

Getting to the interview stage means you're already on the right track. Whether it's over the phone or in person, the goal is to show you're reliable, site-ready and easy to work with.

What to wear to an interview (even if it's over the phone)

01.

If it's a phone interview, treat it like you're meeting face-to-face. Find a quiet space, have your phone charged and be ready to answer without distractions. If you're doing a video or in-person interview, wear clean, smart casual clothing. A high-vis shirt is fine as long as it's tidy and you're not coming straight from site covered in dust. You want to show that you take the opportunity seriously.

Punctuality and tone matter

02.

Answer the phone on time and speak clearly. You don't need to sound polished or corporate. Just be respectful, direct and ready to chat. A good attitude can carry more weight than your resume. Recruiters want to know you're reliable and can be trusted to show up, follow instructions and fit into a team.

Common questions you might be asked

03.

1. What tickets and licences do you hold, and are they current?

Be ready to list them clearly and note any that are close to expiry or due for renewal.

2. Are you available to start immediately or do you have notice to give?

Give a straight answer. If you're tied to current work or personal commitments, say so.

3. Have you worked FIFO, shutdowns or remote projects before?

Mention site names, locations and shift types (e.g. 2:1, 3:1) if relevant.

4. How do you handle last-minute shift changes or extended rosters?

Show flexibility and a willingness to adapt. This matters on dynamic job sites.

5. What PPE do you already have?

Let them know if you're already geared up or need certain items supplied.

6. Can you walk me through your recent experience in similar roles?

This is where you talk about tasks you've done, tools you've used and types of teams you've worked in.

7. Do you have any physical restrictions or medical conditions we should be aware of?

Be honest, especially if it relates to safety, fitness for duty or compliance.

8. Have you ever had to deal with a safety issue on site?

What did you do? A good answer shows awareness, responsibility and that you follow procedures.

9. What are you looking for in your next role?

Keep it simple and aligned to what they're hiring for. Example: "Regular hours and a good crew I can stick with."

10. Are you comfortable working under supervision and following site protocols?

Every site has its own way of doing things. Show you're someone who listens, learns and doesn't cause drama.

11. Are you comfortable doing repetitive tasks or long shifts on your feet?

Let them know if you've handled similar workloads and how you manage fatigue.

12. How do you manage your time when working under production targets?

Highlight how you prioritise tasks and keep things moving without sacrificing quality.

13. How do you ensure your work area stays clean and safe?

They want to hear that you care about safety, tidiness, and following procedures.

14. Have you worked in a fast-paced environment before?

Be specific about the pace, the type of work, and your role.

15. What makes you a reliable worker?

A simple but powerful question, mention your attendance, punctuality, team mindset, or attention to detail.

How to answer confidently without overdoing it

04.

Speak from experience, not ego. You don't need to "sell yourself." Just be clear about what you've done, what you're good at and where you want to work. Use plain language and stick to facts. You're not expected to be perfect, just honest and ready to get the job done.