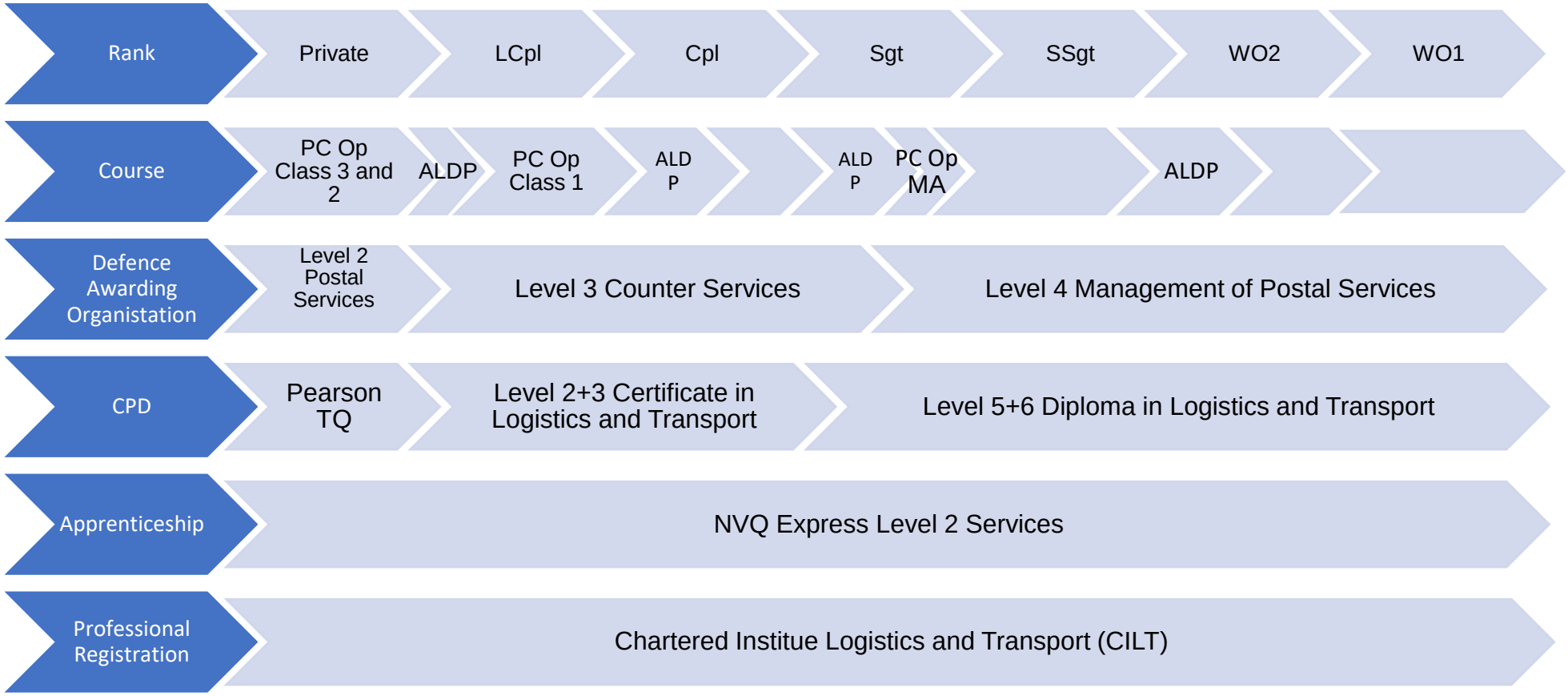POSTAL AND COURIER OPERATOR – CPD PROGRESSION