



EUROPASS

MEHTAB AHMED KHAN



+97366902316



ahmedkhana12ak@gmail.com



Bahrain Manama

EDUCATION

Matriculation

- Secondary School Certificate
- Board of Intermediate and Secondary Education, Pakistan

SKILLS

- Kitchen & Food Preparation Support
- Warehouse & Inventory Handling
- Team Collaboration and Coordination
- Time Management & Reliability
- Cleanliness and Hygiene Maintenance
- Material Loading and Unloading
- Basic Equipment Operation
- Workplace Safety & Discipline
- Stock Arrangement and Shelf Organization
- Customer Service and Work Etiquette

ABOUT ME

Dedicated and hardworking professional with **4 years** of experience in **kitchen assistance and warehouse operations**. Skilled in maintaining **cleanliness, supporting food preparation, managing inventory**, and ensuring efficient daily operations. Proven ability to perform under pressure in fast-paced environments. **Strong teamwork, time management**, and **communication** skills with a commitment to safety, quality, and professional standards. Highly adaptable, reliable, and motivated to contribute effectively to organizational success.

WORK EXPERIENCE

Kitchen Helper

ABC Catering Company, Manama, Bahrain

Jan 2021 – Present

- Assisted chefs in daily food preparation, cutting, washing, and portioning of ingredients.
- Maintained kitchen cleanliness, hygiene, and sanitation standards according to company policy.
- Supported cooking and serving operations during peak business hours to ensure timely service.
- Ensured proper handling, labeling, and storage of raw materials, food items, and kitchen tools.
- Assisted in unloading, checking, and organizing kitchen supplies and stock materials.
- Collaborated with team members to maintain workflow efficiency and meet kitchen demands.

Warehouse Worker

XYZ Logistics, Manama, Bahrain

Jan 2019 – Dec 2020

- Performed loading and unloading of goods safely and efficiently.
- Maintained accurate stock levels through systematic recordkeeping and inventory checks.
- Ensured all items were properly packed, labeled, and organized in designated storage areas.
- Operated pallet jacks and other basic warehouse equipment according to safety guidelines.
- Assisted in order picking, dispatch, and delivery preparation for timely shipments.
- Coordinated with supervisors and team members to maintain smooth warehouse operations.

LANGUAGES

English

- Good

Urdu

- Fluent

REFERENCE

Available upon request