

# Fraz Ahmed

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## **Industrial Maintenance Mechanic | Millwright (Apprentice Candidate)**

Highly experienced maintenance mechanic with 18+ years working on mechanical, electrical, and industrial systems. Proven ability to troubleshoot, repair, and maintain equipment in fast-paced environments. Strong hands-on experience with motors, controls, and mechanical assemblies. Currently pursuing HVAC training and seeking to transition into a Millwright apprenticeship.

### **CORE SKILLS**

- Mechanical & electrical troubleshooting
- Preventative & corrective maintenance
- Motors, sensors, and control systems
- Blueprint & schematic reading
- Hand & power tools
- Strong safety & compliance mindset

### **PROFESSIONAL EXPERIENCE**

#### **Canada Post — Maintenance Mechanic (2006–2024)**

- Diagnosed and repaired mechanical and electrical systems in an industrial environment
- Performed preventative maintenance to minimize downtime and increase equipment reliability
- Worked with motors, sensors, controls, and mechanical assemblies
- Used a wide range of tools and troubleshooting techniques daily

#### **Canada Post — Storeperson / Lead Hand**

- Managed parts inventory and supported maintenance operations
- Coordinated materials and tools for technicians

### **EDUCATION**

- HVAC Technician Program — Mohawk College (In Progress)
- Electronics Engineering Technologist — Mohawk College

### **CERTIFICATIONS**

- Gas Technician (G3)