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# TIPS AND GIST

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Ejisu, Ashanti, 00233 Ghana ♦ +233 0000000000 ♦ tipsandgist@gmail.com

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## PROFESSIONAL SUMMARY

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Reliable and hardworking Construction Helper with over 6 years of hands-on experience in both commercial and residential construction projects. Known for supporting teams with efficient material handling, site preparation, and operation of light equipment. Capable of lifting over 50kg, maintaining job site safety, and ensuring equipment readiness. Demonstrated record of zero accidents in over 3 consecutive years. Strong work ethic, team-oriented, and fully committed to construction safety protocols.

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## CORE SKILLS

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- Heavy Material Handling (50kg+)
- Concrete Mixing & Basic Masonry Support
- Job Site Safety Compliance (PPE & Protocols)
- Physical Endurance & Stamina
- Team Collaboration
- Site Preparation & Debris Removal
- Operation of Compactors, Vibrators & Mixers
- Tool Inventory Management
- Verbal & Written Communication

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## WORK HISTORY

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**Construction Worker**, 03/2021 - Current

**Tips and Gist LTD** – Ejisu, Ghana

- Move and organize over 5 tons of construction materials daily, including steel bars, concrete blocks, and drywall.
- Clear debris and leveled over 1,000 sq. ft of construction site area per day, accelerating project start times.
- Assist masons in bricklaying and mortar preparation, improving daily task completion rate by 20%.
- Operate compactors and vibrators for more than 10 slab pours monthly, ensuring even foundation finishes.
- Maintain tool inventory with 100% accuracy through consistent daily checks, preventing delays.
- Comply strictly with PPE and job site safety regulations, maintaining a record of zero safety violations over 3 years.
- Train 2 junior helpers on equipment use and manual handling practices, improving team efficiency.

**Construction Laborer**, 08/2018 - 02/2021

**Tips and Gist LTD** – Accra, Ghana

- Mixed and transported over 200 bags of concrete weekly for structural and foundational works.
- Organized storage yards and tool sheds, reducing average material retrieval time by 30%.
- Delivered materials and tools from trucks and storage to job sites based on projected daily task needs.
- Used manual tools including hammers, saws, squares, and levels to support framing, demolition, and finish work.
- Supported site supervisors with layout marking, formwork prep, and cleanup duties, contributing to streamlined operations.

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## EDUCATION & CERTIFICATE

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**Konongo Odumasi SHS – Konongo, Ghana**

West African Senior School Certificate Examination | June 2015

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## LANGUAGES

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English:



Advanced (C1)

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## REFERENCE

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Available on request

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## DECLARATION

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I Tips and Gist, declare that all information given about me is accurate and true to the best of my knowledge