

[First Name] [Last Name]

[City, State Zip] | [Phone Number] | [Email Address] | [LinkedIn Profile URL]

Dependable and hardworking General Laborer with [Number] years of experience in construction, demolition, and site maintenance. Proven ability to operate a variety of hand and power tools, handle heavy materials, and support tradespeople to keep projects on schedule. Committed to maintaining a safe work environment with a track record of [Number] accident-free months. Physically fit and capable of lifting up to [Number] lbs consistently in fast-paced, demanding environments.

Core Competencies & Skills

- **Site Operations:** Material Handling, Loading/Unloading, Site Cleanup & Prep, Demolition Support
- **Tools & Equipment:** Hand Tools, Power Tools, [Insert specific equipment, e.g., Forklifts, Jackhammers, Pallet Jacks]
- **Safety & Compliance:** OSHA Regulations, Hazard Identification, PPE Compliance, Equipment Maintenance

Professional Experience

[Job Title, e.g., General Laborer / Construction Worker]

[Name of Company], [City, State] | [Month, Year] – [Present or Month, Year]

- Loaded, unloaded, and staged up to [Number] lbs of building materials daily, ensuring the lead crew had immediate access to necessary supplies.
- Operated and maintained power tools and heavy machinery safely, performing daily checks that reduced equipment downtime by [Number]%.
- Cleared debris and maintained organization across a [Number] sq. ft. job site, eliminating trip hazards and ensuring full compliance with OSHA safety standards.
- Assisted skilled tradespeople (e.g., carpenters, plumbers) with basic assembly and prep work, helping the team complete projects [Number] days ahead of schedule.

[Previous Job Title, e.g., Warehouse Worker / Landscape Laborer]

[Name of Company], [City, State] | [Month, Year] – [Month, Year]

- Executed daily physical tasks, including digging, lifting, and grading, in varying weather conditions for [Number]-hour shifts.
- Collaborated with a crew of [Number] workers to complete [Specific project type, e.g., landscaping installations, warehouse audits] with a 100% on-time completion rate.
- Transported hazardous or delicate materials safely, resulting in zero damaged goods over a [Number]-month period.

Education & Certifications

[Name of Degree/Diploma, e.g., High School Diploma / GED]

[Name of Institution], [City, State] | [Graduation Year]

Certifications:

- *[Certification Name, e.g., OSHA 10-Hour Construction Safety / Forklift Operator Certified] | [Year]*

This Six Star Strategy template for laborer with experience is a foundational document intended to help organize your experience. To stand out to employers, you must customize the wording and add your own specific achievements rather than copying it word-for-word. While templates are a great first step, a fully individualized, expertly strategized resume will always provide the strongest competitive advantage in your job search.