

SHMON BENTON

PLUMBING APPRENTICE

CONTACT

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VA 22030

www.gutts.tech

TECHNICAL SKILLS

- Power Tools
- Soldering Copper Pipe & Pipe installation
- Cast Iron
- Cut & Thread Black Steel
- Basic Wall Rough In
- PVC Piping & Installation
- Plumbing Safety Protocol
- Code & Regulation Awareness
- Installation & Repair of Plumbing Fixtures
- Blueprint Reading
- Estimating

SOFT SKILLS

- Strategic Planning
- Problem Solving
- Crisis Management
- Creative Thinking
- Communication
- Customer Service
- Teamwork
- Adaptability to Change
- Eagerness to Learn

CERTIFICATIONS & ACCREDITATIONS

- Ground Up Trade & Talent Solutions Plumbing 72-hour Pre-Apprenticeship Program
- State of Virginia DPOR Accredited Training
- PHCC Accreditation for Pre-Apprenticeship Program

WORK EXPERIENCE

Plumbing Pre-Apprenticeship Program *Ground Up Trade & Talent Solutions (GUTTS)*

October 2025

Fairfax, VA

- Completed a 3 Week, 72-hour PHCC & DPOR accredited training program
- Learned effective communication and other soft skills.
- Plumbing Safety and Code Training including PPE, Hazardous Material Handling, & OSHA regulation.
- Installation, Maintenance, & Repair of Plumbing Systems including Water closets, sinks, faucets.
- Science of Water including Water Supply, Water Sources, Waste Disposal, Sewage Disposal, & Stormwater Management.
- Piping Material such as Copper, Steel, Cast Iron, CPVC, & PVC Piping
- Gas Pipe installation.
- PEX A installation, repair, and maintenance

Founder / CEO

Broken Individuals LLC

Jan 2024 - Present

Hamden, CT

- Founded and built a clothing brand from concept to profitability, overseeing all aspects of business operations, brand development, and sales.
- Managed budgeting, forecasting, and vendor relations to ensure cost-effective production and scalable growth.
- Directed a cross-functional team (design, marketing, fulfillment) to achieve brand goals and maintain smooth day-to-day operations.
- Oversaw inventory management, order fulfillment, and customer service processes, ensuring a positive and consistent customer experience.

Line Operator

Santini's Deli

Aug 2025 - Present

Oakton, VA

- Maintained a clean, organized, and sanitary food preparation area in compliance with health and safety standards.
- Provided fast, friendly, and accurate service during high-volume rush hours while ensuring consistent food quality.

Warehouse Stocker / Package Unloader

Dollar Tree

Apr 2024 - Aug 2025

Hamden, CT

- Unloaded, sorted, and organized incoming shipments with accuracy and efficiency to meet tight production and delivery deadlines.
- Stocked shelves and replenished inventory in designated warehouse or retail areas to maintain optimal product availability.
- Collaborated with team members and supervisors to meet daily productivity and quality goals.
- Assisted with inventory counts and documentation to ensure accurate stock levels and minimize loss.

EDUCATION

Hamden High School

High School Diploma

Graduated: 2024

Hamden, CT