

Lamont Coleman, Project manager

PROFESSIONAL SUMMARY

Mr. Coleman is a US Air Force Veteran, result-driven, and motivated Project Manager with 23 years' experience in the construction industry. Knowledgeable at implementing process, modifications, and risk mitigation. Delivers high quality results, safely, on time and under budget.

PROFESSIONAL CAPABILITIES

TURN-KEY /TENANT IMPROVEMENT • Collaboration • Teamwork • Employee Training • Change Management • Problem Solving • Public works • SWPPP Planning • Environmental BMP's • Team Building • Written & Verbal Communication • Customer Service • Continuous Operational Improvement • Project Scheduling • Estimating & Budgeting • Best Practices • Interpersonal Communication • Vendor Management • Coordination • Civil Engineering • Bidding • Site Preparation • Environmental & Regulatory Compliance • Contract Administration • Contractor Training & Development • OSHA • QA/QC • Procure • MS Word • Excel • PowerPoint • AutoCAD

SUMMARY OF RELEVANT EXPERIENCE

Apolis – El Segundo, CA (Contractor Position Nestlé Inc.)

11/2024 – 10/2025

PROJECT MANAGER: Oversaw and managed GC daily logistics, safety, environmental and construction progress.

Duties and responsibilities:

- Directed onsite coordination weekly & bi-weekly meetings.
- Facilitated pull plan schedule sessions.
- Coordinated SWPPP design with civil engineer from design to permit.
- Tracked governing authorities rain event site visits, BMP's changes and sediment control devices.
- Managed all project permits with permit tracker from design phases through issuance.
- Coordinated with (CASQA,) California Stormwater Quality Association and NPDES National Pollutant Discharge Elimination System.
- Developed and executed owner's punch list.

TEC-CONSTRUCTORS & ENGINEERS, IRVINE CA

09/2022 – 10/2024

PROJECT MANAGER: Presided over a major electrical infrastructure upgrade to a large multi-family community in South Los Angeles, CA. Responsible for all pre-construction coordination and contract administration activities. Single point of contact and acting liaison between ownership and LADWP engineers' infrastructure team, LADBS planning and permit agency and (BOE) Bureau of Engineers.

Duties and responsibilities:

- Directed onsite construction activities while tracking safety and logistics.
- Facilitated pre-construction and bi-weekly progress meetings.
- Prepared change directives and minimized the change order backlog.
- Managed R.F.I logs and developed a process to resolve expeditiously.
- Developed qualified lists of bidders, methods of evaluating and value engineering bid scopes.
- Analyzed and implemented best management practices for electrical design development and construction phases.
- Managed coordination between engineer of record, architect, LADWP, environmental consultants and all governing authorities.

YEARS OF EXPERIENCE

23 years

EDUCATION

B.S., Construction/Industrial Management, University of Wisconsin-Stout, 2004

CERTIFICATION

OSHA 30 Hour

California State Contractors

General B License #1011769

PROJECT MANAGER: Execute multiple general contractor orders for (PEMB) pre-engineered metal buildings from planning through design and production throughput for strict delivery milestones. Successfully manage engineering team timelines during critical structural design phases while monitoring quality control. Conduct cost analysis, document reviews of submittals and research of applicable codes to ensure seamless turnkey implementation. Conduct collaborative progress meetings, track, and resolve RFI's, resolve customer claims.

PCL Construction, Los Angeles, CA**Project Manager**

Marcel Jakob: (818) 254-5249

11/2019 – 05/2020**Client: Los Angeles World Airports - \$2Bn**

- Examined and evaluated technical provisions and memorandum of understanding to manage project execution for B-Permit civil scopes.
- Tracked overhead utilities demolition coordination during make ready phase.
- Collaborated with engineer of record, Los Angeles World Airport (LAWA), Adjacent developers and PCL onsite team all potential permit constraints for City of Los Angeles and City of Inglewood.
- Drafted and executed critical RFI's to progress pre-construction ahead of schedule.
- Coordinated operational activities and ensured proper documentation to schedule scope of work.
- Developed new plan to complete project on time and under budget.
- Streamlined procedures and optimized strategies to discover scope of work.
- Directed engineer to define locations and utilities to pothole.
- Prepared scope of work based on utilization of information gathered.
- Formulated processes to simplify extensive and lengthy paperwork to simplify bidding.
- Identified potential bidders and evaluated bidding capacity for qualification.
- Incorporated best practices in conducting delta check between numbers.

Barry Wehmiller Design Group, Bakersfield, CA**Project Manager**

Steve Justus: (714) 343-4999

03/2016 – 03/2019

- Exercised quick study of system and stated requirement.
- Addressed procedural changes and work orders for implementation of projects ahead of schedule, under budget, and with utmost compliance.

Projects:

- **DAF Dissolved Air Flotation Water Treatment System - \$8M**
 - Controlled contract activities and assigned contractors to efficiently execute projects.
 - Reviewed existing constraints and gathered requirements for safety guidelines.
 - Coordinated and monitored tenant improvement scopes for locker room, breakroom, and restroom renovation.
- **Bolthouse Farms, Bakersfield, CA - \$7M**
 - Constructed five separate new employee breakrooms, locker room and restrooms in separate buildings within the campus envelope.
 - The project included structural, concrete, millwork, MEP, fire/ life safety and finishes. Coordination and scheduling of governing authorities to include all special, city and fire inspections for occupancy.
- **Albertsons' Soup Project, Riverside, CA - \$20M2 of 3**

- Expansion to existing soup plant. The project scope comprised of 8,000sqft. steel frame/IMP panel building with a modified bitumen roof. MEP, fire life safety, structural catwalk, and epoxy flooring. Coordination and scheduling of governing authorities to include all special, city and fire inspections for occupancy.
- **Two story addition and achieved all occupancy inspections prior to scheduled start up - \$15M (turnkey)**
 - Practiced capacity building and managed sub-contractor daily activity, safety, and logistics.
 - Scheduled city and special inspections of all scopes for final occupancy.
 - Designed and delivered projects with focus on process optimization.
- **Anheuser- Busch Cold Storage Project, Carson CA / Montclair, CA**
 - Comprised of converting two large warehouse spaces from ambient to cold storage distribution facilities.
 - Approximately 230,000 sq. ft collectively. The scope of work included structural roof reinforcement, MEP, fire/life safety and distribution logistics. Coordination and scheduling of governing authorities to include all special, city and fire inspections for occupancy.
- **Busch Corp, two cold storage facility renovations for Anheuser – \$30M**
 - Identified standards, delineating requirements for compliance and respective engineering analysis.
 - Value engineered and executed TI to operations offices and breakroom/ conference room areas.
 - Spearheaded team and strategized to troubleshoot unforeseen circumstances.

Faithful + Gould General Mills (Yoplait), Carson, CA

Project Manager

Dan Leng: (56) 208-1821

06/2014 – 06/2016

- Collaborated with team for all development phases of project including cost, estimating, scheduling, engineering, constructability, procurement, bidding, and evaluation.
- Partnered with maintenance team and management.
- Provided oversight and daily supervision of sub-contractor activities.
- Incorporated functionality for safety and logistics procedures.
- Executed TI and production project without incident or interruption of ongoing production.
- Collaborated with Yoplait onsite team for strategic cut and cap of existing utility lines and new tie in.
- Completed cut and cap without incident.
- Partnered with plant staff for zero interruptions to production while exercising good GMP practices.
- **Remodel and removal of old production Lines and upgrade - \$6M**

OTHER RELEVANT EXPERIENCE

The Dannon Company (Through Aerotek) Fort Worth, TX	Project Manager	2011 - 2014
CMTS INC Dallas, TX	Project Manager	2009 - 2010
CON-Real LLP, Arlington TX	Project Manager	2008 - 2009
Merit General Contractors, Olathe, KS	Superintendent	2006 - 2008
Butler Construction, Kansas City, MO	Superintendent	2004 - 2006