

For information on becoming a *Laborer* see **Sources of additional information** within this brochure.

For information on youth employment opportunities, contact a career counselor at your high school or employment counselor or job and information center coordinator at your local NH Employment Security Office.

Berlin (752-5500)

151 Pleasant Street, P.O. Box 159, 03570-0159

Claremont (543-3111)

404 Washington Street, P.O. Box 180, 03743-0180

Concord (228-4100)

10 West Street, P.O. Box 1140, 03302-1140

Conway (447-5924)

518 White Mountain Highway, 03818-4205

Keene (352-1904)

109 Key Road, 03431-3926

Laconia (524-3960)

426 Union Avenue, Suite 3, 03246-2894

Lebanon (448-6340)

85 Mechanic Street, 03766-1506

Littleton (444-2971)

646 Union Street, Suite 100, 03561-5314

Manchester (627-7841)

300 Hanover Street, 03104-4957

Nashua (882-5177)

6 Townsend West, 03063-1217

Portsmouth (436-3702)

2000 Lafayette Road, 03801-5673

Salem (893-9185)

29 South Broadway, 03079-3026

Somersworth (742-3600)

6 Marsh Brook Drive, 03878-1595



For more information on this series of brochures, or to find out about our other products, contact us at:

New Hampshire Employment Security
Economic and Labor Market Information Bureau
32 South Main Street, Concord, NH 03301-4857
Phone: (603) 228-4124, E-mail: elmi@nhes.nh.gov, Web site: www.nh.gov/nhes/elmi

SOC 53-7062
NHCRN 03/09

So, you want to be a ...



Laborer & Freight/Stock/Material Mover, Hand Transportation, Distribution & Logistics

Projected to be among the occupations with the most openings
(New Hampshire Occupational Projections, 2006-2016)

Here are a few things
you should know.



Your gateway to New Hampshire workforce and career information



You'll want to know a few things about this career

Average Hourly Wage
\$12.62

Expected 10 year Growth
6%

Average Annual Openings
251

Training/Education Needed
Short On-the-Job training or Military training or Military
Most jobs require little work experience or specific training but earnings can be low, however usually requires a High School diploma

Basic Skills
Writing, listening, mathematics

Job Skills
Equipment selection, installation, reading comprehension, active listening, writing, operation and control, mathematics, equipment maintenance, repairing coordination, time management, operation monitoring, quality control, analysis, instructing, learning strategies, service orientation.

So, you want to be a ...



Laborer & Freight/Stock/Material Mover, Hand

Projected to be among the occupation with the most openings (New Hampshire Occupational Projections, 2006-2016)

Tasks

Source: O*Net Online

1. Attach identifying tags to containers, or mark them with identifying information.
2. Read work orders or receive oral instructions to determine work assignments and material and equipment needs.
3. Record numbers of units handled and moved, using daily production sheets or work tickets.
4. Move freight, stock, and other materials to and from storage and production areas, loading docks, delivery vehicles, ships, and containers, by hand or using trucks, tractors, and other equipment.
5. Sort cargo before loading and unloading.
6. Assemble product containers and crates, using hand tools and precut lumber.
7. Load and unload ship cargo, using winches and other hoisting devices.
8. Connect hoses and operate equipment to move liquid materials into and out of storage tanks on vessels.
9. Pack containers and re-pack damaged containers.
10. Carry needed tools and supplies from storage or trucks, and return them after use.

Interests
(Holland Code)
R
(Realistic)

Career Cluster
Transportation,
Distribution, and
Logistics

Working Conditions
Many work outdoors
(Work can be repetitive
and physically demanding)

Average Work Week
Generally work
8-hour shifts (May work
evenings/early mornings
and some work is
seasonal)

Sources of Additional
Information
NH Employment Security
(Contact office nearest
you or go online to
www.nh.gov/nhes/)

U.S. Department of Labor
Occupational Safety and
Health Administration
200 Constitution Ave. NW
Washington, DC 20210
www.osha.gov

Industrial Truck Assoc.
1750 K Street NW
Suite 460
Washington, DC 20006
www.indtrk.org