

ALEX BONA

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PROFESSIONAL SUMMARY

Motivated and dependable worker enrolled in the HVAC apprenticeship program sponsored by the Heating and Air Contractors of MD. Excellent physical stamina, and a proven record of safety, teamwork, and reliability. Known for learning quickly, following procedures, and staying focused during demanding workloads.

RELEVANT SKILLS FOR HVAC

- MD Apprenticeship License
- Mechanical aptitude & willingness to learn
- Hand tools & basic equipment handling
- Safety-first mindset
- Strong physical stamina (lifting, carrying, repetitive movement)
- Problem-solving & attention to detail
- Team collaboration & communication
- Time management & reliability
- Ability to work in hot/cold environments

WORK EXPERIENCE

UPS – Aberdeen, MD

Warehouse Worker January 2023 – August 2026

- Handle, sort, and move packages up to 70 lbs, demonstrating strength and endurance.
- Operate pallet jacks and follow strict safety procedures.
- Maintain accuracy while working quickly during high-volume periods.
- Collaborate with supervisors and team members to keep workflow efficient and resolve issues.
- Keep work areas clean and organized, supporting safe and efficient operations.

Mountain Branch Restaurant – Fallston, MD**Busser July 2021 – January 2022**

- Supported fast-paced operations by maintaining clean, organized work areas.
- Demonstrated strong customer service, communication, and teamwork.
- Assisted with restocking and carrying supplies, showing reliability and physical capability.

EDUCATION

High School Diploma