

Preet Komal

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Career Exposure

Mobility Matters, Barrie, ON – Currently working Full Time

- Working with elderly group.
- Teaching them exercises for day to day work like-
- Balance Training
- Breathing exercises (Active-Passive breathing)
- Strengthening exercises with dumbbells, Thera bands, strengthening ball
- Gait Training

Max Care Physiotherapy, Brampton, ON- Training as a PTA

- Worked in assisting the physiotherapist with treatment sessions.
- Performed treatments such as Ultrasound, IFC, Laser, Hot/Ice Pack, Shortwave therapy, Tens.
- Assist patients with walking, sitting, gait training and safe transferring.
- Documents all the treatment and therapy session using Universal Scheduling.
- Also assisted in front desk with scheduling appointments and documenting patient's data in the system.

Erie Meats Ltd., Listowel, ON | Quality Checker/Supervisor | Feb'19- Oct'23

- IN charge of handling product quality
- Inspecting products, ensuring they meet proper specification, and reviewing records for accuracy.
- Maintaining quality standards
- Ensuring the team works safely and smoothly while meeting all valuable standards.
- Provide the best solution to work related problem if there is any and recommend new standard to upgrade productivity and product quality.
- Provide training to all staff in their job duties, aware them about food safety, quality and company policies.
- To ensure proper supplies of all material which needed at workplace to perform the smooth production.
- Preparation of reports required for production like shift report, downtime report and packaging report.
- Keep tracking the employee's performance, attendance, and discipline to maintain transparency.

Prodigy personnel, Kitchener, ON | General labor | Feb'19- Feb'19

- Worked in Packaging department.
- Loading and unloading distribution of products.
- Maintaining the understanding of operating procedures for their machines. Proposing improvements of the process or machines as needed.
- Reporting safety hazards within the work environment.

IVY Hospital, Punjab, India | Physiotherapist | Mar'18 – Dec'18