MY PICK RATE

Warehouse first day checklist

Prepare for your first shift | Warehouse work after 40

Check confirmed items. Use the lines for questions you still need to ask.

Date: _____ Position / shift: _____

- [ ] **Assignment**
  Confirm actual duties and handling requirements.

- [ ] **Training and pace**
  Ask how new-worker productivity and safe skills are measured.

- [ ] **Schedule and travel**
  Confirm start time, commute, shift length and overtime expectations.

- [ ] **Equipment**
  Confirm required footwear, clothing and protective equipment.

- [ ] **Work conditions**
  Ask about breaks, drinking water and working temperatures.

- [ ] **Home routine**
  Plan meals, sleep and time between shifts.

- [ ] **Trainer and assistance**
  Identify who trains you and how to request help with unfamiliar work.

- [ ] **Safety contact**
  Know how to report a hazard, injury or safety concern.

Unanswered questions are not a judgment of ability. Follow site safety procedures.

General preparation only. Not medical advice, a fitness assessment or an employer record.