

Connor Vincent

Welland, ON

289-838-8525

connorvincent94@gmail.com

Strengths

- Demonstrates a strong commitment to work with exceptional reliability and punctuality.
- Proven self-starter with the ability to work independently and stay motivated to meet objectives.
- Possesses excellent problem-solving skills and the capacity to identify and resolve challenges effectively.

Employment Experience

General Construction Labourer, Operator, Labourer Foreman

- Motivated and hardworking general construction labourer with hands-on experience in performing various tasks, including site preparation, material handling, demolition, and assisting skilled trades. Reliable and safety-conscious with a strong ability to follow instructions and work as part of a team. Seeking to contribute my skills to a dynamic construction team.

Skills

- Site preparation and cleanup
- Material handling and transportation
- Operation of heavy machinery (e.g., skid steer, backhoe)
- Basic carpentry, framing and drywalling
- Caulking trim, windows, silicone bathtubs, showers and vanities
- Experience with painting practices (cutting, taping, sanding, rolling, commercial spray machines)
- Assisting in laying flooring
- Demolition and debris removal
- Familiarity with safety regulations and procedures
- Strong teamwork and communication skills
- Ability to work in various weather conditions

Lawn Care

- Dedicated lawn care professional with extensive experience in landscaping, lawn maintenance and customer service. Skilled in operating various equipment, including mowers, trimmers and blowers. Committed to ensuring the highest quality of service for residential and commercial clients. Looking to bring expertise in lawn care and maintenance to a dynamic team.

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Skills

- Lawn mowing, edging and trimming
- Weed and garden control
- Landscape maintenance
- Fertilizing lawn
- Knowledge of various plants
- Operation of lawn equipment (e.g. riding mowers, walk-behind mowers, blowers, string trimmers)
- Laying of sod and up-keep of imperfections of lawns and gardens
- Customer service and communication
- Attention to detail and time management
- Ability to work independently or as part of a team

Employment & Training History

Ballantry Homes	Labourer Foreman/Machine Operator	Welland	2022-2025
Frames Building and Renovations	General Labourer	Niagara Falls	2020-2021
Niagara Peninsula Homes	Reach Pre-Apprenticeship Program	Welland	2020
JR. Grass	Lawn Maintenance	Oakville	2018-2019
Mattamy Homes	General Labourer	Milton	2016

Certifications

Working at Heights Basic Awareness	2026
WHIMIS GHS	2026
Opioid Response Training	2023
Propane Training for Construction CH-02p	2020
Powder Actuated Tool Systems; ITW Construction Products-Ramset	2020

References available upon request

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