

A security guard's day



My name is Bob Lindenman and I am a night security guard in a factory. This is what my day looks like.

I come to work at 4:40 pm. Workers leave the factory at this time, so I am mostly alone.

From 5 pm to midnight I do my rounds every hour. This means I walk around my part of the factory and make sure there are no robbers or fire. Sometimes I walk for half an hour, then play video games, read or listen to music.

At 1 am another security guard takes my place and I can go home. It is very quiet in the town and on the streets, so I am home in just 20 minutes. Sometimes I have a snack, or just a cup of tea to help me sleep.

I wake up at 8:15 am to make breakfast for my kids. My wife, a school teacher, is usually already at work. Then I walk our dog around 10:30 am, and later go to the gym. It is very important for a security guard to be fit. I make lunch for my family, eat and go to work at 3:50 pm.

