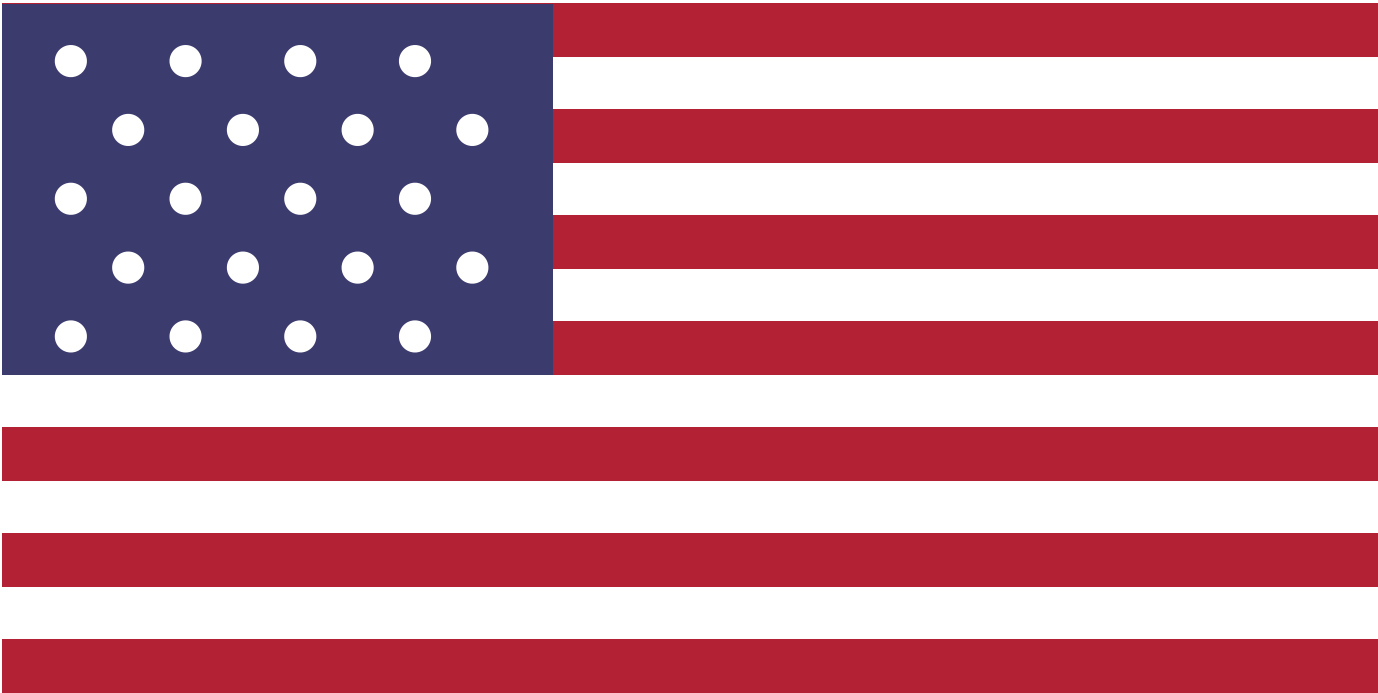




AI Job Risk Report United States

Which occupations AI is reshaping — and which stay human

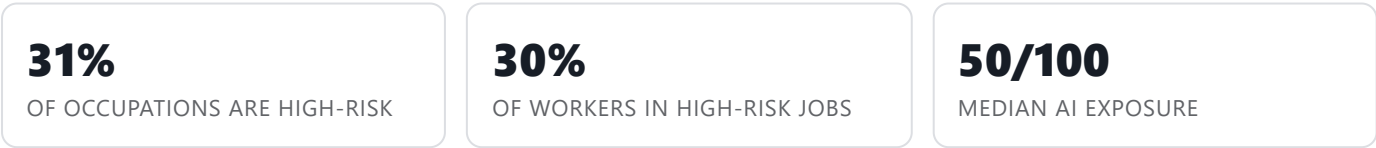
30% of United States's covered workforce is employed in occupations with high AI task exposure.

786 OCCUPATIONS	146.3M WORKFORCE COVERED	50/100 MEDIAN AI EXPOSURE	31% HIGH-RISK OCCUPATIONS
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Published: 2026-08-10 · Data cutoff: 2025 · Web: <https://aijobriskmap.com/reports/united-states/>

Executive summary

Across 786 occupations covering 146.3M workers in United States, median AI exposure is 50/100. 31% of occupations — and 30% of workers — fall in the high-exposure band.



Most exposed areas

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

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.

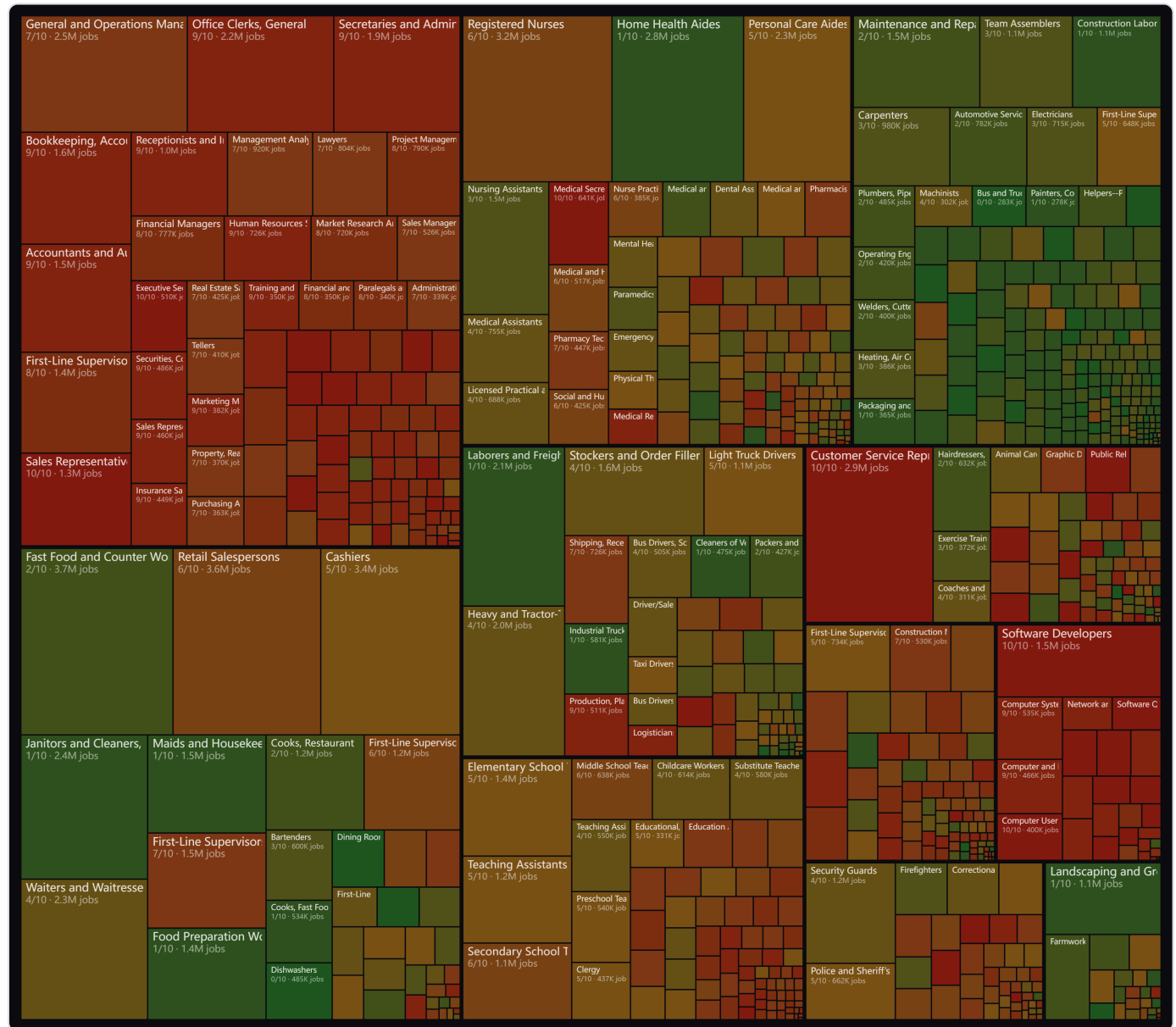
United States labour-market snapshot

Occupations analysed	786
Workforce covered	146.3M
Median AI exposure	50/100
High-risk occupations	31%
High-risk workforce	30%
Typical annual pay (average)	\$66,100
Data year	2025

United States has a median AI exposure of 50/100. 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.
- 30% 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-states/>.

Risk distribution

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

By occupation count

High	31%
Medium	29%
Low	40%

By workforce

High	30%
Medium	32%
Low	37%

Median exposure 50/100 · quartiles Q1 25 / Q3 76. 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	Correspondence Clerks	100	62,000	\$48,090	Data entry and table sorting (manual review only required); Standard email and basic document drafting
2	Writers and Authors	100	148,000	\$86,090	Generate standardized news reports or product descriptions based on keywords; Automated social media posts, ad copy, and email drafts
3	Interpreters and Translators	100	77,400	\$66,360	Standard conference interpreting (e.g., business negotiations); Simple telephone interpreting or community interpreting
4	Mathematicians	100	3,000	\$129,260	Manual data cleaning and preprocessing, e.g., extracting and standardizing insurance data from legacy systems; Generating first drafts of standard actuarial reports and regulatory filings
5	Brokerage Clerks	99	52,000	\$72,850	Entry and verification of stock trading orders; Automatic calculation of transfer tax and stamp duty
6	Statistical Assistants	99	14,600	\$55,650	Data cleaning and preprocessing (e.g., handling missing values, data merging); Automated report generation for routine statistical tests (e.g., t-tests, chi-square tests)
7	Proofreaders and Copy Markers	99	11,000	\$54,800	Basic spelling and grammar error checking; Repetitive formatting consistency checks
8	Web Developers	99	205,000	\$98,770	Repetitive UI component writing and style debugging; CRUD code generation for standard REST APIs
9	Computer Programmers	99	135,530	\$105,170	Write standard algorithms and business logic code; Fix common grammar errors and simple bugs
10	Database Administrators	99	112,000	\$110,090	Automatically perform routine database health checks, alerts, and fixes (e.g., Amazon RDS automatic failover); Automatic indexing and query optimization suggestions (e.g., SQL Server Index Tuning Advisor)
11	Database Architects	99	60,000	\$144,440	Data cleaning and preprocessing (e.g., missing value imputation, format conversion); Standard reports and dashboard generation (e.g., automatic updates for weekly and monthly reports)
12	Executive Secretaries and Executive Administrative Assistants	98	510,000	\$79,140	Manage electronic calendars, schedule meetings, and automatically coordinate participant availability; Draft and format standard documents such as letters, reports, and presentations
13	Legal Secretaries and Administrative Assistants	98	162,500	\$60,620	Formatting and auto-proofreading of legal documents (e.g., CM/ECF system and AI proofreading tools); Keyword-based preliminary legal and case law search (e.g., AI legal knowledge base)

#	Occupation	Risk	Workforce	Pay	Main exposed tasks
14	Data Entry Keyers	98	174,700	\$43,310	Transcribe data from paper documents or images into electronic systems; Verify data accuracy and correct errors
15	Court Reporters and Simultaneous Captioners	98	15,000	\$78,760	Real-time speech-to-text (AI speech recognition replaces manual transcription); Proofreading and formatting of court transcripts (AI auto-proofreading)
16	Telephone Operators	98	12,000	\$44,970	Lookup numbers via telephone directory and transfer calls; Handle special billing requests and initial screening of emergency calls
17	Survey Researchers	98	14,500	\$79,580	Data collection and basic statistical analysis (e.g., routine analysis using SPSS/R); Simple coding and logic checking of questionnaires
18	Software Quality Assurance Analysts and Testers	98	211,300	\$111,490	Writing boilerplate code and standard CRUD interfaces; Writing basic unit tests and regression tests

Most AI-resilient occupations

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

Occupation	Risk	Workforce	Pay	Human moat
Agricultural Equipment Operators	4	54,000	\$43,710	On-site emergency response and complex fault diagnosis; Unstructured communication and coordination with farm workers and contractors
Athletes and Sports Competitors	4	19,000	\$206,180	High-intensity physical fitness, speed, and skill performance; Intuitive judgment for on-the-spot response and teamwork
Excavating and Loading Machine and Dragline Operators, Surface Mining	4	12,000	\$59,930	Complex on-site judgment (unstructured perception like soil quality, structural stability); Emergency response and equipment repair (physical intervention and experience-based reasoning)
Pile Driver Operators	4	3,200	\$80,710	Flexibility to adapt in complex, unstructured construction sites; Intuitive judgment of equipment physical condition and abnormal sounds
Dishwashers	4	485,300	\$34,310	Complex equipment fault repair; Food safety compliance assessment (e.g., chemical residue testing)
Dining Room and Cafeteria Attendants and Bartender Helpers	4	384,000	\$34,230	Handle complex interpersonal interactions such as customer complaints and unexpected conflicts; Provide personalized, warm care and services (e.g., celebrating special occasions)
Cooks, Short Order	4	215,000	\$36,120	Fine manual skills like knife work and heat control: AI cannot replicate a chef's intuition for ingredient texture and craftsmanship; Creativity and personalized customization: improvise flavors and plating based on guest needs, showcasing artistry and human touch
Bus and Truck Mechanics and Diesel Engine Specialists	4	283,000	\$64,320	On-site physical repairs: fine mechanical adjustments, welding, replacement of faulty parts; Unstructured problem solving: handling rare, complex, or sensor-data-deficient faults
Cement Masons and Concrete Finishers	4	183,000	\$60,050	Manual finishing of complex curved, arched, or irregular concrete shapes; Work flexibly in unstructured environments such as bad weather or confined spaces
Highway Maintenance Workers	4	160,000	\$53,080	On-site judgment and process adjustment for complex road surface structure repairs; Rapid decision-making and coordination in emergency response (e.g., cleanup after traffic accidents)
Meat, Poultry, and Fish Cutters and Trimmers	4	135,000	\$39,280	Exception handling: manual judgment needed for impurities or deformed parts misidentified by the machine; Fine detailing: premium steak cutting, special customer customization requests
Electrical Power-Line Installers and Repairers	4	119,300	\$91,970	Comprehensive assessment of physical environment (weather, terrain, load) during live-line repairs; Practical ability to flexibly adjust construction steps in complex wiring scenarios
Tire Repairers and Changers	4	110,000	\$40,170	Intuitive judgment and fine-tuning feel for tire-vehicle matching; Repairing complex damage (e.g., sidewall damage) requires experience and manual skill

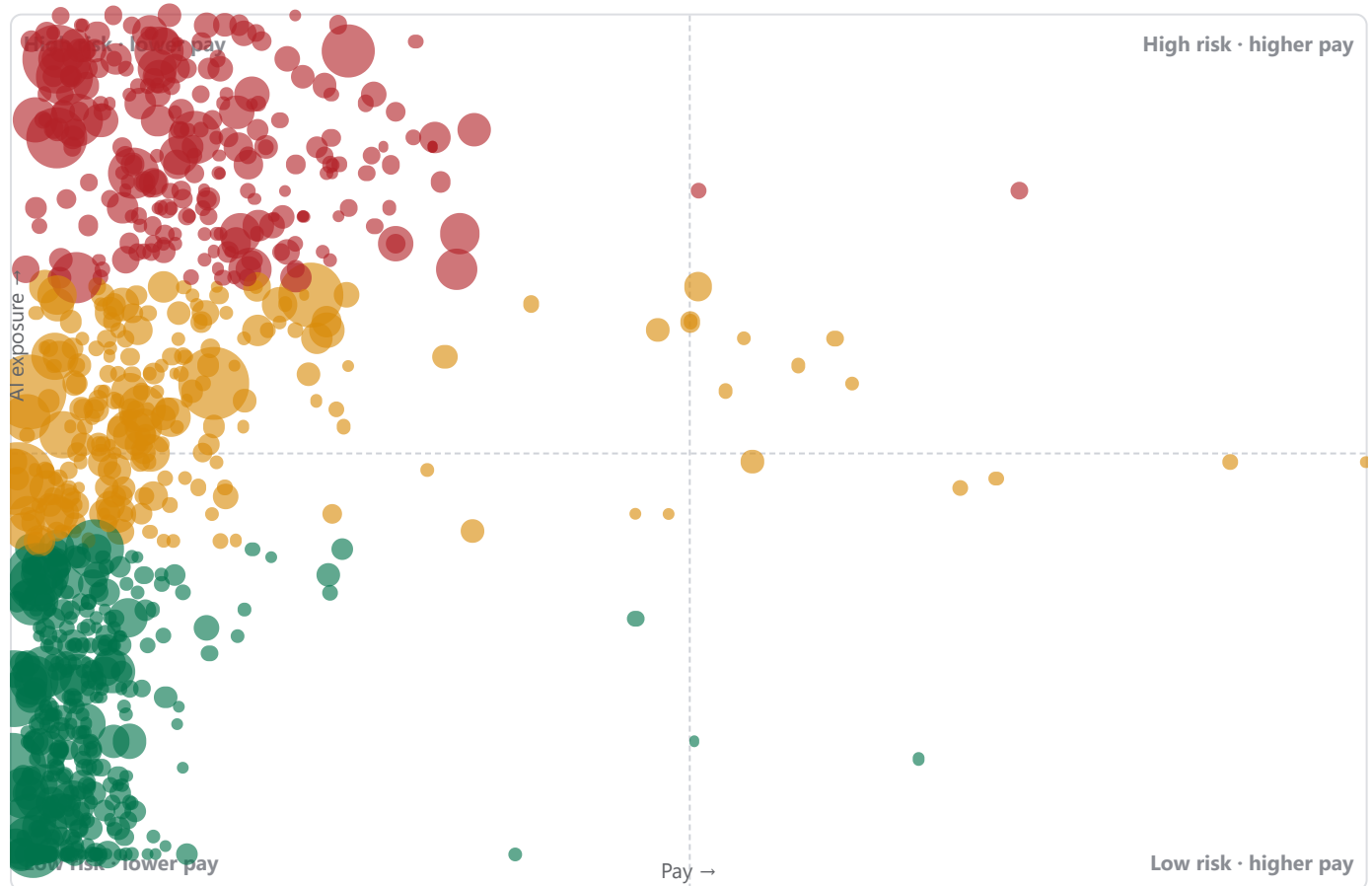
Occupation	Risk	Workforce	Pay	Human moat
Slaughterers and Meat Packers	4	96,800	\$41,770	Ability to improvise when handling abnormal meat (e.g., fascia, bone misalignment); Custom cutting based on client special requests (e.g., Japanese sashimi-grade meat slices)
Helpers--Brickmasons, Blockmasons, Stonemasons, and Tile and Marble Setters	4	58,300	\$50,920	Complex irregular masonry (curved, hollow, historical building restoration) cannot be standardized; Flexible operation in unstructured environments such as bad weather and confined spaces
Helpers--Carpenters	4	55,900	\$44,050	On-site adjustment and manual fabrication of complex irregular formwork; Multi-trade coordination and on-site problem-solving skills
Paving, Surfacing, and Tamping Equipment Operators	4	35,000	\$59,000	Manual judgment and fine-tuning under complex on-site conditions (e.g., irregular road joints); Mechanical fault diagnosis skills when maintaining and repairing faulty equipment
Helpers--Pipelayers, Plumbers, Pipefitters, and Steamfitters	4	30,000	\$43,730	On-site bending and adjustment of non-standard shaped rebar; Manual tying and inspection of complex nodes (e.g., beam-column connections)

Risk by occupational group

Group	Median risk	High-risk %	Workforce	Median pay
IT & Digital	92	97%	5.1M	\$117,490
Business, Finance & Legal	85	85%	30.0M	\$80,570
Education & Community	72	57%	11.5M	\$82,480
Engineering & Infrastructure	64	42%	5.8M	\$90,630
Creative, Media & Personal Services	57	35%	8.1M	\$61,970
Government & Public Sector	56	27%	4.4M	\$74,950
Healthcare & Care	46	14%	21.5M	\$77,045
Hospitality, Retail & Tourism	44	12%	26.7M	\$38,785
Transport, Logistics & Mining	39	11%	13.6M	\$56,270
Agriculture & Environment	32	12%	2.4M	\$55,785
Trades & Construction	16	0%	17.1M	\$53,780

Salary vs AI risk

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



Priority now: high pay · high risk

- Radiologists
- Psychiatrists
- Computer and Information Systems Managers
- Financial Managers
- Lawyers
- Natural Sciences Managers

Most exposed: lower pay · high risk

- Appraisers of Personal and Business Property
- Education and Childcare Administrators, Preschool and Daycare
- Disc Jockeys, Except Radio
- Title Examiners, Abstractors, and Searchers
- Production, Planning, and Expediting Clerks
- Directors, Religious Activities and Education

Tasks AI is likely to automate

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

Correspondence Clerks

Writers and Authors

Interpreters and Translators

Mathematicians

Brokerage Clerks

Statistical Assistants

Proofreaders and Copy Markers

Web Developers

Computer Programmers

Database Administrators

Human advantages

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

Correspondence Clerks

Writers and Authors

Interpreters and Translators

Mathematicians

Brokerage Clerks

Statistical Assistants

Proofreaders and Copy Markers

Web Developers

Computer Programmers

Database Administrators

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
Writers and Authors	Editors · News Analysts, Reporters, and Journalists · Technical Writers
Brokerage Clerks	Financial and Investment Analysts · Securities, Commodities, and Financial Services Sales Agents
Proofreaders and Copy Markers	Editors · Technical Writers · Writers and Authors
Computer Programmers	Software Developers · Software Quality Assurance Analysts and Testers · Computer Systems Analysts
Executive Secretaries and Executive Administrative Assistants	Administrative Services Managers · Project Management Specialists · General and Operations Managers
Data Entry Keysers	Court Reporters and Simultaneous Captioners · Editors · Public Relations Specialists
Telephone Operators	Interpreters and Translators
Survey Researchers	Urban and Regional Planners · Political Scientists · Farm Labor Contractors
Animal Scientists	Soil and Plant Scientists · Animal Breeders · Agricultural Technicians
Telemarketers	Sales Representatives of Services, Except Advertising, Insurance, Financial Services, and Travel · Sales Representatives, Wholesale and Manufacturing, Technical and Scientific Products · Market Research Analysts and Marketing Specialists
Public Relations Specialists	Editors · Broadcast Announcers and Radio Disc Jockeys · Meeting, Convention, and Event Planners
Technical Writers	Editors · Writers and Authors · Interpreters and Translators

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 States's covered workforce.

CONSERVATIVE 2,477,912 2% of workforce	BASELINE 4,955,770 3% of workforce	ACCELERATED 10,902,709 7% 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 States 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 States 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 States 2026. <https://aijobriskmap.com/reports/united-states/>

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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