
Tristan Bardi

Hamilton, ON
647-901-1639
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Professional Profile

Reliable and hardworking individual with hands-on experience in physical work environments and a strong interest in skilled trades. Experience working in team-based settings while maintaining safety standards and completing tasks efficiently. Holds certifications in Working Heights and First Aid/CPR, along with a valid Ontario driver's license. Known for strong work ethics, reliability, and the ability to quickly learn practical skills while contributing to productive and safe job sites.

Experience

Organization: Hamilton Health Sciences– Juravinski, Hamilton, ON

Role: Nutrition Associate

Provided friendly, efficient service while supporting daily kitchen operations in a hospital environment. Prepared and produced food items according to dietary standards, and managed inventory. Ensured accurate and timely delivery of meals to designated wards while assisting with high-volume service demands.

Organization: AMC Landscaping

Role: Sod Installer

Worked as part of a landscaping crew installing sod for residential and commercial properties. Responsibilities included preparing soil, leveling and grading surfaces, laying and cutting sod accurately, and ensuring proper watering and finishing for long-term growth. Developed strong teamwork, time management, and physical work ethic while consistently meeting project deadlines and maintaining high quality standards in outdoor environments.

Organization: St. Joseph's Hospital

Role: Maintenance Carpenter (Co-op)

Completed a co-op placement with the maintenance department assisting the carpentry team in a busy hospital environment. Supported repairs, renovations, and general building maintenance including basic carpentry work, tool handling, material preparation, and workplace organization. Gained valuable hands-on experience while learning how to follow safety procedures, communicate with skilled tradespeople, and contribute to maintaining a safe and functional healthcare facility.

Volunteer Experience

Organization: CYO Summer Sports Camp

Role: Volunteer Coach / Camp Counsellor

Supervised and led youth sports activities, promoting teamwork and sportsmanship. Maintain a safe and engaging environment for all participants.

Certifications & Training

- Working at Heights – Ontario
- Standard First Aid & CPR-C
- WHMIS (Workplace Hazardous Materials Information System)

References

Name: Liam McCowell

Name: D. D'Sousa

Camp Coordinator, CYO Summer Sports Camp Cathedral High School Teacher

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Education

Cathedral High School – Hamilton, ON

High School Diploma, Graduated June 2025