## Andrew W. Frolund

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# **Employment Objective**

Seeking full-time employment that will utilize my military work ethic.

## **Employment History**

**Prostaff –** Maplegrove, MN 55311 Employment)

Sep/2010 – April/2011 (Temporary

Employment) 763-494-1103

Supervisor: Justin Nord Position: Midshaft Weld

Temporary placement with Boston Scientific manufacturing balloon catheters and stents for opening clogged arteries. Responsible for loading balloon catheters onto manifolds, apply a polymer "heat shrink" and send the product through the welding machine. Verify product is within design specifications. Maintained high pace and accuracy during production.

Afton Plastics - Bloomington, MN 55431

Sep/2006 – Dec/2008 (Lay Off/Company Downsize)

952-881-6800

Supervisor: Mike Hasz Position: Distribution

Managed the shipping and receiving department. Scheduled deliveries and pickups for products. Experienced with the most popular couriers and shipping systems. Operating and maintaining an electric high rise forklift, scheduling and preparing shipments, and receiving orders. Improved productivity by volunteering to help in production and quality control when they were short handed or needed extra help.

Impressions Inc. - St. Paul, MN 55114

Aug/2004 – Sep/2006 (Sought greater opportunities)

651-646-1050

Supervisor: Brad Wilkens Position: Distribution

Volunteered to work in hand bindery when shipping/receiving when work load requirements permitted. Commended by management on several occasions for improving the atmosphere in the shipping/receiving area between co-workers and customers.

### **Military Experience**

# **Army National Guard 2-135 INF**

Jan/2007 - Present

Position: Squad Leader (SGT/E-5)

Provide training, counseling and military career guidance for a squad of up to 5 soldiers. Ensure soldiers maintain physical fitness and job skills, provide disciplinary action as needed. Secure and maintain equipment in excess of \$700,000. Write award and promotion recommendations, as well as professional development counseling. Training topics included individual and squad tactical movement techniques, and land navigation. Awarded the Army Achievement Medal four times and the Army Good Conduct Medal for training and performance.

#### U.S. Army (Active Duty)

Jan/2000 - Aug/2004

Position: Infantry Mortar Gunner (SPC/E-4)

Completed training to calculate load weights to verify they are within transport limits, as well as proper use of hand and light signals to aid movement. Completed Combat Life Saver Course, and was awarded for performance during our desert training at Ft Irwin California, followed by a three year assignment to Korea. Operated and maintained one million dollars worth of equipment. Received the Expert Infantryman Badge by completing 50 military related tasks with 100% accuracy. Honorably discharged from active duty in August 2004.

#### Education

Mounds View Public High School Diploma, 1999

Junior Leadership Course