

BISHAL NEPAL

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PROFESSIONAL SUMMARY

With years of experience in the healthcare sector, I've honed my skills in patient assessment, ensuring that each individual's dietary needs are met with meticulous care. My understanding of age-related conditions and special dietary requirements allows me to craft personalized menus that promote healing and well-being.

SKILLS

- Communication skills: Proficient in effective communication.
- Proactive and hardworking: Known for being proactive and diligent in work efforts.
- Team management skills: Adept at managing and coordinating teams.
- Following instructions: Capable of adhering to and executing instructions effectively.
- Food preparation expertise: Skilled in preparing specialized foods such as soft foods and dishes with specific moisture levels.
- Supervising catering: Experienced in overseeing catering operations and management.
- Leadership abilities: Skilled in leading and guiding others.
- Time management expertise: Capable of effectively managing time and tasks.
- Relationship development: Experienced in fostering and nurturing relationships.
- Support worker proficiency: Experienced in providing support in a professional capacity.

WORK HISTORY

Sheraton Hostel and Resort
Sydney, NSW
Catering-Kitchen Helper

2021-April 2022

- Food Preparation Assistance: Assisting in the preparation of ingredients and food items as directed by kitchen staff or chefs.
- Cleaning and Sanitization: Ensuring cleanliness and hygiene standards are maintained in the kitchen area, including washing dishes, sanitizing surfaces, and disposing of waste.
- Inventory Management: Assisting in monitoring and managing stock levels of food and supplies, notifying when inventory is low.

- **Support in Service:** Helping during meal service by plating dishes, ensuring proper presentation, and possibly assisting with delivery to tables.
- **Equipment Maintenance:** Assisting in maintaining kitchen equipment by cleaning and ensuring proper functionality.
- **Following Instructions:** Adhering to instructions from chefs or kitchen supervisors to complete tasks efficiently.
- **Safety Compliance:** Following health and safety regulations and guidelines to ensure a safe working environment.
- **Team Collaboration:** Working collaboratively with other kitchen staff to ensure smooth operations and timely service.
- **Adaptability:** Being flexible to take on various tasks as needed in a dynamic kitchen environment.
- **Efficiency and Speed:** Working diligently to complete tasks efficiently, contributing to the overall workflow of the kitchen.

Kitchen Hand | 03/2023 - Present

Pathway Age care-Northbridge, NSW

- Assisting in meal preparation for residents.
- Maintaining kitchen cleanliness and hygiene.
- Managing inventory levels.
- Supporting meal service.
- Ensuring equipment upkeep.
- Adhering to safety standards.
- Collaborating with kitchen staff.
- Being adaptable and flexible.
- Prioritizing efficiency in tasks.
- Meeting resident dietary needs and preferences.

PROMOTED AS GENERAL SERVICE OFFICER-CATERING

GSO- Pathway age cared- North bridge, GSO.

- Cooked meals and assisted patients with eating tasks to support healthy nutrition.
- Focus Resident Diet as per record.
- Completes Advanced Incident Management System (AIMS) forms as necessary.

- Ensures that organizational policies and procedures are adhered to at all times.
- Reports all incidents immediately to the RN, for example, verbal/ physical aggression, hazards and complaints from
- patients/relatives

HIREUP-SUPPORT WORKER- NOV/2023

- Personal care assistance.
- Emotional support and companionship.
- Life skill development.
- Medication administration.
- Assistance with daily activities.
- Implementing individualized care plans.
- Communication with stakeholders.
- Record-keeping and documentation.
- Advocacy for individual needs.
- Ensuring safety and hygiene.

CERTIFICATIONS

- Certificate III in Ageing Support
- First Aid
- CPR
- NDIS Worker Orientation Module
- Infection control training- COVID-19
- Flu vaccine influenza
- Police check
- NDIS screening check
- COVID Vaccination
- International driving license

EDUCATION

Bachelor of Information technology:
VIT

Expected in 12/2024

AVAILABILITY TO WORK

- Friday - All Day
- Saturday - All Day
- Sunday - All Day
- Other ways as per shift requirement

Visa – Student (Subclass 500)

Nationality- Nepalese

Reference_ as per request.