


Mitsy Diazcruz

Freight Handler

I am a highly motivated and reliable Freight Handler with over 1 year of experience in the industry. I have a strong work ethic and take pride in my ability to get the job done efficiently and effectively. I possess excellent communication skills, which allow me to liaise effectively with customers, clients, and co-workers alike. I am confident in my abilities and always maintain a positive attitude whilst at work. In addition to this, I have also developed strong time management skills, meaning that I am able to complete tasks within set deadlines without compromising on quality or customer service levels

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(138) 005-9944 

712 Cumberland Ave, Portland, 
ME 04101

Education

**High School Diploma at
Bangor High School, Bangor,
ME**

Sep 2017 - May 2021

I've learned how to study for
and take tests, how to do
research, and how to write
papers.

Links

[linkedin.com/in/mitsydiazcruz](https://www.linkedin.com/in/mitsydiazcruz)

Skills

Forklift operation

Loading and unloading trucks

Shipping and receiving

Inventory management

Order picking and packing

Freight handling equipment
operation

Employment History

Lead Freight Handler at Central Maine & Quebec Railway, ME

Jun 2022 - Present

- Led a team of 10 freight handlers in the loading and unloading of merchandise.
- Loaded and unloaded an average of 30,000 pounds of merchandise per day.
- Ensured that all merchandise was properly loaded and secured for transport.
- Coordinated with other teams to ensure smooth and efficient operation.
- Maintained a safe work environment at all times.

Senior Freight Handler at Maine Central Railroad, ME

Jul 2021 - May 2022

- Handled an average of 500 pieces of freight per day.
- Loaded and unloaded trucks using a hand truck or pallet jack.
- Checked in freight by matching bills of lading with actual merchandise received.
- Inspected freight for damage or missing items and reported any discrepancies to the supervisor.
- Stored freight in designated areas according to size, type, and destination.

Certificates

Certified Freight Handler Professional (CFHP)

May 2021

Certified Warehouse Operations Specialist (CWOS)

Aug 2019

Memberships

National Association of Letter Carriers

American Postal Workers Union