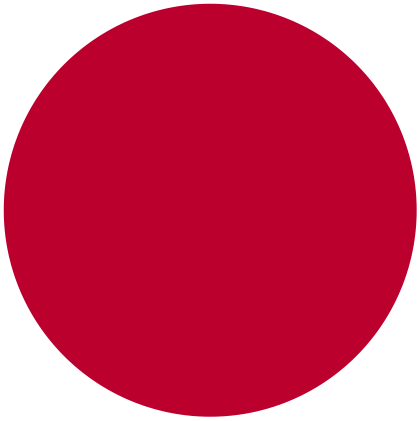


AI Job Risk Report Japan

Which occupations AI is reshaping — and which stay human

27% of Japan's covered workforce is employed in occupations with high AI task exposure.

328	99.2M	46/100	21%
OCCUPATIONS	WORKFORCE COVERED	MEDIAN AI EXPOSURE	HIGH-RISK OCCUPATIONS

Published: 2026-08-10 · **Data cutoff:** 2025 · **Web:** https://aijobriskmap.com/reports/japan/

Executive summary

Across 328 occupations covering 99.2M workers in Japan, median AI exposure is 46/100. 21% of occupations — and 27% of workers — fall in the high-exposure band.

21%	27%	46/100
OF OCCUPATIONS ARE HIGH-RISK	OF WORKERS IN HIGH-RISK JOBS	MEDIAN AI EXPOSURE

Most exposed areas

- Business, Finance & Legal
- IT & Digital
- Education & Community

Most resilient areas

- Trades & Construction
- Agriculture & Environment
- Transport, Logistics & Mining

Risk & pay: Official pay is not published at this occupational granularity for Japan, so pay-vs-risk analysis is omitted in this edition.

What to watch: Entry-level and routine administrative tasks are narrowing fastest; client-facing, accountability and hands-on work remain the human moat.

How to read this report

Every occupation is scored on how much of its work generative AI can touch, and how much of it stays hard for AI to do. Four ideas run through the report:

- **AI exposure** — how much of the day-to-day tasks AI can already perform.
- **Automation pressure** — how likely those tasks are to be automated in practice.
- **AI augmentation** — where AI makes the worker faster rather than redundant.
- **Job displacement risk** — the combined pressure on the *number* of jobs.

> **A risk score is not a probability that a job disappears.** It is a composite of the occupation's task structure, how automatable those tasks are, workforce demand, and the human moat. High exposure often means AI *augments* the role, not that it vanishes.

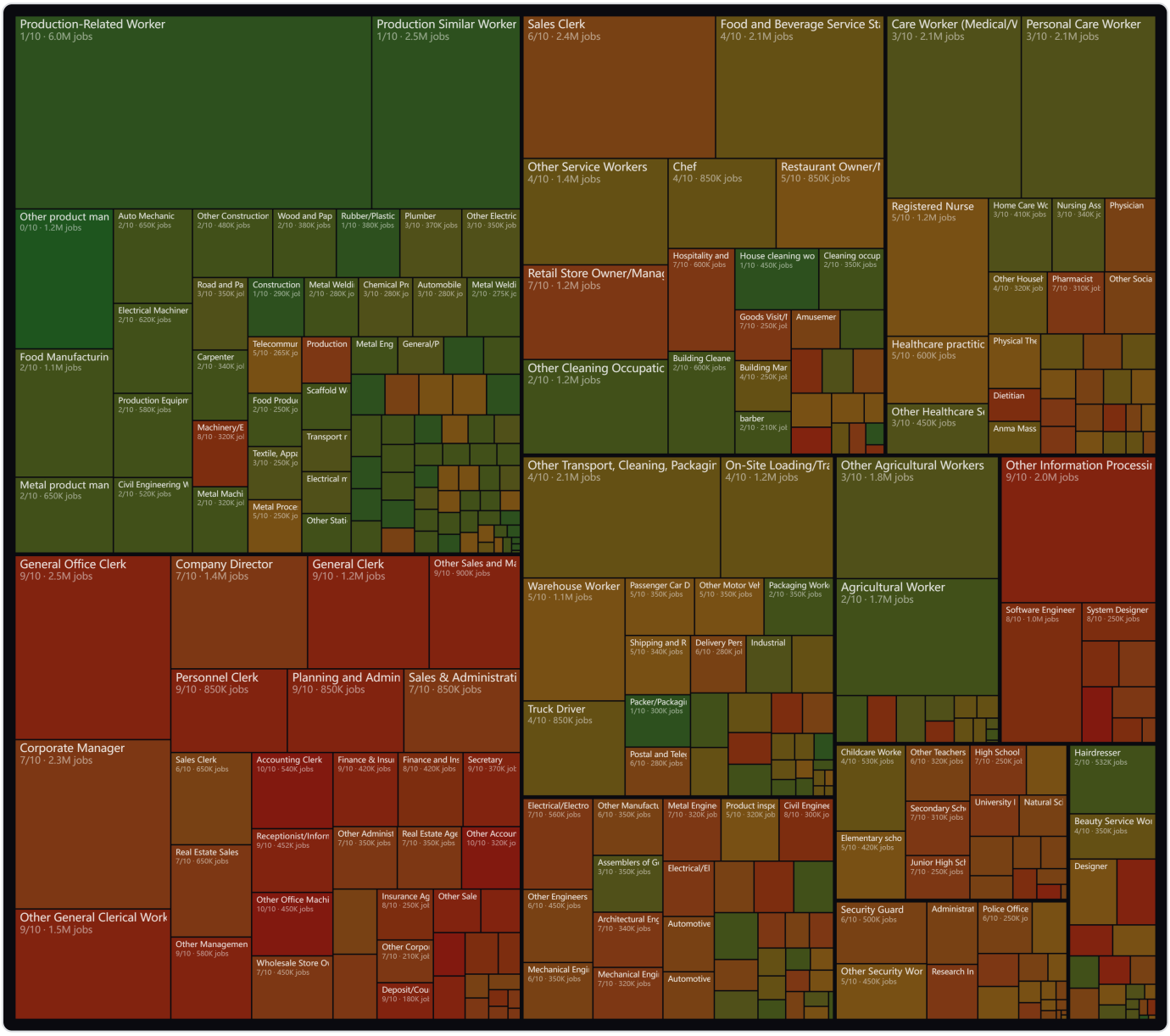
Japan labour-market snapshot

Occupations analysed	328
Workforce covered	99.2M
Median AI exposure	46/100
High-risk occupations	21%
High-risk workforce	27%
Data year	2025

Japan has a median AI exposure of 46/100. High-exposure work is concentrated in business, finance & legal and adjacent groups, while trades & construction stays most resilient.

National AI job risk map

Each tile is an occupation; tile area is proportional to the number of people employed, colour is AI task exposure.



Low exposure (<40) Medium (40–69) High (70+)

Three things this map shows

- The largest tiles — Business, Finance & Legal and related groups — carry above-median exposure.
- 27% of employment sits in the high-exposure (red) band.
- Trades & Construction forms the biggest low-exposure (green) cluster.

Explore the interactive version at https://aijobriskmap.com/country/japan/.

Risk distribution

Two views tell different stories: how risk spreads across *occupations*, and across *people employed*.

By occupation count

High	21%
Medium	38%
Low	41%

By workforce

High	27%
Medium	27%
Low	46%

Median exposure 46/100 · quartiles Q1 24 / Q3 66. Occupation-count and workforce shares differ because high-employment jobs are not evenly spread across risk bands.

Highest-risk occupations

Ranked by AI task exposure. The right column shows tasks AI is most likely to take over.

#	Occupation	Risk	Workforce	Main exposed tasks
1	Other Office Machine Operators	98	450,000	Routine data entry; Document sorting and filing
2	Data Entry Operator	98	150,000	Transcribing customer data; Entering invoice data
3	Personal Computer Operator	96	120,000	Data entry; Slip processing
4	Accounting Clerk	95	540,000	Data entry; Automation of journal entries
5	Other Accounting Clerks	95	320,000	Slip entry; Bookkeeping
6	Other General Clerical Workers	94	1.5M	Data Entry; Document Sorting/Filing
7	Other Sales-Related Occupations	94	180,000	Reading product lists; Inventory checking
8	Securities Salesperson/Financial Instruments Intermediary	94	120,000	Accept stock buy/sell orders; Provide routine market information
9	General Office Clerk	93	2.5M	Data Entry; Filing Documents
10	General Clerk	93	1.2M	Data entry; Document creation and formatting
11	Personnel Clerk	93	850,000	Payroll Calculation; Attendance Aggregation
12	Secretary	91	370,000	Automated schedule adjustment; Standard document creation and formatting
13	Deposit/Counter Clerk	91	180,000	Deposit/withdrawal processing; Transfer/remittance processing
14	電話応接事務員	91	150,000	定型の電話取次ぎ; 簡単な問い合わせ応対（FAQ）
15	Other Management, Finance, and Insurance Professionals	90	580,000	Data aggregation and report creation; Basic financial analysis
16	Receptionist/Information Clerk	90	452,000	First-level phone response; Reservation reception
17	Finance & Insurance Specialist	90	420,000	Simple data entry and document creation; Routine risk assessment report creation
18	Equipment Rental Clerk	89	95,000	Automated ordering via inventory management system; Reduction in reservation reception through online booking system

Most AI-resilient occupations

Lower task exposure and a stronger human moat. Resilient, not "AI-proof".

Occupation	Risk	Workforce	Human moat
Other product manufacturing/processing workers (excluding metal products)	4	1.2M	Anomaly response and troubleshooting; Quality inspection using senses like touch and sound
Block Mason and Tiler	6	130,000	Complex curved or highly decorative tile setting; Interfacing and fine adjustments with existing buildings
House cleaning worker	7	450,000	Attention to detail; Adaptability
Ironworker / Steel Fabrication Worker	8	85,000	Adaptive on-site responses; Experience-based judgment of distortion and deformation
Reinforcing Ironworker	8	80,000	Judgment for complex rebar arrangement; Teamwork and On-Site Adaptability
Stone Cutter	10	5,000	Artisan's aesthetic sense; Knowledge of traditional techniques
Deckhand / Marine Technician	10	45,000	Emergency decision-making; Vessel maintenance craftsmanship
Production-Related Worker	12	6.0M	Troubleshooting during anomalies; Complex Assembly (Variance Handling)
Production Similar Worker	12	2.5M	Advanced manual skills (welding, polishing); On-site tacit knowledge
Plasterer	12	120,000	Craftsman's intuition for adjusting subtle textures of finishes; Adaptability for hand plastering on uneven/irregular surfaces
Other Mining Workers	12	36,000	On-site judgment ability; Experience to distinguish abnormal machine sounds
Workers Engaged in Gravel, Sand, and Clay Extraction	12	14,000	On-site safety judgment; Adjustment of mining techniques according to geology and climate
Miner	12	5,000	Comprehensive on-site judgment; Abnormal response capabilities
Rubber/Plastic Product Manufacturing Worker	13	380,000	Experiential knowledge for mold modification and troubleshooting; Flexible changeover skills for high-mix, low-volume production
Construction & Well-drilling Machinery Operator	13	290,000	Instinct and experience in complex terrain; Judgment of ground conditions
Ceramic, stone and clay product manufacturing workers	13	120,000	Job; People
Metal Press Worker	13	85,000	Advanced die adjustment and repair skills; Troubleshooting
Sheet Metal Worker	13	68,000	Manual processing of complex 3D shapes; On-site flexible adjustments

Risk by occupational group

Group	Median risk	High-risk %	Workforce
Business, Finance & Legal	82	72%	20.4M
IT & Digital	81	89%	3.9M
Education & Community	62	18%	3.2M
Government & Public Sector	60	10%	2.4M
Engineering & Infrastructure	57	21%	6.0M
Creative, Media & Personal Services	50	20%	2.1M
Healthcare & Care	50	13%	10.3M
Hospitality, Retail & Tourism	46	19%	13.8M
Transport, Logistics & Mining	39	6%	9.2M
Agriculture & Environment	34	14%	4.1M
Trades & Construction	21	2%	23.6M

Tasks AI is likely to automate

Representative automatable tasks drawn from the most-exposed occupations. Tasks are an occupation-level characteristic, shared across countries.

Other Office Machine Operators

Data Entry Operator

Personal Computer Operator

Accounting Clerk

Other Accounting Clerks

Other General Clerical Workers

Other Sales-Related Occupations

Securities Salesperson/Financial Instruments Intermediary

General Office Clerk

General Clerk

Human advantages

What still needs people, even in the most-exposed occupations — the balance to the risk numbers above.

Other Office Machine Operators

Data Entry Operator

Personal Computer Operator

Accounting Clerk

Other Accounting Clerks

Other General Clerical Workers

Other Sales-Related Occupations

Securities Salesperson/Financial Instruments Intermediary

General Office Clerk

General Clerk

Career transition opportunities

Adjacent, more-resilient roles for people in exposed occupations. Detailed transition plans live on the occupation pages.

Adjacent-role transition mapping is not yet available for Japan. See each occupation page for individual guidance.

What workers can do

Next 30 days

- Map which of your weekly tasks are most exposed to AI.
- Start using an AI assistant on one recurring task and measure the time saved.

Next 6 months

- Shift effort toward client-facing, judgement and accountability work.
- Earn a recognised credential in your field or an adjacent one.

Next 2 years

- Move toward an adjacent, more-resilient role (see chapter 13).
- Build a verifiable portfolio of outcomes AI cannot claim on its own.

Outlook & scenarios

Rather than a single prediction, we model three AI-adoption scenarios for job displacement by 2030 across Japan's covered workforce.

CONSERVATIVE

1,602,954

2% of workforce

BASELINE

3,205,904

3% of workforce

ACCELERATED

7,053,007

7% of workforce

Scenario estimates, not forecasts. They express how much of the theoretically-automatable exposure converts to job loss under slow, central and fast adoption — the true path depends on policy, investment and job creation this figure does not net out.

Methodology

- **AI exposure** — generative-AI task-exposure percentile (ILO Working Paper 140, calibrated with Eloundou et al.), mapped to occupations.
- **Occupation classification** — ISCO-08.
- **Workforce & pay** — Japan official statistics office; official pay not published at this granularity for Japan — pay-based sections are omitted.
- **Displacement scenarios** — workforce × exposure × automation share × realisation rate (low/mid/high).
- **Tasks, human moat & adjacent roles** — occupation-level AI analysis, shared across countries by occupation code.
- **Cross-country comparability** — classification and pay years differ by country; compare within a country first.

Version 2026.1 · missing values are left blank rather than imputed.

Sources & citation

- Japan official statistics office
- ILO Working Paper 140 — Generative AI and Jobs: A Refined Global Index of Occupational Exposure.
- Eloundou et al. (2023) — GPTs are GPTs: labor-market impact potential of LLMs. arxiv.org/abs/2303.10130

Suggested citation

AI Job Risk Map (2026). AI Job Risk Report: Japan 2026. https://aijobriskmap.com/reports/japan/

Appendix

The full occupation-level dataset for all countries — one row per occupation with exposure, pay, workforce and displacement scenarios — is available for download:

https://aijobriskmap.com/dataset.csv (CSV, CC BY 4.0)

Risk bands

- High: exposure 70–100
- Medium: 40–69
- Low: 0–39