

Supermarket Assistant

A supermarket assistant replenishes stock on supermarket shelves and helps customers find items they are looking for. Job titles vary between employers, from customer assistant to department colleague.

The Work

You could be:

- going round the aisles taking note of which stock needs replacing
- removing goods from the shelves which are past their sell-by date
- stacking the shelves and display areas, including fridges and freezers
- making sure that stock is rotated — putting goods with the earliest sell-by dates to the front
- cleaning the shelves and keeping stock neat and tidy
- helping customers with any queries, including showing them where items are
- working on the checkouts, scanning goods, sometimes helping with packing, and processing cash or card payments
- helping customers use self-service checkouts
- in a large store, specialising in one particular department such as grocery or chilled food.

Pay

The figures below are only a guide. Actual pay rates may vary, depending on:

- where you work
- the size of company or organisation you work for
- the demand for the job.

Starting pay is often based on the National Minimum Wage (NMW) or the National Living Wage (NLW).

As of 1 April 2025 the National Minimum Wage is £7.55 an hour for workers under 18, £10.00 an hour for workers aged 18 to 20. The National Living Wage for those aged 21 and over is £12.21 an hour.

You may also get a staff discount on goods.

Conditions

- You will work in a supermarket, either in one department, or the whole store.
- You will probably work shifts including nights and weekends.
- Part time work is common.
- You may have to carry heavy items and pull pallets along from the stock room.
- You might spend time in cold areas, such as walk-in fridges and freezers.
- You would usually wear a uniform, which your employer will provide.

Getting In

- You do not need formal qualifications but a good general education is useful.
- You may have to do a practical test as part of the interview process.
- Most supermarkets advertise their vacancies online.

What Does It Take

You should be:

- able to provide good customer service
- friendly and helpful
- flexible and able to adapt to change
- honest and reliable
- responsible when it comes to health and safety.

Training

Training is on the job.

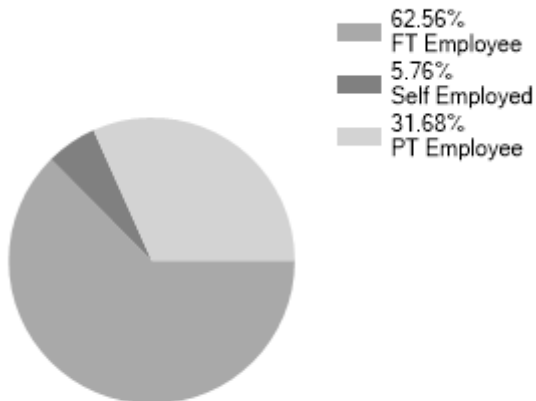
Getting On

You might progress to become a supervisor.

Contacts

Statistics

Employment Status UK %

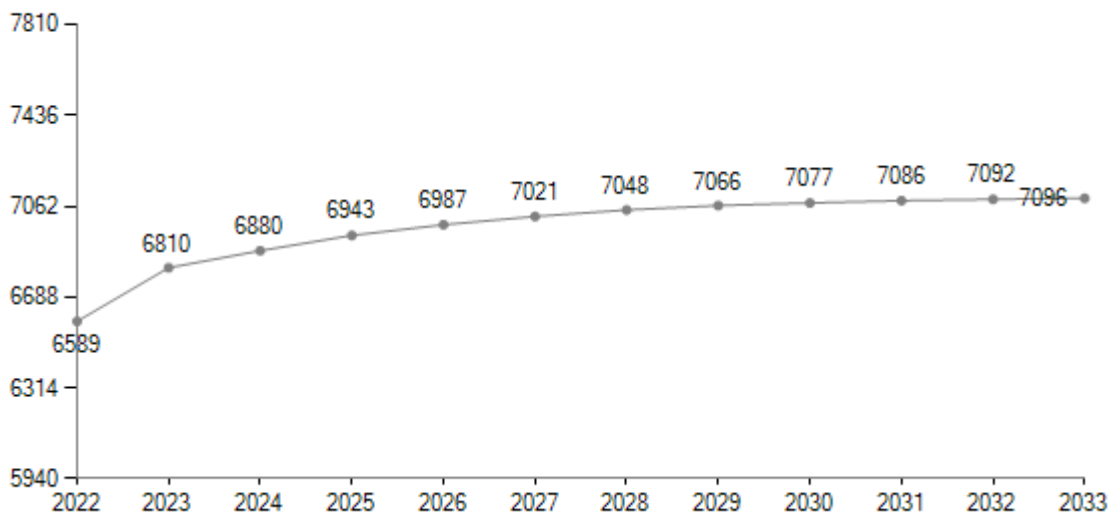


Past Unemployment - Scotland

No Claimant statistics available for Scotland.

LMI data powered by [LMI for All](#)

Predicted Employment in Scotland



LMI data powered by [Lightcast](#)