



# Lisa Mendes Vaz

Am Portuguese, polite, hard working, great team worker, very flexible

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## Languages

Portuguese (Fluent)

English (Fluent)

## About

With a dedicated background in maintaining cleanliness and orderliness, including a stint at Sainsbury's warehouse, I have honed my adaptability and commitment to health and safety standards. My experience positions me well for dynamic retail environments where customer interaction and stock management are key.

### BRANDS WORKED WITH

Adecco Agency

ILFORD

JW Marriott

LBBB

London

Marriott International, Inc.

Renault Truck Commercials Ltd

Sainsbury's

## Experience

### ● Room Attendant/Housekeeping

JW Marriott | Jan 2020 - Mar 2024

Housekeeper

Marriot Hotels Ltd, Grosvenor House, London

Primary duties revolved around keeping guest's rooms clean and tidy.

This involved bringing clean

linen, bedding, and all other necessary cleaning equipment to the rooms;

replacing used linen and

towels; restocking soap, tissues, and drinking glasses; disinfecting bath-

room surfaces; dusting and polish

furniture; removing all rubbish; vacuuming the carpet, and adhering to

Health and Safety Regulations a

### ● School Cleaner

LBBB | May 2016 - Jan 2020

Hoovering, dusting, emptying bins, cleaning toilet floors, making sure all

class rooms are cleaned before

kids arrive in school

### ● School Cleaner

Adecco Agency | Dec 2012 - May 2016

Hoovering, cleaning tables, dusting, empty rubbish, make sure class

room are all cleaned before kids

arrive to school

### ● Housekeeper/Cleaner

Marriott International, Inc. | Feb 2009 - Nov 2012

Marriot Hotels Ltd, Grosvenor House, London

Primary duties revolved around keeping guest's rooms clean and tidy.

This involved bringing clean

linen, bedding, and all other necessary cleaning equipment to the rooms;

replacing used linen and

towels; restocking soap, tissues, and drinking glasses; disinfecting bath-

room surfaces; dusting and polish

furniture; removing all rubbish; vacuuming the carpet, and adhering to

Health and Safety Regulations

at all times.

### ● Travel lodge

ILFORD | Aug 2006 - Nov 2007

Primary duties revolved around keeping guest's rooms clean and tidy.

This involved bringing clean

linen, bedding, and all other necessary cleaning equipment to the rooms;

replacing used linen and

towels; restocking soap, tissues, and drinking glasses; disinfecting bath-

room surfaces; dusting and polish

furniture; removing all rubbish; vacuuming the carpet, and adhering to

Health and Safety Regulations

at all times.



- **Not working**

London | Jan 2002 - Sep 2006

During this time I was nursing my son whom just started going to school this September.

- **Floor assistant**

Sainsbury's | Mar 2006 - Jun 2006

Primary duties included stacking shelves, noting low levels of stock, and other general duties as directed by my supervisor, whilst adhering to Health and Safety Regulations at all times.

- **Renault portugal**

Renault Truck Commercials Ltd | Oct 1999 - Jul 2001

Renault, Portugal

Primary duties included cleaning and maintaining the sales and repair facilities; operating specialised cleaning equipment; polishing metalwork; sweeping, mopping, vacuuming, and polishing floors; cleaning and disinfecting break rooms; dusting furniture and equipment; cleans rugs, carpets, furniture; and closely adhering to Health and Safety standards at all times

## Education & Training

2007 - 2007

- **Newham college of further education princes trust**

GCSE or equivalent in 12 weeks self development programme,