endurance | * Problem Solving on the Field * OSHA Compliance * Manual Dexterity * Attention to Detail |

**CERTIFICATES**

* OSHA 30-Hour Construction Safety and Health Certification
* Forklift Operator Safety Certification
* CPR and First Aid Certified