

The U.S. Economy Lost 23,000 Jobs In July, 2026

THREE-MONTH CHANGE IN JOB CREATION ¹

	May, 2026	172,000
	June, 2026	57,000
¹	July, 2026	-23,000

ONE-MONTH CHANGE IN JOB GROWTH BY INDUSTRY ¹

Industry	People Employed June, 2025	People Employed July, 2025	Gain or Loss
Mining	609,000	607,000	-2,000
Construction	8,321,000	8,343,000	22,000
Manufacturing	12,606,000	12,611,000	5,000
Wholesale	6,057,700	6,062,400	4,700
Retail	15,460,300	15,440,900	-19,400
Transportation	6,586,400	6,596,100	9,700
Utilities	607,400	608,100	700
Information	2,769,000	2,780,000	11,000
Finance	9,104,000	9,090,000	-14,000
Professional	22,500,000	22,518,000	18,000
Health, Private Ed	27,937,000	27,962,000	25,000
Leisure	16,971,000	16,931,000	-40,000
Associations	6,029,000	6,038,000	9,000
Government	23,323,000	23,270,000	-53,000
		Total:	-23,300

JULY, 2026, HIRES BY BUSINESS SIZE ²

Small Business (1-49 employees)	23,000	52%
Mid-Size Business (50-499 employees)	8,000	18%
Large Business (500+ employees)	13000	30%
Total U.S. (private-sector hires)	44,000	100%

The U.S. Employment Snapshot

162,117,000 People Were Employed In July, 2026

THREE MONTH CHANGE IN EMPLOYMENT

May, 2026	162,771,000
June, 2026	162,264,000
July, 2026	162,117,000

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ONE-YEAR CHANGE IN EMPLOYMENT BY OCCUPATION ¹

Occupation	People Employed July, 2025	People Employed July, 2026	Gain or Loss
Management	30,985,000	30,567,000	-418,000
Professional	38,825,000	39,346,000	521,000
Services	28,253,000	27,367,000	-886,000
Sales	14,502,000	14,406,000	-96,000
Office, administrative	16,565,000	16,457,000	-108,000
Farming, fishing, forestry	1,198,000	1,105,000	-93,000
Construction, extraction	8,922,000	8,229,000	-693,000
Installation, maintenance	5,229,000	4,979,000	-250,000
Production	7,662,000	8,121,000	459,000
Transportation	11,659,000	12,223,000	564,000

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PEOPLE WORKING PART TIME FOR ECONOMIC REASONS ¹

May, 2026	4,805,000
June, 2026	4,681,000
July, 2026	4,804,000

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ONE YEAR CHANGE IN HOURS AND WAGES ¹

	July, 2025	July, 2026
Average workweek in hours	34.2	34.3
Average manufacturing overtime in hours	2.9	3.1
Average hourly wage	\$36.47	\$37.62
Average weekly earnings	\$1,247.27	\$1,290.37

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The U.S. Employment Snapshot

6,916,000 People Were Unemployed In July, 2026

THREE MONTH CHANGE IN UNEMPLOYMENT ¹

May, 2026	7,307,000
June, 2026	7,094,000
July, 2026	6,916,000

UNEMPLOYMENT RATES IN JULY, 2026 ¹

U.S.	Men	Women	Teens	White	Black	Asian	Hispanic	High School Diploma	Bachelor's Degree+	Veterans age 18 years and over
4.1	3.9	3.7	12.1	3.6	6.3	4	4.6	4.0	2.7	4.2

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UNEMPLOYMENT BY OCCUPATION ¹

	People Unemployed In July, 2026	Unemployment Rate
Management	721,000	2.3
Professional	1,399,000	3.4
Services	1,508,000	5.2
Sales	620,000	4.1
Office, administrative	662,000	3.9
Farming, fishing, forestry	44,000	3.9
Construction, extraction	420,000	4.9
Installation, maintenance, repair	106,000	2.1
Production	276,000	3.3
Transportation, material moving	736,000	5.7

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REASON FOR UNEMPLOYMENT AND LENGTH OF UNEMPLOYMENT IN JULY, 2026 ¹

I lost my job	47%
I quit my job	11%
I am reentering the job market	30%
I am new to the job market	11%
1-4 weeks	28%
5-14 weeks	30%
15-26 weeks	17%
27+ weeks	26%

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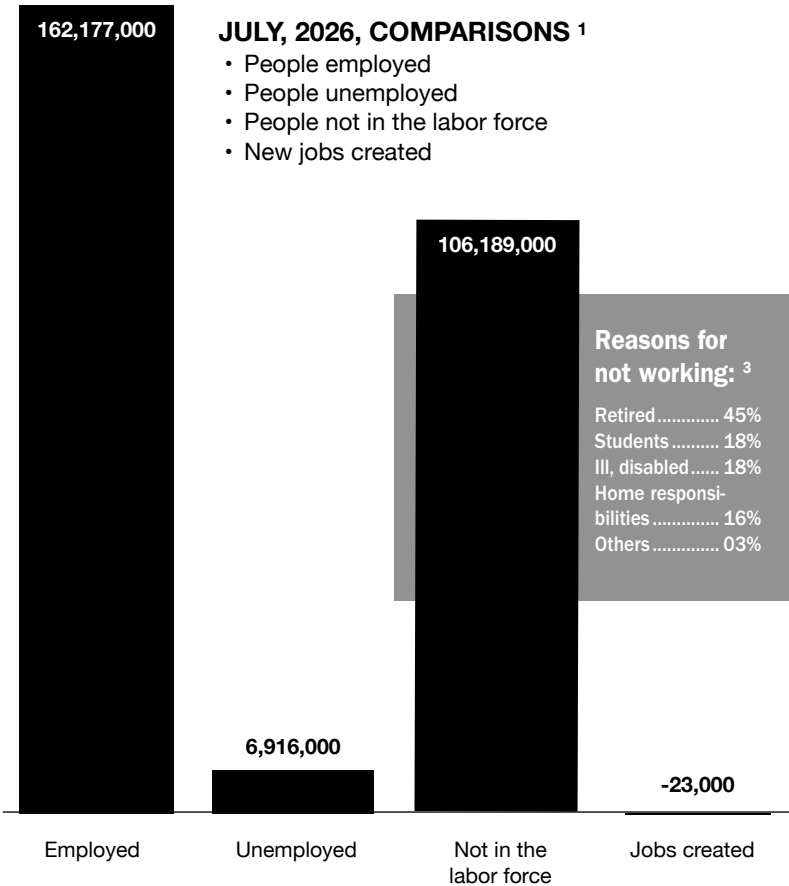
The U.S. Employment Snapshot

106,189,000 People, Age 16 Years And Older,
Were Not In The Labor Force In July, 2026

THREE MONTH CHANGE IN THOSE NOT IN THE LABOR FORCE ¹

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May, 2026	104,976,000
June, 206	105,808,000
July, 2026	106,189,000



https://dahlstromco.com/US-Employment-Snapshot

by Harry Dahlstrom | author of The Job Hunting Handbook and Surviving a Layoff

1. <https://www.bls.gov/news.release/pdf/empsit.pdf>
2. <https://copilot.microsoft.com>, <https://www.adpemploymentreport.com>
3. <https://www.bls.gov/opub/btn/volume-4/people-who-are-not-in-the-labor-force-why-arent-they-working.htm>