[Your Full Name]

[Cell number]
[Email address]
[Area/Suburb, City]
[Driver’s licence: Code B / None] | [Own transport: Yes/No]
[Willing to travel: Yes/No] | [Willing to work weekends/shifts: Yes/No]

PROFILE

Building painter with [X] years’ experience in residential and small commercial painting. Strong on surface preparation (sanding, crack filling, priming) and neat finishing (cutting-in, roller work). Comfortable working on ladders/scaffolding with PPE and keeping a clean, safe site.

KEY SKILLS

- Surface prep: scraping, sanding, washing/degreasing, mould treatment
- Crack and hole repairs: filler application, patching, smoothing
- Primers and undercoats for plaster, drywall and previously painted surfaces
- Interior and exterior painting: cutting-in, roller work, touch-ups
- Spray painting: basic spray application and clean-up (if applicable)
- Waterproofing: sealing hairline cracks / basic waterproofing work (if applicable)
- Working at heights: ladder safety, basic scaffold awareness, PPE use
- Site conduct: timekeeping, teamwork, following instructions, client respect

WORK EXPERIENCE

Painter / Contract Painter
[Self-employed / Various contractors], [City/Areas]
[Month Year] – Present

- Completed project-based painting work for residential homes, complexes and small businesses.
- Prepared surfaces by scraping loose paint, sanding, cleaning and priming before top coats.
- Filled cracks and holes, repaired minor plaster defects, and ensured smooth finishes.
- Applied paint using rollers and brushes; maintained neat edges and even coverage.
- Protected floors, fittings and glass with masking and coverings; kept site tidy daily.
- Worked safely on ladders/scaffolding and followed supervisor instructions on site.

Selected projects

- [Month Year] – [Month Year]: [Complex/Residential] repaint, [Area] – interior walls and ceilings, crack repairs, primer + 2 coats.
- [Month Year]: [Shop/Office] refresh, [Area] – surface prep, cutting-in, enamel on trims/doors.

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- [Month Year]: [House] exterior, [Area] – pressure wash/scrape, primer, weather-resistant top coat.

Painter’s Assistant / General Worker
[Company/Contractor name], [City]
[Month Year] – [Month Year]

- Assisted painters with sanding, scraping, masking and moving materials on site.
- Mixed paint to instructions and cleaned brushes/rollers and work areas after shifts.
- Helped with ladder setup and safe carrying/handling of tools and paint.
- Maintained housekeeping standards to keep the site safe and organised.

EDUCATION

[Highest school grade completed]
[School name], [Town/City] – [Year]

[Course/Short course if any]
[Provider], [Year] – [Completed/In progress]

CERTIFICATES & LICENCES

- [Working at Heights certificate – if you have it]
- [First Aid Level 1 – if you have it]
- [Driver’s licence Code B / C1, etc.]

TOOLS & PRODUCTS (OPTIONAL)

- Rollers, brushes, trays, extension poles, sanding tools
- Fillers, primers/undercoats, PVA, enamel (list what you’ve used)
- Basic spray equipment experience (if applicable)

REFERENCES

Available on request.

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