

LEIHLA SANDERS

RESUME

757-687-9252

| lsand014@odu.edu

| 5115 Hampton Blvd, Norfolk, VA

PROFESSIONAL SUMMARY

Public Health Sciences senior at Old Dominion University with over one year of hands-on experience in emergency medical response as a volunteer Emergency Medical Technician for VBEMS and two years in hospital safety operations at Sentara Norfolk General Hospital. Certified in BLS, CPR, and AED with experience working fast-paced healthcare environments and supporting diverse patient populations. Passionate about community health, patient safety, and improving healthcare accessibility, with a long term career goal of working in maternal and neonatal health.

EXPERIENCE

Sentara Norfolk General Hospital, 600 Gresham Dr, Norfolk, VA 23507 2024-Current

Safety Partner

- Monitor patients at risk for suicide, wandering, falls, or self harm to ensure a safe hospital environment
- Provide continuous observation and support for patients requiring close supervision
- Assist healthcare staff in maintaining patient safety and preventing risk related incidents
- Communicate and document patient status and behavioral changes promptly to nursing staff and care teams
- Maintain professionalism and confidentiality while working in a fast paced diverse patient population
- Crisis management and de-escalation skills
- Trained in patient restraint procedures and safety protocols

Virginia Beach Emergency Medical Services (VBEMS)

2024-Current

Volunteer Emergency Medical Technician

- Respond to emergency medical calls and provides pre-hospital care in high pressure situations
- Assess patients by conducting vital signs, evaluating symptoms, and gathering medical histories
- Provides Basic Life Support (BLS), assist in Advance Life Support (ALS), and using CPR/AED and airway management when necessary
- Communicate patient information clearly to paramedics, nurses, doctors, and other emergency staff
- Assist with trauma care, bleeding control, and splinting injuries
- Operate emergency medical equipment and maintain readiness of response vehicles

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EXPERIENCE (CONTINUED)

Amazon Fulfillment Center, 2097 Harpers Road, Virginia Beach 2025-2026

(Seasonal) Warehouse Associate

- Operated in a fast-paced, productive warehouse environment while meeting strict time and accuracy targets
- Utilized handheld scanners and inventory systems to locate, retrieve, and process customer orders
- Picked and organized items into designated bags and shelves to maintain efficient inventory flow
- Verified items for accuracy and quality, ensuring products were undamaged and correctly processed before shipment
- Performed physically demanding tasks including standing, walking, lifting up to 50 lbs, and repetitive motions

Babysitting Service, 1432 Parlet Ct, Virginia Beach, VA 23451 2024-2025

Childcare Provider/Babysitter

- Provided safe and attentive care for children ranging from 1 month to 6 years old
- Supervised daily activities while maintaining a safe and structured environment
- Encouraged early learning and development through interactive play, creative activities, and educational engagement
- Prepared meals and assisted with basic childcare needs, including bathroom training and hygiene routines
- Maintained consistent daily schedules to support healthy routines and time management for children
- Sanitized toys and play areas, maintained organization, and ensured hazardous items and chemicals were safely stored

Chipotle, 5399 Kempsriver Drive, Virginia Beach, VA 23464 2024

Crew Member/Cashier

- Provided friendly and efficient customer service while greeting guests and taking food orders
- Operated cash register and handled customer transactions accurately
- Maintained a clean and sanitized workstation in accordance with food safety and health standards
- Worked collaboratively with team members during high-volume periods to maintain efficient service
- Completed closing shift responsibilities including cleaning stations, restocking, and preparing the establishment for morning operations

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EXPERIENCE (CONTINUED)

Ocean Breeze Waterpark

2021

Food and Beverage Associate

- Prepared and served food orders in a fast paced, high volume environment
- Provided friendly customer service and assisted guests with orders
- Maintained stocked and organized workstations to support efficient service
- Followed sanitation and food safety standards while maintaining a clean workspace

Excalibur Gymnastics

2021

Gymnastics Coach

- Instructed gymnasts in strength, flexibility, and skill development to improve athletic performance and technique
- Promoted discipline, patience, and teamwork while encouraging respect among athletes and coaching staff
- Enforced safety guidelines and supervised training activities to ensure a safe practice environment
- Demonstrated and taught gymnastics techniques to develop new skills and improve existing ones
- Evaluated athletes progress and provided feedback to support continued development

CERTIFICATIONS

- Emergency Medical Technician (EMT-B)
- Basic Life Support (BLS), American Heart Association
- CPR/AED Certification, American Heart Association

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EDUCATION

Old Dominion University

2022-Current

Undergraduate Senior

- Degree Type: Bachelor of Science in Public Health Sciences
- Major: Public Health
- GPA: 3.27
- Expected Graduation: Fall 2026

Tallwood High School, 1668 Kempsville Rd, Virginia Beach

2017-2021

High School Diploma

- Honor Roll Student
- Graduated with Honors
- Advanced Diploma Recipient

SKILLS

- BLS/CPR/AED
- Communication Skills
- Critical Thinking
- Adaptability
- Professionalism
- Cultural Competency
- Leadership
- Customer Service
- Ethical Conduct
- Organizational Skills
- Time Management
- Documentation
- Record Management
- Resourcefulness
- Attentiveness
- Problem Solving
- Team Collaboration
- Patient Advocacy
- Compassion/Empathy

REFERENCES

Tiffany Parker
SNGH Employer
757-388-2546
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Elizabeth Brown
Professor & Academic Advisor
757-683-6180
eabrown@odu.edu

Ruby Christian
(VBEMS) Contract Specialist
757-385-298