

SUKHMAN SANDHU

CONTACT

519-301-7111

sukhsand29@gmail.com

Cambridge, ON

EDUCATION

2022 - 2024

NIAGARA COLLEGE

- Carpentry and Renovation Technician Program

2018-2023

ST.BENEDICT CATHOLIC SS.

- Completion of secondary-school diploma

SKILLS

- Problem Solving
- Microsoft Office
- Teamwork
- Time Management
- Leadership
- Effective Communication
- Critical Thinking

LANGUAGES

- English
- Punjabi
- Hindi

PROFILE

Reliable and safety-conscious Construction Labourer experienced in concrete work, framing, and general site support. Known for strong teamwork, physical endurance, and the ability to adapt to changing site needs. Takes pride in quality workmanship and maintaining a clean, efficient worksite.

WORK EXPERIENCE

- Northside Construction** Mar 2024 - Present
Construction Site Labourer
 - Assist with concrete work, including mixing, pouring, levelling, and finishing surfaces
 - Support framing activities — measuring, cutting, and assembling wood or metal structures
 - Perform demolition, cleanup, and preparation work on job sites
 - Assist in renovation projects, including drywall, flooring, and other general carpentry tasks
 - Load, unload, and organize materials and equipment
 - Operate hand and power tools safely and efficiently
 - Maintain a clean and safe work environment
 - Follow direction from site supervisors and work effectively with the construction team
- Artistic Concrete** Jan 2023 - Feb 2024
Construction Site Assistant
 - Supported concrete crews in preparing, shaping, and detailing decorative and structural concrete installations
 - Assisted with layout and formwork setup to achieve precise dimensions and high-quality finishes
 - Mixed, poured, and smoothed concrete under the direction of skilled tradespeople, ensuring consistent texture and appearance
 - Helped with restoration and resurfacing of existing concrete features, including driveways, walkways, and custom designs
 - Maintained tools, equipment, and materials to keep worksites organized and efficient
 - Monitored curing times and environmental conditions to ensure proper concrete setting and durability
 - Assisted in measuring, cutting, and assembling framing components for project bases and support structures
 - Contributed to on-site problem solving, adapting to changing project needs and timelines
 - Upheld strict safety and cleanliness standards to promote a professional job site environment

- **Beyond Eyewear**

2022-2023

Part-Time Retail Office Associate

- Ordering patient frames, lenses, and coatings in accordance with the prescription prescribed by the optometrist
- Assisting patients with the selection of frames from the showroom
- Ensuring all patient prescriptions are entered into the system accurately
- Scheduling patient appointments with the optometrist as well as contact lens fittings with the optician
- Handled cash, credit card, and digital payments accurately using the POS system
- Resolved customer inquiries and complaints professionally, ensuring satisfaction
- Supported inventory restocking and merchandise displays to maintain a visually appealing store environment

VOLUNTEER EXPERIENCE

- Sick Kids Hospital | 2020 - Present
- Ronald McDonald House | 2020- Present

References Available Upon Request