

Hand Laborers and Material Movers

SOC: 53-7061 • Career Profile Report

■ Key Facts

\$37,680

Median Salary

6,950,000

Employment

+4.0%

Growth Rate

■ Requirements & Salary Range

Education: No formal educational credential

■ Automation Risk Assessment

Medium Risk - 35.0% probability of being automated in the next 10-20 years.

This job has some routine elements but still requires human judgment and interaction.

■■ Work-Life Balance

6.7/10 - Good work-life balance

■ Personality Fit (RIASEC)

Higher scores indicate better personality fit for this career type.

Realistic	8.6/10	Investigative	4.4/10
Artistic	3.4/10	Social	5.8/10
Enterprising	4.8/10	Conventional	7.4/10

■ Top Skills Required

Customer-service skills, Hand–eye coordination, Listening skills, Physical stamina, Physical strength

✓ Strengths

- High Demand
- Flexible Work
- Continuous Learning

■ Challenges

- Burnout Risk
- Rapid Technological Change

■ What They Do

Hand Laborers and Material Movers move, load, and unload **materials and goods in warehouses, factories, construction sites, and shipping facilities**. They handle physical tasks to support operations, maintain workflow efficiency, and ensure materials are safely transported. Their work is critical in logistics, manufacturing, and supply chain operations.

This career is well suited for individuals who enjoy physical work, organization, and contributing to operational efficiency.

What Do Hand Laborers and Material Movers Do?

These professionals perform tasks involving the handling and transportation of materials, assisting skilled workers, and maintaining safe work environments.

Common responsibilities include:

- Loading, unloading, and moving materials and products manually or using equipment
- Sorting, stacking, and organizing items for storage or transport
- Preparing materials for shipping or production
- Assisting skilled tradespeople or warehouse staff as needed
- Following safety procedures and maintaining clean work areas
- Reporting damaged or defective materials
- Using hand tools, carts, and other material-handling equipment

Key Areas of Material Handling

Hand laborers and material movers may focus on specific tasks or settings:

- Warehouse Operations: Receiving, storing, and distributing goods
- Construction and Building Sites: Moving materials to support construction activities
- Manufacturing and Production Facilities: Supplying raw materials to production lines
- Shipping and Logistics: Preparing materials for delivery or shipment
- Safety and Compliance: Following workplace safety guidelines and proper lifting techniques

Skills and Abilities Needed

Hand laborers and material movers combine physical ability, coordination, and workplace awareness.

Core Professional Skills

Personal Qualities That Matter

Education and Career Pathway

This role typically requires minimal formal education and on-the-job training:

- High School Diploma or GED (minimum): Basic reading, math, and communication skills
- On-the-Job Training: Learning material handling, safety procedures, and equipment use
- Vocational or Safety Courses (optional): Training in workplace safety or equipment operation
- Experience: Gaining practical exposure in warehouses, construction sites, or shipping facilities
- Continuous Learning: Developing efficiency, safety awareness, and handling techniques

Where Do Hand Laborers and Material Movers Work?

They are employed in organizations that handle, produce, or transport goods and materials:

- Warehouses and Distribution Centers
- Construction and Building Sites
- Manufacturing Plants
- Shipping and Logistics Companies

- Retail and Wholesale Operations

Work environments include warehouses, production floors, construction sites, shipping docks, and storage facilities.

Is This Career Difficult?

This career requires physical stamina, attention to safety, and the ability to perform repetitive tasks efficiently. Workers must manage heavy materials, follow procedures, and maintain productivity.

Who Should Consider This Career?

This career may be a strong fit if you:

- Enjoy physical, hands-on work
- Are reliable, detail-oriented, and safety-conscious
- Can work in teams and follow instructions
- Have stamina and adaptability for varying conditions
- Want a career supporting logistics, production, and material management

How to Prepare Early

- Develop physical fitness and stamina
- Learn basic material handling and safety procedures
- Volunteer or work part-time in warehouses, construction, or shipping
- Gain familiarity with hand tools, carts, and equipment
- Explore vocational programs or certifications in safety and material handling

Hand laborers and material movers support operations by handling, transporting, and organizing materials efficiently and safely, ensuring smooth workflow in warehouses, construction sites, and production facilities.

*Generated by StartRight • Data from U.S. Bureau of Labor Statistics & O*NET*

Source: <https://www.bls.gov/ooh/transportation-and-material-moving/hand-laborers-and-material-movers.htm>