

The U.S. Economy Gained 172,000 Jobs In May, 2026

THREE-MONTH CHANGE IN JOB CREATION ¹

March, 2026	178,000
April, 2026	115,000
¹ May, 2026	172,000

ONE-MONTH CHANGE IN JOB GROWTH BY INDUSTRY ¹

Industry	People Employed April, 2026	People Employed May, 2026	Gain or Loss
Mining	609,000	613,000	4,000
Construction	8,320,000	8,337,000	17,000
Manufacturing	12,598,000	12,605,000	7,000
Wholesale	6,049,500	6,045,800	-3,700
Retail	15,459,000	15,457,900	-1,100
Transportation	6,596,900	6,597,500	600
Utilities	606,800	608,200	1,400
Information	2,785,000	2,783,000	-2,000
Finance	9,126,000	9,104,000	-22,000
Professional	22,462,000	22,468,000	6,000
Health, Private Ed	27,846,000	27,886,000	40,000
Leisure	17,009,000	17,079,000	70,000
^{B1} Associations	6,027,000	6,030,000	3,000
Government	23,335,000	23,387,000	52,000
			172,200

MAY, 2026, HIRES BY BUSINESS SIZE ²

Small Business (1-49 employees)	67,000	54%
Mid-Size Business (50-499 employees)	17,000	14%
Large Business (500+ employees)	40,000	32%
Total U.S. (private-sector hires)	124,000	100%

The U.S. Employment Snapshot

162,771,000 People Were Employed In May, 2026

THREE MONTH CHANGE IN EMPLOYMENT

March, 2026	162,848,000
April, 2026	162,622,000
May, 2026	162,771,000

ONE-YEAR CHANGE IN EMPLOYMENT BY OCCUPATION ¹

Occupation	People Employed April, 2026	People Employed May, 2026	Gain or Loss
Management	30,819,000	30,386,000	-433,000
Professional	40,093,000	40,725,000	632,000
Services	27,682,000	27,243,000	-439,000
Sales	14,152,000	14,306,000	154,000
Office, administrative	16,115,000	16,335,000	220,000
Construction, extraction	8,833,000	7,939,000	-894,000
Office, administrative	16,115,000	16,335,000	220,000
Installation, maintenance	5,008,000	4,874,000	-134,000
Production	7,947,000	7,912,000	-35,000
Transportation	11,742,000	12,120,000	378,000

PEOPLE WORKING PART TIME FOR ECONOMIC REASONS ¹

March, 2026	4,497,000
April, 2026	4,942,000
May, 2026	4,805,000

ONE YEAR CHANGE IN HOURS AND WAGES ¹

	May, 2025	May, 2026
Average workweek in hours	34.2	34.3
Average manufacturing overtime in hours	2.9	3.1
Average hourly wage	\$36.28	\$37.53
Average weekly earnings	\$1,240.78	\$1,287.28

The U.S. Employment Snapshot

7,307,000 People Were Unemployed In May, 2026

THREE MONTH CHANGE IN UNEMPLOYMENT ¹

March, 2026	7,239,000
April, 2026	7,373,000
May, 2026	7,307,000

UNEMPLOYMENT RATES IN MAY, 2025 ¹

U.S.	Men	Women	Teens	White	Black	Asian	Hispanic	High School Diploma	Bachelor's Degree+	Veterans age 18 years and over
4.3	4.0	3.8	14.7	3.8	6.6	3.8	5.0	4.4	2.7	3.2

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UNEMPLOYMENT BY OCCUPATION ¹

	People Unemployed In May, 2026	Unemployment Rate
Management	725,000	2.3%
Professional	1,085,000	2.6%
Services	1,420,000	5.0%
Sales	554,000	3.7%
Office, administrative	656,000	3.9%
Farming, fishing, forestry	74,000	6.5%
Construction, extraction	391,000	4.7%
Installation, maintenance, repair	143,000	2.9%
Production	299,000	3.6%
Transportation, material moving	718,000	5.6%
Total and Average	6,059,000	4.08%

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

I lost my job	46%
I quit my job	12%
I am reentering the job market	30%
I am new to the job market	11%
1-4 weeks	31%
5-14 weeks	27%
15-26 weeks	15%
27+ weeks	28%

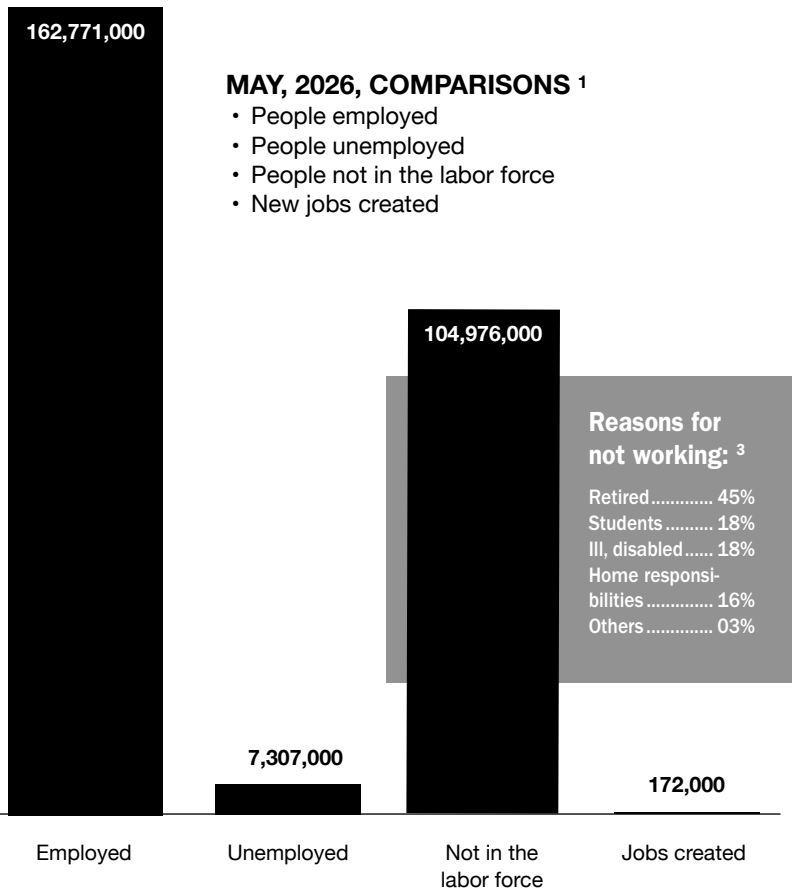
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The U.S. Employment Snapshot

104,976,000 People, Age 16 Years And Older, Were Not In The Labor Force In May, 2026

THREE MONTH CHANGE IN THOSE NOT IN THE LABOR FORCE ¹

March, 2026	104,771,000
April, 2026	104,959,000
A May, 2026	104,976,000



<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>
 3. <https://www.bls.gov/opub/btn/volume-4/people-who-are-not-in-the-labor-force-why-arent-they-working.htm>