John Cain

Norfolk, NE 68701 [Johnsugarcain11@hotmail.com](mailto:Johnsugarcain11@hotmail.com)

+1 605 471 0217

# Work Experience

## Maintenance

Aventure staffing-Norfolk, VA April 2024 to September 2024

Operated a filtration system through mechanical maintenance and computer systems.

## Roll tender

Graphic Packaging International-Mitchell, SD July 2020 to November 2023

Put massive cardboard rolls on and print images of product onto it.

## Final Assembler

AKG of America-Mitchell, SD May 2021 to August 2022

Completed building of coolers for shipping.

## Construction Worker

American poured foundations-Sioux Falls, SD April 2016 to April 2020

Poured foundations and driveways.

During my construction period I had done everything from forming footings to finishing driveways. Have years of experience in both.

Set up a lot of forms 8ft tall for basements mainly, some commercial work for schools and gas stations, but most of my concrete experience is laying footings, forms, pouring and everything in between.

I have about 6+ with concrete although it has been about 3 years plus since I did construction it's something you can't forget.

## Assembly Line Worker

GEHL COMPANY

January 2016 to July 2016

**Construction Laborer** Brooks Construction Services, Inc. February 2014 to December 2015

## Machine Operator

Trail King Industries Inc

September 2011 to November 2012

# Education

## General

Mccook Central High School - 01

# Skills

* Word
* Assembly
* Forklift
* Materials handling
* Heavy lifting
* Power tools
* Custodial experience
* Janitorial experience

# Certifications and Licenses

## Forklift Certified

Present

**Machine operator B**