

# CV- ABID FAROOQ

**Name:-** Abid Farooq

**Address:-** 6 Harewood Road, Preston PR1 6XH

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**Mobile:-** 07888834483

**Languages:-** English, Italian, Urdu

**Licenses:-** HGV since 2004 (CE), CPC, SIA (Door Supervisor)

## PROFILE

I am hardworking and attentive individual who can work independently and as well as in a team. I have a friendly and open nature and I can get along with my colleagues and work efficiently on time and I can work under pressure efficiently. I wish to use my skills set to try a new area and work and paying attention to detail.

## KEY SKILLS

- Friendly and caring approach: the ability to relate to people from a wide variety of backgrounds
- Reliability and flexibility: responsible for the family members in my care, ensuring their safety and emotional and physical wellbeing at all times
- Responsibility: the ability to remain calm and take charge under pressure but also be able to complete the tasks without any issues.

## WORK EXPERIENCE

ST2 Mechanical Forklift driver, Italy. From 1996-2002

- Work duties involve handling tractors work and maintaining everyday mechanical tasks by assisting the Mechanics.

Profiltubi S.p.A Unico Socio, Italy. From 2003-2012

- Duties involve driving fork lifter at iron industry within the factory and driving lorry from place of manufacturing to the place of distribution.

Agrifragola- Italy. From 2013-2021

- Driving lorry and fork lifter at agriculture production place and delivering fruits and vegetables from place of manufacturing to the place of distribution and maintaining it to the best standards of working.

Ghafoor Chicken Factory, UK. From May 2021- Present

- Working as a full-time HGV shunter driver within the vicinity and operating as a fork lifter driver.
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**References** – available on request