



SEAN M. LAMPMAN

3023 Markham Rd, Columbus, OH 4320 · (614) 649-3911

Seanlampman201487@gmail.com

Seeking an Entry level Diesel Mechanic position that will allow for growth within the company.

STRONG WORK ETHIC, DEPENDABLE, EXCELLENT CUSTOMER SERVICE SKILLS, RESPONSIBLE AND VERSATILE.

EXPERIENCE

OCTOBER 2017 – PRESENT

WAREHOUSE ASSOCIATE, CARDNIAL HEALTH– COLUMBUS, OH

- Labeled, scanned and weighed packages, unloaded and sorted incoming packages
- Filled prescription orders per contract and packaged inventory to be shipped
- Perform housekeeping and inventory control tasks, maintaining a clean work environment

JUNE 2017 – OCTOBER 2017

WAREHOUSE ASSOCIATE, OFFICE DEPOT - COLUMBUS, OHIO

- Contribute to a safe work environment through continuous focus on housekeeping and safety
- Interact with supervisors, leads, and/or work groups with information exchanges related to immediate tasks
- Loading and unloading inventory using a forklift

SEPTEMBER 2016 – JUNE 2017

MOVER, MAYFLOWER MOVING COMPANY - COLUMBUS, OHIO

- Provided exceptional customer service while safely moving, pack and unpack customer belongings

MARCH 2016 – SEPTEMBER 2016

FINANCE ASSOCIATE, SCIOTO DOWNS - COLUMBUS, OHIO

- Responsible for collecting and refilling Slot machines
- Counted and bundled money

MAY 2011 – MARCH 2016

NIGHT SHIFT COOK, MONTEREY CARE CENTER. - GROVE CITY, OHIO

- Able to adhere to the precise instructions of the head chef
- Prepare and stock the day's ingredients for each station
- Knowledge of the proper use of various cooking utensils
- Restock and organize inventory
- Assist staff in cleaning the kitchen and utensils
- Prepare meals/snacks as assigned by supervisor according to planned menus established per resident requests and sanitary directives
- Serve meals in resident rooms, dining rooms and other designated areas

NOVEMBER 2010 – MAY 2011

PACKAGE HANDLER, FEDEX GROUNDS – GROVE CITY, OH

- Labeled, scanned and weighed packages, unloaded and sorted incoming packages
- Ensured that orders, procedures and policies were carried out in regards to proper stacking and handling requirements to ensure the packages/boxes kept its contents unharmed and intact

EDUCATION & CERTIFICATION

MAY 2018

TECH TRACK, AMERICAN DIESEL TRAINING CENTERS, COLUMBUS, OH

SELECTIVE PROGRAM DESIGNED TO SUPPLY INDUSTRY WITH VETTED, HIGH CHARACTER PROFICIENTLY TRAINED TECHNICIANS. HANDS ON INTENSIVE 12- WEEK PROGRAM FOCUSING ON PMI, ELECTRICAL, DIAGNOSTICS, BRAKES, AND EMISSIONS

MARCH 2018

STEMCO QWIK KIT, STEMCO- TOTAL QUALITY MAINTENANCE

MARCH 2018

CREWSON ABA INSTALLATION, STEMCO- TOTAL QUALITY MAINTENANCE

MARCH 2018

GUARDIAN/PRO TORQ, STEMCO- TOTAL QUALITY MAINTENANCE

MARCH 2018

GRIT GUARD, STEMCO- TOTAL QUALITY MAINTENANCE

MARCH 2018

VOYAGER/DISCOVER PRO TORQ TRAINING, STEMCO- TOTAL QUALITY MAINTENANCE

MARCH 2018

EPA 609, MAINSTREAM ENGINEERING CORPORATION

JUNE 2005

HIGH SCHOOL DIPLOMA, J.W. SEXTON HIGH SCHOOL, LANSING MI

JUNE 2005

GRAPHICS ART CERTIFICATE, HILL VOCATIONAL CAREER CENTER, LANSING, MI

SKILLS

- CERTIFIED FORKLIFT DRIVER
- CERTIFIED IN GRAPHICS ART
- TEAM PLAYER
- WORK INDEPNETLY
- ORGANIZED
- EFFICIENT
- RELIABLE

