

## Postman or Postwoman

Postmen or postwomen collect, sort and deliver mail to private homes, shops and business premises within a particular area. They are sometimes called postal workers.

### The Work

You could be:

- collecting mail from post boxes, businesses and post offices to sorting offices
- sorting mail by hand into pigeonholes or sorting frames according to the address
- overseeing an automated sorting machine
- loading and unloading mailbags
- sorting the mail further, according to your delivery route, putting it in order of areas and streets
- delivering mail on foot, by bicycle or by van
- if delivering by van, making checks on the vehicle before going out on deliveries
- calling on people to get signatures for deliveries when needed, or to deliver packages
- leaving notes about how mail can be collected if delivery has not been possible.

### Pay

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

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

Starting pay for Royal Mail postal workers is £8.13 an hour at 17 years old and £10.46 an hour at age 18 and above.

Subject to satisfactory performance, pay can increase at 6 months (£11.04) and 12 months (£11.62) after starting (rates as at 2019). Higher rates may be paid in different parts of the UK. You may also earn overtime and shift allowance.

### Conditions

- You work outdoors delivering mail in all weathers.
- You might work in a noisy, busy sorting office.
- You would work up to 40 hours a week.
- In a sorting office you may have to spend a lot of time sitting; if working on deliveries, you may have to walk around a lot. Delivery walks can last between 4 and 6 hours.
- You may have to lift mailbags weighing up to 16kg (35lbs) and push or pull trolleys weighing up to 250kg.
- You will probably have to work shifts.
- You would regularly work early mornings, and sometimes nights and weekends.
- You normally have to wear a uniform, which is provided.

## Getting In

- A good general education is useful.
- For Royal Mail jobs you would complete an online application form.
- You would then complete an online aptitude test and workstyle questionnaire.
- You need to be fit and active.
- You will usually need a driving licence, with no more than 6 penalty points, but for some jobs, you may be required to ride a bicycle in all weathers.
- It may help if you have good geographical knowledge of your local area.

You would normally work for Royal Mail which is part of the Royal Mail Group. Vacancies are displayed on the Royal Mail's website.

## What Does It Take

You need to be:

- responsible, honest and reliable
- punctual and willing to work early mornings
- organised, to plan your round and finish deliveries on time
- able to work alone and also as part of a team
- flexible and open to change
- self-motivated.

You need to have:

- an awareness of health and safety
- a polite and helpful manner
- a good memory
- accuracy and attention to detail.

## Training

- Training is usually on the job, with supervision by experienced members of staff.
- The training would include sorting of mail and delivery work.
- You might attend short courses, and also work towards Scottish Vocational Qualifications (SVQs).

## Getting On

- In a large organisation like Royal Mail, there can be good opportunities for promotion.
- With experience, you could move on to higher grade postman or postwoman, supervisor or manager posts.

## More Information

The main employer is Royal Mail but you may also find jobs with other licensed mail companies. Royal Mail usually begin to recruit temporary workers for the busy Christmas period from September each year.

## Contacts

### **Royal Mail Group**

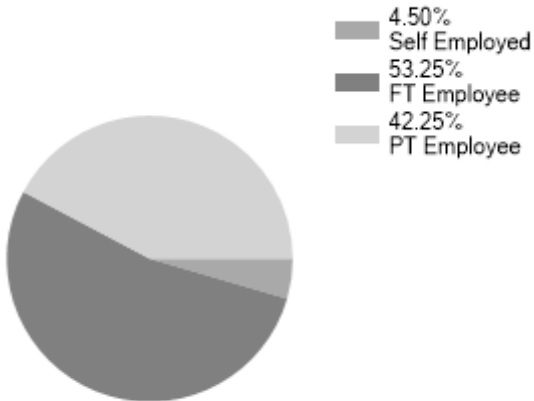
Website: [www.royalmailgroup.com/our-people](http://www.royalmailgroup.com/our-people)

Twitter: @RoyalMail

Facebook: [www.facebook.com/RoyalMail](http://www.facebook.com/RoyalMail)

Statistics

Employment Status UK %



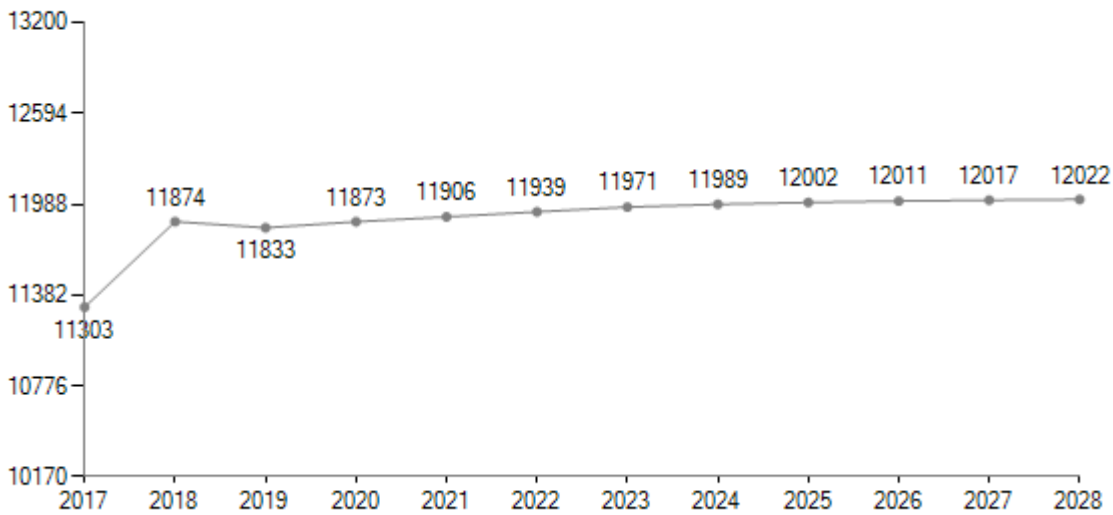
Past Unemployment - Scotland

Date	Unemployed
Dec 2018	0.24%
Jun 2019	0.19%
Sep 2019	0.19%

LMI data powered by [EMSI UK](#)

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

Predicted Employment in Scotland



LMI data powered by [EMSI UK](#)