

# Jamel La Frazier

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## Work Experience

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### **EDUCATION Ged Program**

Shante Robinson - undefined  
December 2020 to Present

### **Loader/Unloader/Forklift Operator. And to park Box Truck & Gooseneck to assigned slot's**

Star Distributor LLC - West Haven, CT  
January 2021 to January 2023

Very hard worker ethics, And a people's person as well as Team Player!

### **Stocker/Reciever Freezer & Costumers Assistance.**

Restaurant Depot- Jetro Corp - Orange, CT  
April 2018 to September 2021

Freezer stocker, receiver.

### **Scanner Operator. Stocking and Receiving**

Stop & Shop Ahold USA - North Haven, CT  
August 1997 to March 2003

### **Forklift Operator, in Mason yard/ Warehouse supervisor.**

O&g Industries - Stamford, CT

1. Machine Operator
2. Distribute materials to employees or customers.
  - Store records or related materials.
  - Attach identification information to products, items or containers.
  - Receive shipments.
  - Inspect items for damage or defects.
  - Store items.
  - Stock supplies or merchandise.
  - Unload materials or equipment.

## Education

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### **10th. Grade. Furthering in Academic**

James Hillhouse High School - New Haven, CT  
February 1990 to April 1993

## Skills

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- Supply Chain (5 years)
- Logistics (5 years)
- Warehouse Supervisor Experience (5 years)
- Warehouse Distribution Experience (5 years)
- Stocking
- Warehouse Management
- Reach Truck
- Manufacturing (5 years)
- Materials Handling (5 years)
- Order Picking (5 years)
- Packaging (5 years)
- Shipping & Receiving (5 years)
- RF Scanner
- Load & Unload (5 years)
- Merchandising
- Inventory Control (3 years)
- Heavy Lifting (5 years)
- Pallet Jack
- Pricing
- Quality Assurance
- Freight Experience (5 years)
- Machining
- Warehouse experience
- Forklift
- Forklift, DOT OSHA 10 Certification's
- Knowledgeable, Friendly and Business orientated! + A Team Player!
- Order Picker
- Supervising Experience
- Commercial Driving
- Maintenance
- Box Truck
- Masonry

## Certifications and Licenses

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### **Forklift Certification**

### **DOT MEDICAL CARD**

**OSHA 10**

**CT.Driver's License... No Moving Violation's**