

[YOUR FULL NAME]

Cell: [08X XXX XXXX]

Email: [you@email.com]

Location: [Suburb/Area, City]

Transport: [Taxi/Own transport]

Availability: [Immediately / 2 weeks notice]

PERSONAL PROFILE

Reliable and hardworking [general worker/domestic worker/construction assistant] with experience in [cleaning / loading & offloading / gardening / site support]. I follow instructions, work safely, and I'm comfortable with early shifts and physical work. I'm looking for stable work in [area/city].

KEY SKILLS

- Cleaning and housekeeping (floors, bathrooms, kitchens, ironing and laundry)
- Loading/offloading, packing and stock handling
- Gardening: weeding, cutting grass, edging, yard clean-ups
- Construction support: mixing, carrying, site clean-up, tool assistance
- Timekeeping, teamwork, and following safety rules

WORK EXPERIENCE

General worker (casual/piece jobs)

[Foreman/Team Name or Self-employed], [Area]

[Month Year] – [Month Year or Present]

- Assisted with loading/offloading building materials and keeping the work area clean and safe.
- Supported the team with basic tasks like mixing, carrying, and fetching tools as instructed.
- Worked early starts and weekends when needed; completed tasks on time.

Domestic worker / cleaner

[Private Client], [Area]

[Month Year] – [Month Year]

- Cleaned kitchen, bathrooms and living areas; did laundry and ironing.
- Followed household instructions and maintained a consistent weekly schedule.

EDUCATION

Highest grade completed: Grade [9/10/11 incomplete]

[School Name], [Town]

[Year range if known]

COURSES (OPTIONAL)

- [Course name] – [Provider], [Year]
- [Course name] – [Provider], [Year]

REFERENCES

[Referee Name] – [Role: Client/Foreman/Supervisor]

Cell: [08X XXX XXXX]

Relationship: [Domestic work client / Site foreman]

[Referee Name] – [Role]

Cell: [08X XXX XXXX]

Relationship: [Supervisor/Client]