

Scripted Interview: Mail Carrier (full-time)

Q1. How long have you worked in delivery?

Delivery Worker: I've been a mail carrier for eight years.

Follow-up: Have you worked through past summers?

Delivery Worker: Yes — every summer. Some are worse than others.

Q2. What do you like most about your job?

Delivery Worker: I enjoy seeing regular customers and being outdoors.

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

Delivery Worker: It's harder when it's humid or stormy. I still enjoy the routine, but it takes more effort.

Q3. What is the hardest part of your work?

Delivery Worker: Carrying heavy packages and walking long routes.

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

Delivery Worker: I sweat through my uniform quickly and have to take more breaks to avoid overheating.

Q4. Can you describe a typical workday?

Delivery Worker: I start early, follow my route list, and scan packages at each stop.

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

Delivery Worker: I slow down, take shade breaks, and drink water often. I also plan my route to avoid long stretches without cover.

Q5. What tools or apps do you use?

Delivery Worker: I use a handheld scanner and a printed route sheet.

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

Delivery Worker: I check the weather app and bring a cooling towel and extra water.

Q6. How do you stay safe while working?

Delivery Worker: I wear sturdy shoes, dress for the weather, and follow safe lifting practices.

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

Delivery Worker: I wear breathable clothes, hydrate often, and follow USPS heat safety tips.