

Industrial Athlete

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| Reports To | Warehouse Manager | Location | Halifax, NS |
| Type | Hourly, Part Time, Union | Closing Date | November 30, 2020 |

Company Overview

Sysco is the global leader in selling, marketing and distributing food products to restaurants, healthcare and educational facilities, lodging establishments and other customers who prepare meals away from home. Its family of products also includes equipment and supplies for the foodservice and hospitality industries. With over 69,000 associates, the company operates more than 320 distribution facilities worldwide and serves more than 650,000 customer locations. For fiscal 2019 that ended June 29, 2019, the company generated sales of more than \$60 billion.

Sysco, one of Canada's Best Employers 2019, as listed by Forbes, is dedicated to our global corporate social responsibility goals and to creating a diverse and inclusive workplace. Join our winning team.

For more information, visit www.sysco.ca or follow us @SyscoCanada at facebook.com/SyscoCanada; twitter.com/SyscoCanada or instagram.com/SyscoCanada

For a full list of opportunities, visit www.sysco.ca/careers

Role:

As an Industrial Athlete, you will handle an average of 1,500 cases per shift, with each case weighing an average of 30 pounds - but up to 95 pounds. You will also move a lot - walking, standing, stretching, & bending - on average you will walk over 10 kilometers in a single shift. It is very repetitive work, so the ideal person for the job is very self-motivated & likes to continually challenge themselves. The hours appeal to those who are night owls - shifts typically start early in the afternoon & end in the early morning.

As challenging as this job is, it is also very rewarding. The pay is above average, with opportunity to earn more on each bi-weekly pay check depending on your ability to work quickly, accurately, & safely. There is also plenty of opportunity for advancement - many of our Management & Senior Leaders started in this very same position & have grown their career with our Fortune 50 Company. Your hard work & dedication can pay off.

Role Responsibilities:

- Hand select orders within various warehouse environments of fluctuating temperatures, including Dry, Cooler, and Freezer
- Operate assigned Sysco Order Selection (SOS) unit to scan and create labels; correctly place labels on product. - Stack product on pallets in accordance with proper selecting procedures (for example, no stacking heavy-on-light, labels facing out, etc.).
- Frequently lift product that weighs 1-75 pounds, up to 88 pounds; frequently reach and constantly bend and twist while operating a pallet jack and/or forklift, retrieving items from lower shelf areas.
- Operate an electric pallet jack or forklift to transport product.
- Stage pallets for loading on proper dock locations.
- Shrink-wrap product on loading dock.
- Follow sanitation requirements in order to comply with policy set forth by the Company.
- Maintain and safely operate all assigned equipment, including but not limited to pallet jack, SOS unit, and personal protective equipment. Perform pre and post-trip inspections, and safely operate all mechanical equipment.
- Attend all required company meetings.
- Other duties may be assigned.

Qualifications/Skills/Job Requirements:

- Must be 18+ years of age
- Able to read, write and communicate effectively in English as it relates to the job and to

the safety regulations

- Must pass pre-employment testing (Background Check, Physical Abilities Test)
- High school diploma or equivalent - Warehouse experience is an asset
- 5 days a week, 8 hour shifts
- Start time of 5 pm
- Work most stat holidays and receive pay or get time off in lieu that can be booked like vacation

Internal candidates apply via the Career Centre on your HR Portal / ADP Workforce Now.
External candidates submit cover letter & resume via www.sysco.ca/careers

Sysco's Values: Integrity | Excellence | Teamwork | Inclusiveness | Responsibility

Sysco's Vision is to be our customers' most valued and trusted business partner.

We offer our associates the opportunity to grow personally and professionally, to contribute to the success of a dynamic organization, and to serve others in a manner that exceeds expectations.

Sysco is committed to Employment Equity. Accommodations during the recruitment process are available upon request for candidates with disabilities.

Here's a sample of the many benefits Sysco associates enjoy:

Comprehensive Flexible Benefits including Health and Dental, Health Care Spending and Wellness Accounts • Short-Term and Long-Term Disability • Life Insurance • Company Pension Plan • Group RRSP • Employee and Family Assistance • Stock Purchase Plan • Unlimited on-line learning through Sysco Interactive University • Sysco product discounts • Preferred vendor discounts • Free on-site parking • Employee appreciation events • (*benefits may vary based on location or bargaining unit)