

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
- making sure that fridges and freezers are at the correct temperature
- cleaning the shelves and keeping stock neat and tidy
- helping customers with any queries, including showing them where items are
- in a large store, specialising in one particular department such as grocery or chilled foods
- in a smaller store, helping out on the checkouts (see the [Checkout Operator](#) job profile).

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.

The starting salary is often based on the National Minimum Wage (NMW).

As of 1 April 2021 the National Minimum Wage is £4.62 an hour for workers aged 16 to 17, £6.56 an hour for workers aged 18 to 20 and £8.36 an hour for workers aged 21 to 22. The National Living Wage is £8.91 for workers aged 23 and over.

You may be paid a higher rate for working on early or night shifts at around £9.50 to £10.50 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

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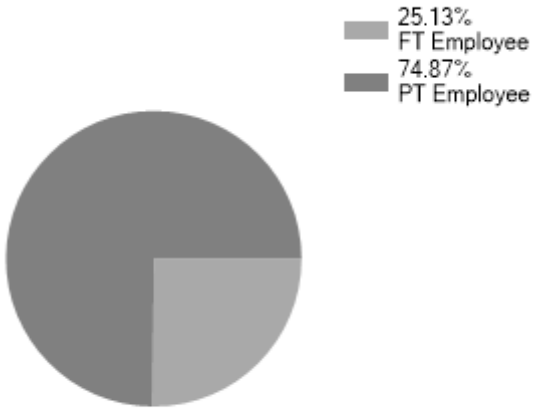
Website (2): www.rethinkretail.org.uk

Twitter: [@the_brc](https://twitter.com/the_brc)

Facebook: www.facebook.com/thebrc

Statistics

Employment Status UK %



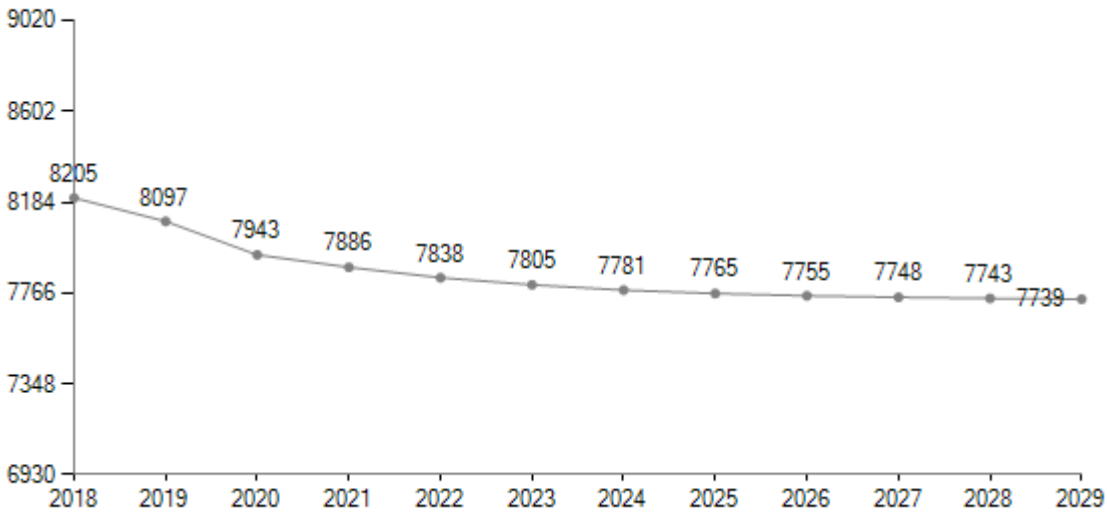
Past Unemployment - Scotland

Date	Unemployed
Dec 2018	1.61%

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Predicted Employment in Scotland



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