

James O'Brien

FIFO Mining Labourer / Trades Assistant

0412 987 654 james.obrien@email.com Perth, WA Manual Driver's Licence (C-Class)

SUMMARY

Highly motivated and physically fit worker with a safety-first mindset, seeking an entry-level position (Mining Labourer / Utility / Trades Assistant) in a FIFO capacity. Proven ability to maintain high productivity during 12-hour shifts in demanding, high-temperature environments. Committed to strict adherence to OH&S protocols, hazard identification and JSA requirements. Reliable, punctual and fully available for 2/1 or 3/1 rosters, with a long-term commitment to site safety and team success.

CERTIFICATIONS & TICKETS

- White Card (General Construction Induction)
- Manual Driver's Licence (C-Class)
- First Aid & CPR (HLTAID011) — current
- Working at Heights & Confined Spaces
- Standard 11 (Mining Induction) — in progress
- Working Holiday Visa (417)

CORE COMPETENCIES

Safety & Compliance

- Hazard identification: proactive in reporting workplace risks
- Toolbox talks: active in daily safety briefings and pre-starts
- PPE adherence: strict compliance at all times
- JHA/SWMS: follows Job Hazard Analysis & Safe Work Method Statements

Technical & Physical

- Manual handling: trained in safe lifting of heavy loads
- Power tools: drills, grinders, jackhammers
- Heat tolerance: works in temperatures exceeding 40°C
- Communication: efficient use of two-way radio protocols

WORK EXPERIENCE

Labourer / Construction Worker

Various Employers — Australia

Jan 2026 – Present

- Performed daily toolbox talks and contributed to site safety briefings.
- Maintained clean and hazard-free work areas to prevent incidents.
- Operated light machinery and followed strict Safe Work Method Statements (SWMS).
- Demonstrated reliability with a 100% attendance record on long-shift rosters.

Warehouse & Logistics Operative

Northgate Logistics — Manchester, UK

Feb 2025 – Dec 2025

- Handled heavy loads safely in a fast-paced, high-volume environment.
- Operated industrial equipment and followed strict health & safety procedures.
- Maintained accurate stock records and a tidy, organised work area.

Landscaping & Grounds Maintenance

Greenfields Ltd — Leeds, UK

2023 – 2024

- Worked outdoors in all weather conditions, building physical stamina and resilience.
- Operated and maintained petrol-powered tools (mowers, brush cutters, blowers) while wearing full PPE.
- Adhered to safety protocols on every job.

EDUCATION

- White Card (CPCCWHS1001) — Australia, 2025
- BTEC Level 3 (Engineering) — UK, 2018

LANGUAGES

English: Native · Able to follow complex safety instructions.

REFERENCES

Liam Turner

Site Supervisor — BuildRight Construction (Perth, WA)
+61 412 345 678
Former direct supervisor (6 months)

Sarah Miller

Farm Supervisor — Sunshine Fruit Picking (Mildura, VIC)
+61 498 765 432
Former manager during harvest season