

[First Name] [Last Name]

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

Highly motivated and reliable individual seeking an entry-level General Laborer position. Brings a strong work ethic, physical stamina, and a proven history of punctuality from [Number] years of experience in [Your previous industry, e.g., retail stocking, food service, agriculture]. Eager to learn new trades, follow strict safety protocols, and perform physically demanding tasks to support site operations and contribute to a hardworking team.

Core Competencies & Skills

- **Physical Capabilities:** Heavy Lifting (up to [Number] lbs), Standing/Walking for extended periods, Manual Dexterity
- **Work Habits:** High Punctuality & Attendance, Following Detailed Instructions, Team Collaboration, Adaptability
- **Safety & Organization:** Maintaining Clean Workspaces, Hazard Awareness, Inventory/Stock Organization

Professional Experience

[Recent Job Title, e.g., Stock Clerk / Backroom Associate]

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

- Unloaded daily delivery trucks and organized stockrooms, consistently lifting and moving boxes weighing up to [Number] lbs.
- Maintained a fast-paced work environment, walking an average of [Number] miles per shift while completing tasks with 100% accuracy.
- Followed strict company safety and sanitation protocols to keep the backroom clear of debris, resulting in zero workplace accidents.
- Partnered with a shift team of [Number] employees to complete full-store inventory resets [Number] hours faster than the projected timeline.

[Previous Job Title, e.g., Fast Food Team Member / Volunteer Worker]

[Name of Company or Organization], [City, State] | [Month, Year] - [Month, Year]

- Demonstrated exceptional reliability by maintaining a [Number]% attendance record for all early-morning and weekend shifts.
- Handled multiple physical tasks simultaneously, including cleaning, restocking, and operating kitchen equipment during high-volume rush hours.
- Communicated effectively with team members to resolve operational bottlenecks, ensuring smooth service for up to [Number] customers daily.

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 no 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.