# Mariah Carson

Forest Lake, MN -Email me on Indeed: <u>http://www.indeed.com/r/Mariah-Carson/91f88a2f44da9996</u>

Obtain a challenging leadership position applying creative problem solving and lean management skills

with a growing company to achieve optimum utilization of its resources and maximum profits.

#### Willing to relocate: Anywhere Authorized to work in the US for any employer

### Work Experience

### **CNA - Certified Nursing Assistant**

September Cottage Eldercare LLC - Scandia, MN February 2020 to July 2020

- Provided patients/residents with care and companionship
- Checked vital signs
- Helped residents with activities of daily life (ADL): ROM exercises, exercising, bathing, grooming, dressing, feeding and walking

### **CNA - Certified Nursing Assistant**

Parmly on the Lake - Chisago City, MN May 2019 to February 2020

- Provided patients/residents with care and companionship
- Checked vital signs

• Helped residents with activities of daily life (ADL): bathing, grooming, dressing, feeding, walking, exercising and ROM exercises

### Education

### **Certified Nursing Assistant**

Pine technical college 2017

### **Emergency Medical Responder**

Pine technical college 2016

### Skills

- Problem solving (Less than 1 year)
- Vital Signs
- Medication Administration

- Caregiving
- Critical Care Experience
- Home Care
- Nursing

### **Military Service**

#### **Branch: army**

Service Country: United States Rank: E-3 private first class September 2016 to Present

### Certifications and Licenses

### **Emergency Medical Responder**

May 2016 to Present

## First Aid CPR AED

September 2016 to September 2018

#### SIRA

January 2018 to Present

terrorist detection training

### **Security Officer**

December 2017 to Present

### Additional Information

Skills:

- Communication
- Punctuality
- Problem solving
- Team work

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Strength & Hobbies:

- Handle stress well
- Hard working
- Motivated
- Research
- Traveling
- Working out
- New experiences

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