

# First Last

705 N. Killingsworth, Portland, OR 97217 (971) 722-5600 first.last1234@gmail.com

**FIREFIGHTER/EMT INTERN** with 5 years of customer service and lifeguard experience

**NREMT (OR/WA) ♦ IFSAC Firefighter I & II ♦ IFSAC Hazmat Operations ICS-100, ICS-200, ICS-700, ICS-800**

## EDUCATION

**Associate of Applied Science** Fire Science | Portland Community College - Portland, OR

**Date**

## WORK HISTORY

**FIRE FIGHTER INTERN** | Cowlitz 2 Fire and Rescue - Kelso, WA | mo/year to Present

Provide basic patient care via EMS dispatched calls on Medic-21 and Medic-23

- Conduct equipment and vehicle checks with required frequency to ensure proper operation.
- Communicate with lucid patients to gather incident and medical history information.
- Monitor patient status during ambulance transport and transfer.
- Demonstrate strong commitment to quality care through continuous training and development.
- Evaluate patient vital signs and status to determine care needs.
- Assess situation severity of emergent medical incidents and provided care accordingly.

**GUEST SERVICES REPRESENTATIVE** | Metro - Portland, OR | mo/year to Present

- Assist guests in large event venue that can be noisy and chaotic. Communicate with team members via 2-way radio to resolve safety issues. Use critical thinking and conflict resolution skills develop immediate solutions ensuring safety while working under pressure.
- Greet and communicate with guests who have special needs, ticket issues including admittance refusal.

**WAREHOUSE WORKER** | Amazon, - Portland, OR | mo/year to mo/year

- Load/unload trucks and trailers using overhead cranes, forklifts and other equipment, consistently meeting challenging performance goals. Receive and transfer product between other branches and our own.
- Used hand-held devices, computer terminals and manual entry to track inventory movements.
- Optimized storage areas to maximize access and arrange different types of products (weight, size or shape).

**LIFEGUARD AND SWIMMING INSTRUCTOR** | Portland Parks & Rec. – Portland, OR mo/year to mo/year

- Performed lifesaving measures, including CPR during incidents until paramedics arrived on scene.
- Ensure full regulatory compliance for staff members and swimmers.
- Led safety training to enhance awareness and skills.
- Ensured compliance with pool policies and procedures; offered suggestions to staff to maximize safety awareness.
- Completed basic maintenance and repairs to keep pools functioning properly.
- Observed swimmers detected safety concerns, prevented ongoing violations.
- Entered water immediately to pull struggling swimmers to safety responding quickly to those in distress.

## SKILLS

Critical Thinking Skills • Versatility • Operations Support • Administrative Support • Excellent Interpersonal Abilities • Ability to Remain Organized • Active Listening • Patient Management • Direct Patient Care • Patient Assessments • Triaging • Interpersonal, Written/Verbal Communication • Self-Motivated • Report Writing • Public Speaking • Team Leadership