

Farid Ghasemi

London United Kingdom
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SUMMARY

- Friendly Truck Driver adept at navigation and efficient, on-time deliveries. Personable and energetic. Dependable and committed to getting each job done quickly, efficiently, and safely. Over 4 years' experience in a distribution environment with in-depth knowledge of DOT regulations.

EXPERIENCE

Fly Transport - Truck Driver

London

08/2022 - Current

- Experience of working for Argos Basildon, Asda Earth, Tk Max Hatfield, M&S Welham Green, Sainsbury's Dartford & Waltham Abbey, Wincanton Rochester
- Drove customer retention, accurately and efficiently delivering orders.
- Planned and carried out specialised journey routes according to traffic reports and delivery destination.
- Carried out basic routine maintenance on lorries, such as refuelling, tyre checks and oil changing.
- Improved project completion time, multi-tasking on heavy equipment and lorries
- Kept and accurate and up to date logbook of goods delivered, delivery times and mileage.
- Meticulously monitored delivery loads, carrying out checks for accuracy and safety.
- Assessed equipment before and after use, following strict roadworthiness and safety procedures

Cyber - Truck Driver

Tehran, Iran

01/2014 - 12/2017

- Carried out basic routine maintenance on lorries, such as refuelling, tyre checks and oil changing.
- Drove customer retention, accurately and efficiently delivering orders.
- Wrote receipts for loads picked up and collected payment for goods delivered and for delivery charges.
- Sustained safety protocol, providing proper, cost-effective and safe handling equipment and material use.
- Worked closely with warehouse staff, identifying product availability and arranging stock replenishment.
- Kept and accurate and up to date logbook of goods delivered, delivery times and mileage .
- Submitted accurate reports of breaks, journey logs and delivery times to HR team for payroll purposes.
- Measured temperature of cargo and refrigerated area of lorry.
- Submitted reports on condition of lorry at end of each trip.
- Conducted daily MOT pre-trip inspections according to set checklist.
- Processed shipment documents neatly and efficiently for each load.

SKILLS

- Superior driving skills
- Operation of refrigerated trailers
- Road laws expertise
- Cargo handling
- Courteous and polite demeanour
- Up-to-date on MOT regulations
- Dependable and reliable
- Planning ability
- Doubles and Triples specialist
- Motivated team player
- Driving policies
- UK road regulations
- Load security
- Pre-loading inspections
- Fuel-efficient driving
- Sound physical fitness
- Road hazard identification
- Driving log management
- Weight distribution checks
- Health and safety compliance
- Advanced local area expertise
- Delivery record management
- HGV safety compliance
- Outstanding customer service

EDUCATION

2013

Myaneh University

Myaneh

Bachelor of Science:

Manufacturing Engineering

CERTIFICATIONS

- Full HGV C+E Licence (No points)
- HGV C+E Class 1
- Digital Tacho and Driver Qualification Card

GENDER

- Male
- DOB: 28/07/1990