

Soren Strand

Construction Laborer

Construction laborer with 6 years of experience in foundation prep, grading, concrete placement, and utility installations across commercial and residential projects. Reduced site turnaround time by 30% by restructuring material drop sequences and signaling backhoe operators to reposition stockpiles closer to active pour zones. Holds an AAS in Construction Management Technology and First Aid/CPR/AED certification.

CONTACT INFORMATION

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Morganton, NC 12345

EDUCATION

- AAS in Construction Management Technology

  Western Piedmont Community College, Morganton, NC | 2018 - 2020

KEY SKILLS

- Blueprint Reading
- Forklift Operation
- OSHA Construction Safety
- Concrete Placement
- Surveying and Layout
- PPE Compliance
- Earth Tamper Operation
- Microsoft Excel
- Pneumatic Tool Operation
- Material Inventory Control

PROFESSIONAL EXPERIENCE

Construction Laborer | Catawba Valley Site Contractors, Morganton, NC
2023 - Present

- Reduced site turnaround time by 30% by restructuring material drop sequences and signaling backhoe operators to reposition stockpiles closer to active pour zones.
- Met 6 daily production goals per shift across foundation prep, grading, and concrete placement tasks on a 4-building commercial project.
- Lowered quarterly material spending by $8,170 by auditing lumber and aggregate inventories in Microsoft Excel and consolidating vendor orders to reduce overstock.
- Signaled crane and backhoe operators during steel beam placement and trench excavation, maintaining 2-way radio contact to align loads within 3 inches of layout marks.
- Operated air monitoring devices in a confined-space storm culvert installation, recording gas readings every 15 minutes across 11 shifts.

Construction Laborer | Linville Creek Builders LLC, Marion, NC
2021 - 2023

- Met 5 daily production targets on residential site work by reading blueprints each morning and distributing rebar, forms, and aggregate to correct grid locations.
- Trimmed inventory carrying costs by 13% over 8 months by rotating stock using FIFO and flagging slow-moving materials before reorder dates.
- Identified and sorted incoming building materials against project specifications, directing forklift operators to distribute 19 SKUs to 3 staging zones per delivery cycle.
- Compacted subgrade soil with an earth tamper ahead of slab pours, achieving density specs on 14 pads without rework.

Laborer | South Fork Grading and Paving, Valdese, NC
2020 - 2021

- Met 4 daily task milestones during road-widening projects by preparing subbase, setting grade stakes with surveying equipment, and clearing debris ahead of paving crews.
- Cut per-project material surplus costs by $5,430 by counting deliveries against purchase orders and returning unused pipe and fittings within 48 hours.
- Signaled equipment operators during utility crossings and shoulder grading, directing backhoe bucket placement to avoid a 6-inch gas main on 9 separate passes.

CERTIFICATIONS

- First Aid/CPR/AED, American Red Cross | 2025