

## 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 2026 the National Minimum Wage is £8.00 an hour for workers under 18, £10.85 an hour for workers aged 18 to 20. The National Living Wage for those aged 21 and over is £12.71 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.

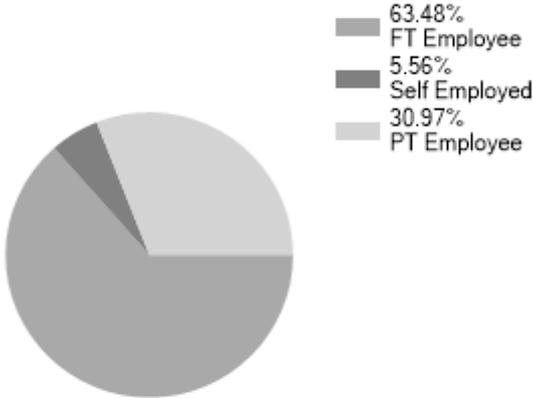
## Getting On

You might progress to become a supervisor.

## Contacts

Statistics

Employment Status UK %

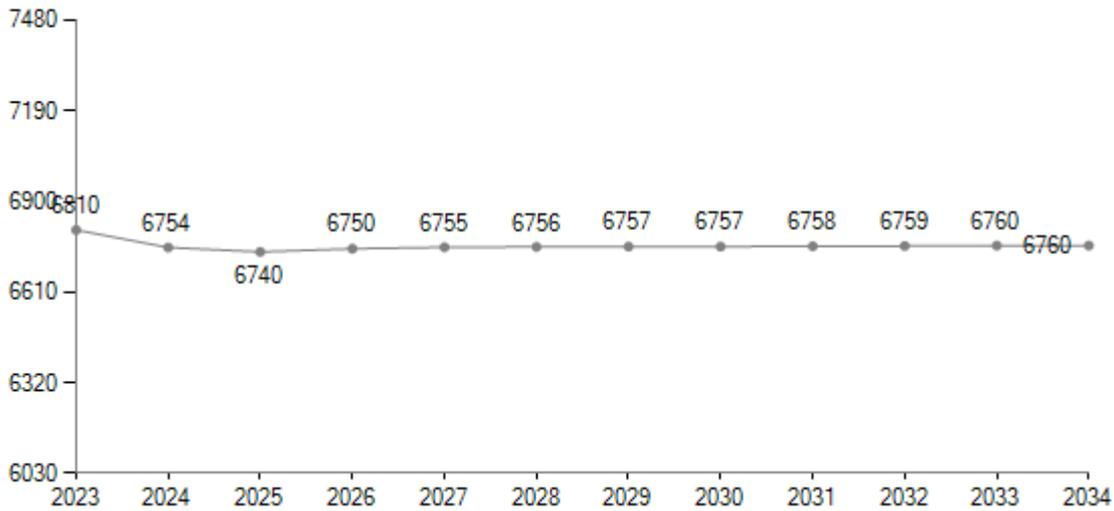


Past Unemployment - Scotland

No Claimant statistics available for Scotland.

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

Predicted Employment in Scotland



LMI data powered by [Lightcast](#)