

Cole Fast

JOURNEYMAN INSTRUMENTATION AND CONTROLS TECHNICIAN - RED SEAL
JOURNEYMAN ELECTRICIAN - RED SEAL

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PROFILE

I am a self motivated and hard working dual ticketed tradesman with 10 years of industrial experience throughout BC and Alberta. Over the past 5 years, I have been focusing on instrumentation, while applying my previous knowledge and skills as an electrician. Having worked previously as both an employee and independent contractor, I have the organizational and communication skills to operate independently, or as a team. I am honest, and pride myself on my high attention to detail and efficient work practices. I possess all necessary safety tickets, and am familiar with the strict safety and professional standards in various industries.

EXPERIENCE

Instrument Technician / Electrician

D&T Electric and Controls - Fort St. John, BC - June 2018 — Present

This opportunity has allowed me grow my knowledge of the instrumentation and electrical maintenance field, by working on various heavy industrial and waste water treatment facilities. Working closely with operations, I installed and rebuilt a variety of valves, actuators and measurement devices. I also respond to service calls, safely troubleshooting and repairing devices.

Instrument Apprentice

CDN Controls - Fort St. John , BC - May 2017 — June 2018

Throughout this experience I worked with a small team performing calibrations and repairs on a variety of pneumatic, hydraulic, and electrical equipment. Contracted to a major oil company; I was responsible for electronic calibration reports and record keeping, this has made me proficient in Microsoft Office applications. The majority of my work was done on remote sites in adverse conditions. This has helped me develop the organizational skills and stamina to confidently engage in new challenges.

PADI Dive Master

Dolphin Dive - Corn Islands, Nicaragua — November 2016 — May 2017

Successfully completed a 2 month Dive Master internship and worked as a Dive Master; planning and leading scuba dives. My time instructing was extremely safety and detail oriented, as I was responsible for the briefing, inspections, and pre-dive safety checks. This experience has taught me to stay calm in stressful situations, and familiarized me with high paced, customer focused working environments.

Electrician

Status Electrical - September 2016 — November 2016

Working with a team and mentoring apprentices, I installed controls and equipment for aggregate rock conveyors, and a concrete plant at Site C hydro electric dam. I operated an independent maintenance run, solving unique power requirements with a variety of trades and contractors. I am experienced operating aerial work platforms, and working at heights.

E D U C A T I O N

Northern Lights College - Application of Electrical Codes; November 2018 — December 2018

NAIT, Edmonton Campus - 4th year Instrument Technician; November 2017 — January 2018

Dolphin Dive, Little Corn Island, Nicaragua - PADI Dive Master; November 2016 — April 2017

Okanagan College, Kelowna Campus - 4th year Electrical; March 2012 - May 2012

Red Seal Journeyman Electrician

T I C K E T S

H2S, OFA 1, TDG, CSTS, WHMIS, Fall Protection, Confined Space

Class 5 Drivers License

R E F E R E N C E S

Ian Beattie - Instrument Field Lead, D&T Electric 250-263-4621

Jon Pfifer - Area Manager, CCT Controls 780-268-4025

