



AI Job Risk Report United Kingdom

Which occupations AI is reshaping — and which stay human

29% of United Kingdom's covered workforce is employed in occupations with high AI task exposure.

379

OCCUPATIONS

30.9M

WORKFORCE COVERED

60/100

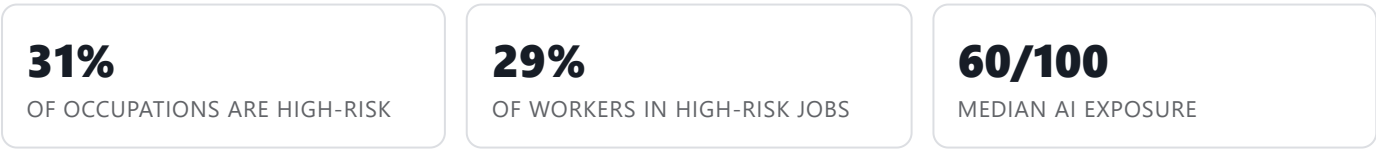
MEDIAN AI EXPOSURE

31%HIGH-RISK
OCCUPATIONS

Published: 2026-08-10 · **Data cutoff:** 2025 · **Web:** <https://aijobriskmap.com/reports/united-kingdom/>

Executive summary

Across 379 occupations covering 30.9M workers in United Kingdom, median AI exposure is 60/100. 31% of occupations — and 29% of workers — fall in the high-exposure band.



Most exposed areas

- IT & Digital
- Business, Finance & Legal
- Engineering & Infrastructure

Most resilient areas

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

Risk & pay: Higher-paid, judgement-heavy roles cluster at lower risk, while many mid-pay administrative roles carry the highest exposure.

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.

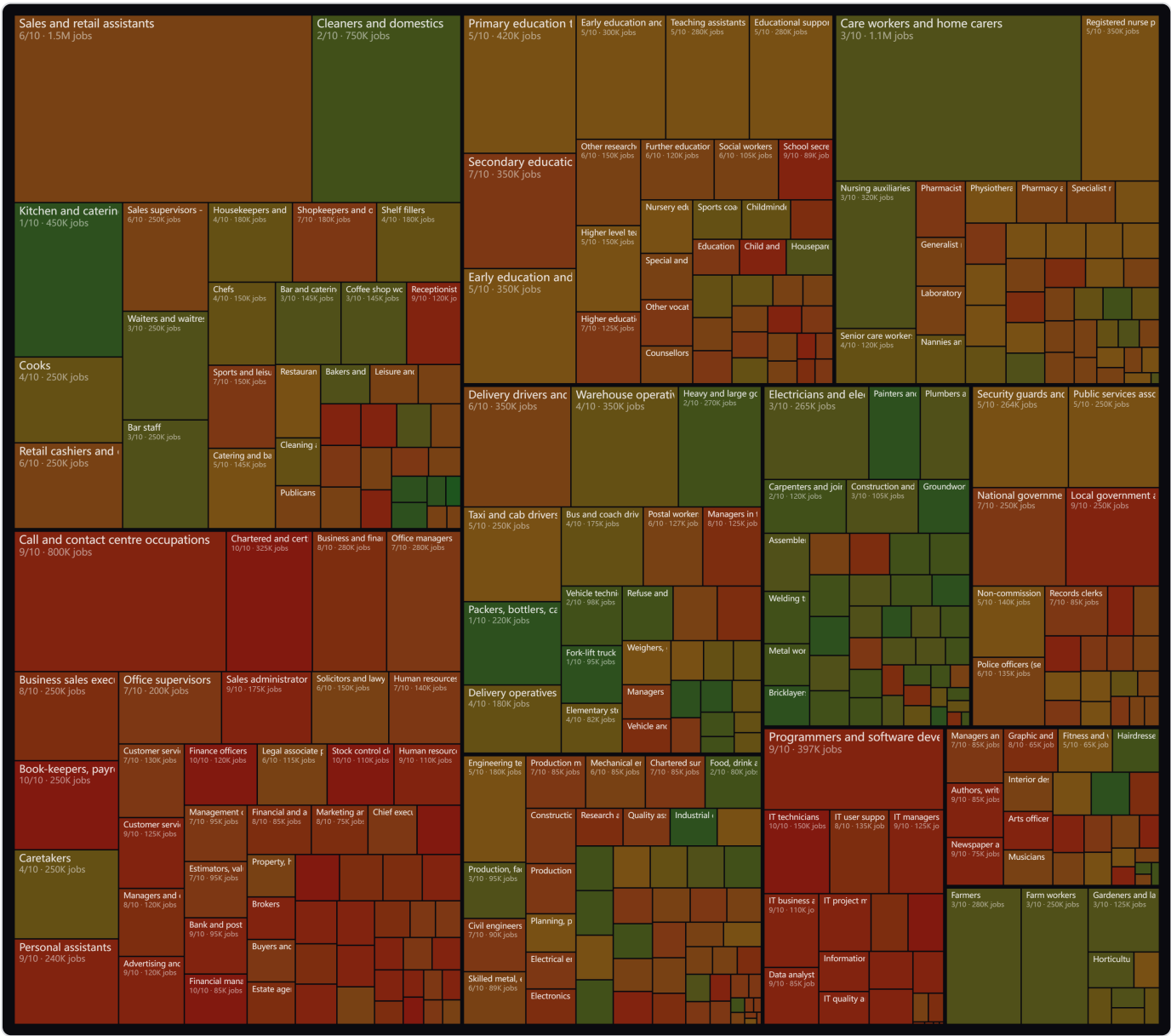
United Kingdom labour-market snapshot

Occupations analysed	379
Workforce covered	30.9M
Median AI exposure	60/100
High-risk occupations	31%
High-risk workforce	29%
Typical annual pay (average)	£39,665
Data year	2025

United Kingdom has a median AI exposure of 60/100. High-exposure work is concentrated in it & digital 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 — IT & Digital and related groups — carry above-median exposure.
- 29% 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/united-kingdom/>.

Risk distribution

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

By occupation count

High	31%
Medium	43%
Low	25%

By workforce

High	29%
Medium	41%
Low	30%

Median exposure 60/100 · quartiles Q1 39 / Q3 73. 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	Pay	Main exposed tasks
1	Data entry administrators	98	58,000	£29,599	Manually entering information from paper or electronic documents into a database; Check the format and basic accuracy of entered data
2	Typists and related keyboard occupations	98	15,000	£27,657	Transcribe verbatim from audio recordings or dictation; Entering handwritten or printed texts
3	IT technicians	98	150,000	£39,810	L1 support such as regular user account resets and password management; Server health checks and log analysis for routine maintenance tasks
4	Chartered and certified accountants	95	325,000	£55,414	Invoice recognition and three-way matching (AI OCR automation); Bank Reconciliation and Automatic Classification (RPA and AI Bookkeeping)
5	Book-keepers, payroll managers and wages clerks	95	250,000	£34,543	Manually enter financial transaction data; Calculating employee working hours, gross pay, and tax deductions
6	Finance officers	95	120,000	£33,418	Automated processing of supplier invoice matching and electronic payment review; Use RPA to automatically generate standard financial statements (income statement, balance sheet)
7	Stock control clerks and assistants	95	110,000	£33,278	Receive customer orders and enter them into the system: OCR and AI automated order processing replace manual entry; Maintain inventory records and update databases: real-time inventory system auto-syncs, reducing manual updates
8	Financial managers and directors	95	85,000	£120,529	Automatically generate periodic financial reports and market briefs; Basic data cleaning, standardization, and visualization
9	Pensions and insurance clerks and assistants	95	55,000	£34,761	Process standard insurance claims and pension disbursement requests; Update client records and policy information
10	Cyber security professionals	95	56,000	£59,627	Automated penetration testing tools perform routine vulnerability scanning and report generation; AI-driven log analysis and anomaly detection replacing junior SOC monitoring
11	Sales administrators	94	175,000	£29,692	Automatically generate customer quotes and product specifications; Use CRM automation for customer information collection and initial screening
12	Brokers	94	55,000	£56,689	Automating execution of standard stock, forex and derivatives orders; Extract routine price trends and trading signals from market data
13	Project support officers	94	45,000	£38,266	Automatically update project progress dashboards and generate weekly status reports; Automated calculation of resource allocation and budget tracking
14	Company secretaries and administrators	94	24,000	£45,661	Document archiving and retrieval: AI automatically classifies, stores, and retrieves company records; Dictation transcription

#	Occupation	Risk	Workforce	Pay	Main exposed tasks
					and meeting minutes: voice-to-text technology can auto-generate records
15	Child and early years officers	94	45,000	£32,171	Write regular progress reports, child observation records, and development assessment documents; Organizing and archiving home visit records, service logs, and other paper/electronic files
16	Exam invigilators	94	25,000	£20,000	Automated identity verification (facial recognition and document scanning); Real-time exam monitoring and abnormal behavior detection (AI analysis of video)
17	Building and civil engineering technicians	94	35,000	£38,193	Standard structural analysis and calculations (e.g., conventional beam and column force calculations); Automated generation and review of construction drawings (BIM parametric output)
18	Human resources administrative occupations	93	110,000	£28,414	Automatically screen large volumes of resumes and pre-schedule interview candidates; Automatically generate compensation reports and performance data analysis

Most AI-resilient occupations

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

Occupation	Risk	Workforce	Pay	Human moat
Florists	4	12,000	£23,416	Creative design and aesthetic judgment, integrating themes and emotions into floral art; Manual skills and on-site setup dexterity and attention to detail
Painters and decorators	6	130,000	£34,106	Fine manual skills (e.g., French polishing, wood staining cannot be fully automated); On-site adaptability (handling irregular surfaces and unexpected issues)
Bricklayers	6	50,000	£33,379	Complex irregular masonry (curved, hollow, historical building restoration) cannot be standardized; Flexible operation in unstructured environments such as bad weather and confined spaces
Stonemasons and related trades	6	8,500	£35,061	Artistic judgment for complex stone carving and hand modeling; Adaptive skills for integrated on-site stone and structure installation
Window cleaners	7	45,000	£29,129	Fine cleaning for complex structures or irregularly shaped glass; Communication skills involving direct client interaction and customized services
Kitchen and catering assistants	7	450,000	£22,825	Flexibility to handle unexpected situations (e.g., guest complaints, equipment malfunctions); Provides personalised service and emotional connection (e.g., remembering regular customer preferences)
Steel erectors	8	25,000	£38,257	Design and adjustment of lifting and temporary support solutions under complex site conditions; Safety supervision and emergency response decision-making in multi-trade coordination
Fork-lift truck drivers	9	95,000	£32,719	Handling dangerous goods or oversized loads in complex and changing environments; Real-time communication and collaboration with warehouse managers and other workers
Marine and waterways transport operatives	10	27,000	£43,496	Emergency decision-making and manual operation skills in urgent situations; On-site diagnosis and repair of non-standard equipment faults
Industrial cleaning process occupations	12	48,000	£29,118	Judgment and experience in handling complex stains or special materials; Ability to collaborate with production teams to adjust cleaning plans
Butchers	12	25,000	£29,731	Complex handcraft skills and experience (e.g., custom cutting in top restaurants); Sensory evaluation of meat quality (sight, touch, smell)
Fishmongers and poultry dressers	12	15,000	£27,093	Hand-finishing special parts and custom cutting according to client requirements; Sensory judgment of meat freshness, texture, and abnormalities
Groundworkers	13	75,000	£38,309	Safe operation on uneven, soft, or slippery surfaces; Intuitive judgment of underground utilities and soil conditions
Paper and wood machine operatives	13	42,000	£31,134	Flexible judgment when handling non-standard wood or paper materials; Manual diagnosis and emergency repair during machine failures

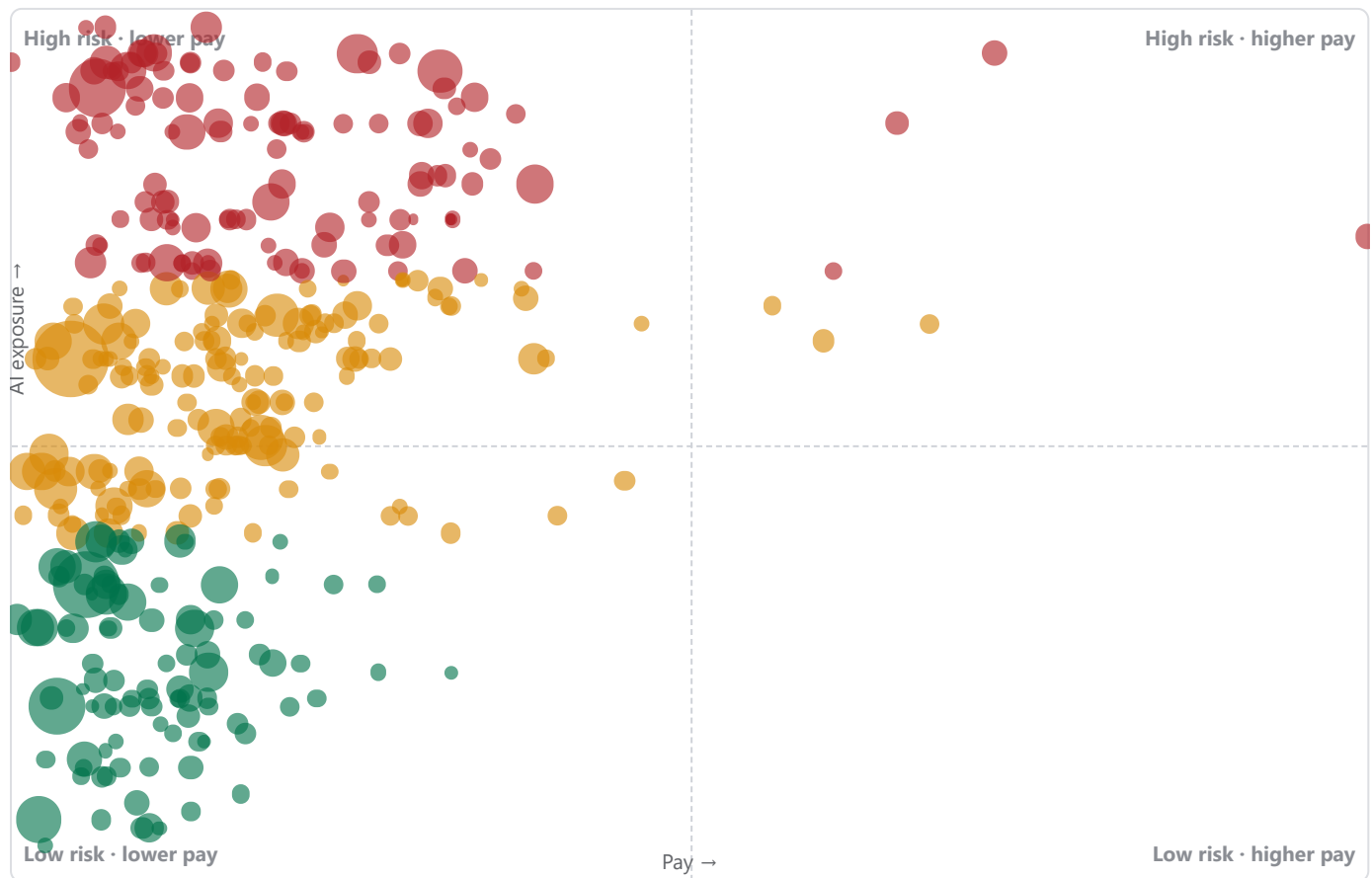
Occupation	Risk	Workforce	Pay	Human moat
Sheet metal workers	13	32,000	£33,959	Precision measurement and manual adjustment of irregular components on site; Intuition and experience with material properties (springback, stress)
Vehicle valeters and cleaners	13	30,000	£27,385	Fine manual polishing and scratch repair require experience and feel; Cleaning and care of special interior materials like leather and solid wood
Launderers, dry cleaners and pressers	14	25,000	£23,453	Complex communication: handling special client requests or complaints, requiring interpersonal understanding and negotiation; Fine manual work: hand-washing high-quality fabrics, repairing decorative details, and other precision operations
Packers, bottlers, canners and fillers	14	220,000	£27,474	Manual dexterity for handling non-standard materials or complex packaging (e.g., fragile items, irregular shapes); Rapid human intervention and manual operation during equipment anomalies or emergencies

Risk by occupational group

Group	Median risk	High-risk %	Workforce	Median pay
IT & Digital	87	95%	1.4M	£58,064
Business, Finance & Legal	82	79%	5.9M	£43,921
Engineering & Infrastructure	63	23%	2.2M	£48,467
Creative, Media & Personal Services	61	38%	913,800	£38,798
Government & Public Sector	60	23%	1.7M	£41,160
Education & Community	58	31%	3.7M	£37,472
Hospitality, Retail & Tourism	57	15%	6.2M	£28,360
Healthcare & Care	50	7%	3.2M	£42,999
Transport, Logistics & Mining	39	14%	2.9M	£37,195
Agriculture & Environment	34	0%	796,500	£31,902
Trades & Construction	22	11%	1.9M	£35,524

Salary vs AI risk

Each bubble is an occupation: horizontal = pay, vertical = AI exposure, area = workforce.



Priority now: high pay · high risk

- Chief executives and senior officials
- Financial managers and directors
- Information technology directors
- Directors in consultancy services
- Business and financial project management professionals
- Head teachers and principals

Most exposed: lower pay · high risk

- IT user support technicians
- Importers and exporters
- Other vocational and industrial trainers
- Project support officers
- Customer service supervisors
- Building and civil engineering technicians

Tasks AI is likely to automate

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

Data entry administrators

Typists and related keyboard occupations

IT technicians

Chartered and certified accountants

Book-keepers, payroll managers and wages clerks

Finance officers

Stock control clerks and assistants

Financial managers and directors

Pensions and insurance clerks and assistants

Cyber security professionals

Human advantages

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

Data entry administrators

Typists and related keyboard occupations

IT technicians

Chartered and certified accountants

Book-keepers, payroll managers and wages clerks

Finance officers

Stock control clerks and assistants

Financial managers and directors

Pensions and insurance clerks and assistants

Cyber security professionals

Career transition opportunities

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

Exposed occupation	Adjacent, more-resilient roles
Data entry administrators	Book-keepers, payroll managers and wages clerks · Stock control clerks and assistants · Typists and related keyboard occupations
Typists and related keyboard occupations	Data entry administrators · Personal assistants and other secretaries · Book-keepers, payroll managers and wages clerks
IT technicians	IT user support technicians · IT network professionals · Programmers and software development professionals
Book-keepers, payroll managers and wages clerks	Financial and accounting technicians · Finance officers · Chartered and certified accountants
Finance officers	Financial managers and directors · Chartered and certified accountants · Book-keepers, payroll managers and wages clerks
Stock control clerks and assistants	Estimators, valuers and assessors · Buyers and procurement officers · Sales administrators
Pensions and insurance clerks and assistants	Insurance underwriters · Financial and accounting technicians · Book-keepers, payroll managers and wages clerks
Brokers	Finance and investment analysts and advisers · Actuaries, economists and statisticians · Financial accounts managers
Project support officers	Business and related research professionals · Office managers
Company secretaries and administrators	Professional/chartered company secretaries · Office managers · Personal assistants and other secretaries
Child and early years officers	Early education and childcare practitioners · Social workers · Early education and childcare services managers
Exam invigilators	Higher level teaching assistants · Teaching assistants · Education advisers and school inspectors

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 United Kingdom's covered workforce.

CONSERVATIVE 545,404 2% of workforce	BASELINE 1,090,811 4% of workforce	ACCELERATED 2,399,779 8% of workforce
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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** — United Kingdom official statistics office; average annual pay, 2025 basis (the more granular of the source's average/median measures is used).
- **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

- United Kingdom 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: United Kingdom 2026. <https://aijobriskmap.com/reports/united-kingdom/>

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

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