

Scripted Interview — Bicycle Messenger (Urban, 2 years)

Q1. How long have you worked in delivery?

Delivery Worker: Two years as a bike messenger.

Follow-up: Have you worked through past summers?

Delivery Worker: Yes — summer shifts are the toughest, especially during heat waves.

Q2. What do you like most about your job?

Delivery Worker: Staying active and moving fast through the city.

Follow-up: Does summer weather make that easier or harder?

Delivery Worker: Harder — I slow down when it's hot to avoid overheating.

Q3. What is the hardest part of your work?

Delivery Worker: Dealing with traffic and staying visible.

Follow-up: What makes hot or humid days more difficult?

Delivery Worker: I get drenched fast and have to watch for heat exhaustion.

Q4. Can you describe a typical workday?

Delivery Worker: I grab a few pickups and race across town.

Follow-up: What changes when it's really hot outside?

Delivery Worker: I take shaded routes and stop for water more often.

Q5. What tools or apps do you use?

Delivery Worker: Just my phone for maps and messages.

Follow-up: Do you use anything to check the weather or stay cool?

Delivery Worker: I check the forecast and pack water and a cooling cloth.

Q6. How do you stay safe while working?

Delivery Worker: I wear bright gear and follow bike laws.

Follow-up: What do you do differently in summer?

Delivery Worker: I dress lighter, drink more, and avoid midday deliveries.