

Delon Frederick

Woodbridge, ON
delonstpeter@gmail.com
(647) 500-4683

Professional Summary

Reliable and dedicated general laborer skilled in Kitchen Cabinetry, Residential carpentry, Dry Wall and Insulation. Seeking a role where I can continue to develop my skills and expertise while working as part of a skilled and dedicated team

Work Experience

General Laborer

Exotherm Spray Foam Systems Inc. (*September 2024-Present*)

- SPF insulation
- BATT insulation
- Blown-In Loose fill insulation
- Installing drywall / framing residential and commercial
- Insulation removal
- Thermal corksheid/barrier installation
- Vapor barrier installation

Carpenter/Laborer

Elizabeth Ashley Fine Woodworking (*May 2022-August 2024*)

- Building and repairing custom or production type cabinets
- Installing cabinets
- Operating advanced 3D woodworking machinery
- Reading blueprints, drawings and sketches
- Repairing wooden cabinets

HVAC Assistant

Sareena Heating & Cooling Inc. (*November 2019-April 2022*)

- Assisting with the installation of HVAC systems on commercial and residential properties.
- Installing, maintaining, and repairing roof units for heating and air conditioning as well as the units inside residential and commercial buildings.
- Operating a variety of hand and power tools needed for HVAC installation.
- Cleaning and replacing air ducts.
- Following instructions for picking up and delivering parts, tools, materials, and supplies to and from the job site.
- Ensuring all tools, materials, and equipment are in good working order.
- Completing preventative maintenance on HVAC systems and the associated equipment.
- Maintaining, troubleshooting, repairing, and replacing plumbing and electrical systems.
- Coordinating with team members to provide excellent customer service.
- Ensuring all HVAC systems remain compliant with industry standards and regulations.

Education

St. Mark's Catholic Secondary School - High school Diploma

References available upon request