

Scripted Interview: Food Courier (bike-based).

Q1. How long have you worked in delivery?

Delivery Worker: I've been delivering for about two years, mostly evenings and weekends.

Follow-up: Have you worked through past summers?

Delivery Worker: Yes — I usually work more in summer when school's out.

Q2. What do you like most about your job?

Delivery Worker: I like being outside and setting my own schedule.

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

Delivery Worker: It depends — nice days are great, but heat waves and humidity are tough.

Q3. What is the hardest part of your work?

Delivery Worker: Bad weather and heavy traffic.

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

Delivery Worker: I sweat a lot biking around, and traffic slows things down. I get tired faster.

Q4. Can you describe a typical workday?

Delivery Worker: I check the app for orders, use my bike to make deliveries, and follow GPS.

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

Delivery Worker: I start earlier or later to avoid peak heat and bring extra water.

Q5. What tools or apps do you use?

Delivery Worker: I use the delivery app and my phone's map.

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

Delivery Worker: I check the weather app and keep a portable fan in my bag.

Q6. How do you stay safe while working?

Delivery Worker: I wear reflective gear, follow traffic rules, and take shade breaks.

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

Delivery Worker: I wear light clothes, hydrate constantly, and avoid long shifts during heat waves.