



Ryan Nelson

General Laborer

General laborer with 6 years on commercial and residential job sites. Comfortable with demolition, site prep, concrete pours, and material handling. OSHA 30 certified and trusted by foremen to run small crews when needed.



Tulsa, OK 12345



(918) 555-0142



m.holloway@example.com

KEY SKILLS

- Demolition and site prep
- Concrete forming and finishing
- Skid steer and mini excavator
- Jackhammer and concrete saw
- Blueprint reading (basic)
- Fall protection and OSHA 30
- Forklift (sit-down and reach)
- Hand and power tools
- Crew training and PPE checks

PROFESSIONAL EXPERIENCE

GENERAL LABORER | BRIGHTWATER CONSTRUCTION GROUP, TULSA, OK 2021 – PRESENT

- Support crews of 4-8 on commercial buildout jobs ranging from \$180K to \$2.4M in contract value
- Run jackhammer, skid steer, and walk-behind saw for slab demo and trenching work
- Logged 1,840 hours in 2023 with zero recordable safety incidents
- Train 2-3 new hires each season on PPE, fall protection, and tool checkout procedures
- Read prints and stake layout for footings under direction of the site super

CONSTRUCTION LABORER | REDBUD SITE SERVICES, BROKEN ARROW, OK 2019 – 2021

- Handled grading, backfill, and pipe bedding on subdivision sites across northeast Oklahoma
- Loaded and unloaded materials averaging 12-15 deliveries per week
- Kept tool inventory and reported damaged equipment to shop foreman same day
- Promoted from helper to laborer after 9 months for reliability and clean safety record

YARD HAND | CIMARRON LUMBER & SUPPLY, TULSA, OK 2018 – 2019

- Pulled customer orders and loaded trucks with forklift and overhead crane
- Cut lumber to spec for contractor pickups, averaging 40-60 cut tickets a day
- Kept the yard organized and helped cycle counts each month

EDUCATION

- High School Diploma, Memorial High School, Tulsa, OK, 2017

- OSHA 30-Hour Construction Safety Certification, 2022
- Forklift Operator Certification, 2019