PROFILE

Entry-level painter’s helper looking for site experience and long-term work. Comfortable with sanding, scraping, masking and keeping a clean work area. I follow instructions, arrive on time, and I’m willing to learn proper priming and finishing standards.

EXPERIENCE

General Worker (Construction / Maintenance)
[Company/Contractor], [City]
[Month Year] – [Month Year]

- Assisted with site preparation and clean-up; kept walkways and work areas clear and safe.
- Helped trades with carrying materials, basic hand tools and measuring/marking tasks.
- Supported painting work by sanding, masking, and cleaning brushes/rollers when needed.
- Worked under supervision and followed safety rules and PPE requirements.

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