MY PICK RATE

Before you accept the job

Interview and offer questions | Warehouse work after 40

Use at an interview or offer discussion. Write confirmed answers below.

Date: _____ Position / shift: _____

- [ ] **Actual assignment**
  What do I do on a typical shift? Which tasks rotate?

- [ ] **Physical demands**
  Typical and heaviest loads? Frequency, walking, reach and handling aids?

- [ ] **Schedule**
  Start and finish times? Mandatory overtime? Days and breaks?

- [ ] **Work conditions**
  Freezer, cooler or heat? Noise? Required gear and water access?

- [ ] **Training**
  Who trains me? How are safe skills checked? When do targets apply?

- [ ] **Productivity**
  Which units and time count? How are downtime and errors handled?

- [ ] **Safety and support**
  How do I request help, report hazards or discuss work adjustments?

- [ ] **Offer details**
  Confirm pay, assignment, shift, start date and remaining questions.

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.