

HAREM Faraj

General Laborer

+964 772 773 7929 | harafaraj868@gmail.com] sulaymaniyah ,Kurdistan region, Iraq

Objective

A dedicated General Laborer seeking a long-term, sponsored contract with a major construction or industrial company. I offer proven physical endurance, absolute reliability, and a zero-complaint work ethic to contribute to demanding projects from start to finish.

Skills

- Heavy Lifting & Manual Labor
- Works in Extreme Heat/Cold
- Follows Safety Orders Exactly
- Punctual & Long-Hour Stamina
- Teamwork & Basic Tool Use

Experience

House Painter | sulaymaniyah, Kurdistan region. 2 Years

- Prepared and painted surfaces. Worked long hours with hand/power tools.
- Developed stamina for repetitive, precise physical work.

Kitchen Helper | sulaymaniyah , (Osman restaurant) | 1 Year

- Worked in high-heat, high-pressure environment. Handled heavy lifting and strict cleaning routines.
- Built resilience and ability to follow orders exactly in tough conditions.

Strengths

- Strong body, high endurance for 12+ hour shifts
- Zero complaints, follows all safety orders
- Seeks minimum 24-month contract for stability

Education

Diploma in Accounting | [2023]

Shows ability to complete a program. Literate with numbers.

Languages

Kurdish (Native), Arabic (Fluent), English (Basic)

Status

Documents ready for immediate visa processing.