US Labor Market Trends

July 2026

Indeed Hiring Lab

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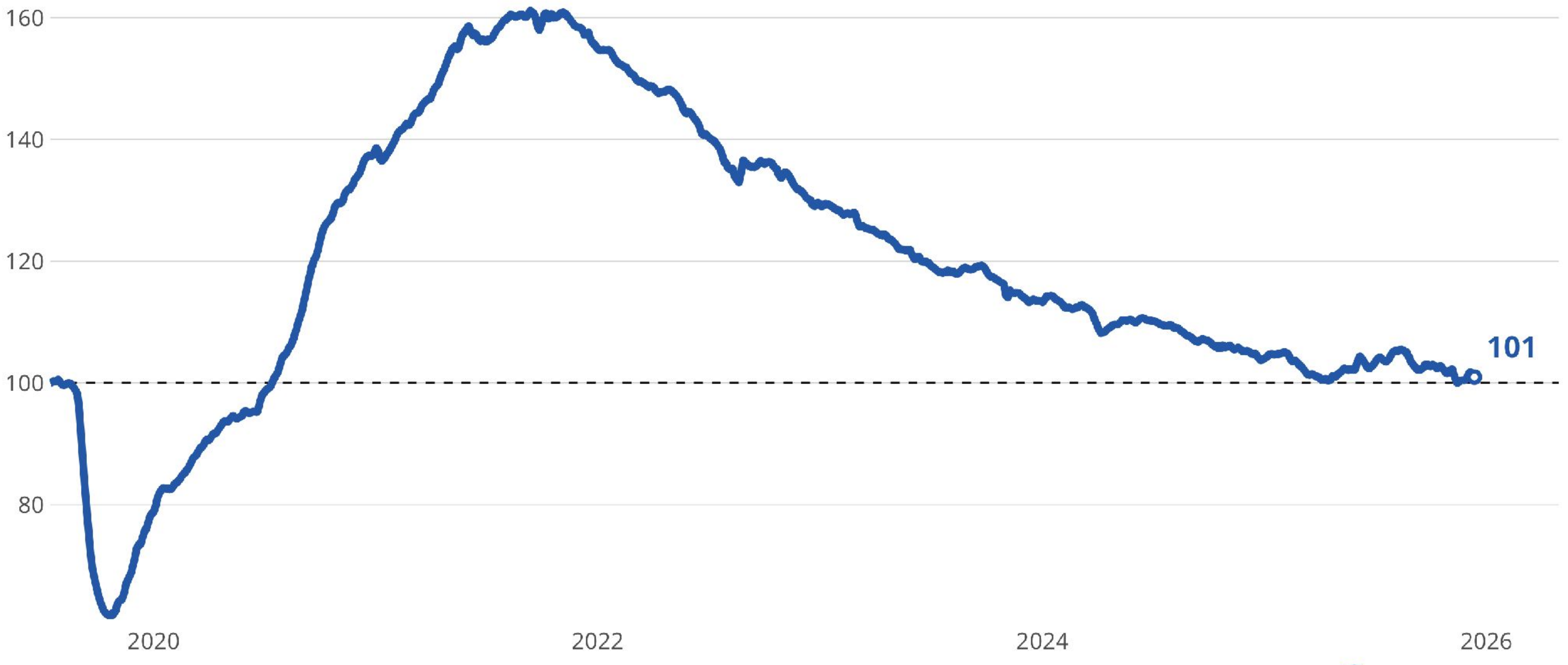
US Labor Market Overview: July 2026

- As of June 30, 2026, US job postings stood 1.0% above their pre-pandemic level and were up 1.0% month-over-month.
- Postings were higher than pre-pandemic levels in less than half (49%) of sectors analyzed as of late-June.
- The overall unemployment rate was 4.2% in June 2026.
- 8.6% of job postings advertised remote positions by the end of June 2026, up from 8.1% at the end of June 2025.
- Annual posted wage growth held at 2.4% in June.
- The share of job postings with AI-related terms rose to 5.9% by the end of June.

Job postings return close to pre-pandemic levels

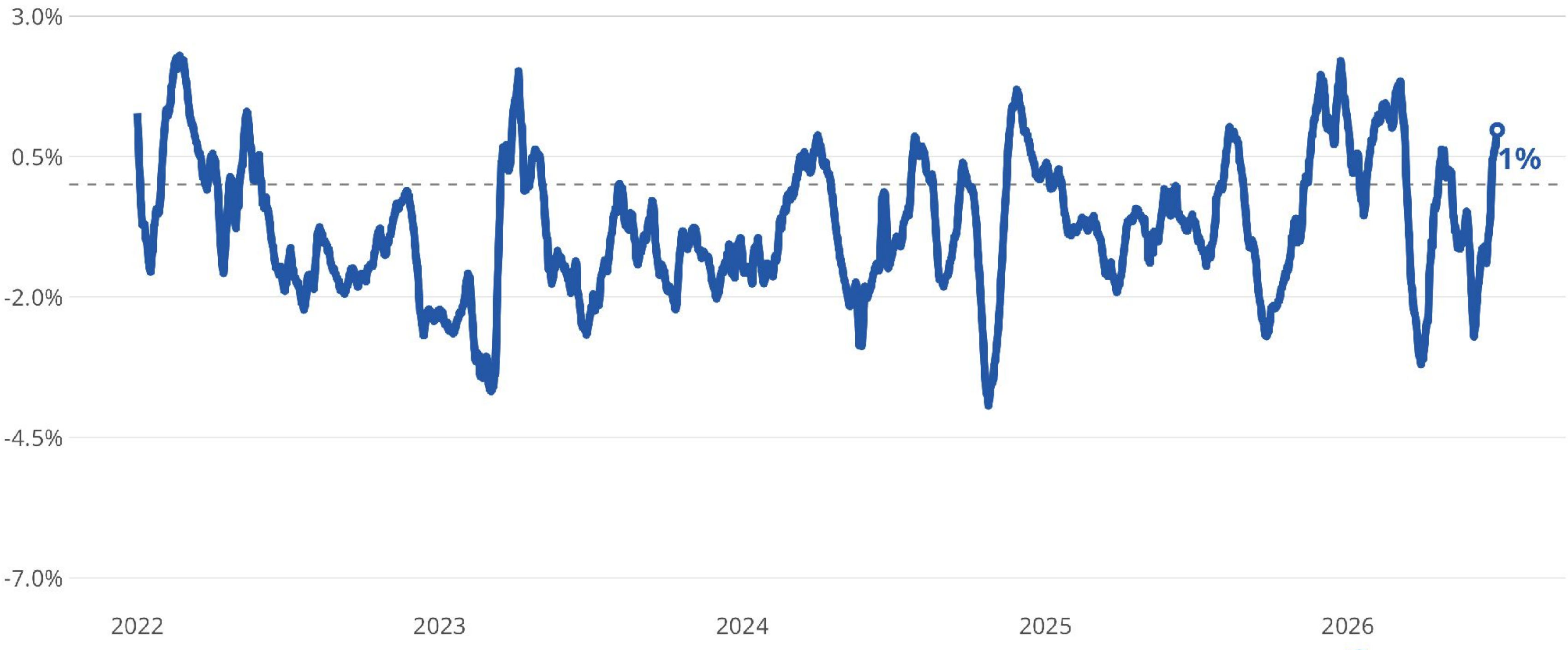
Indexed level of job postings (100 = February 1, 2020), through June 30, 2026



Source: Indeed

Job postings on Indeed are up 1% from a month ago

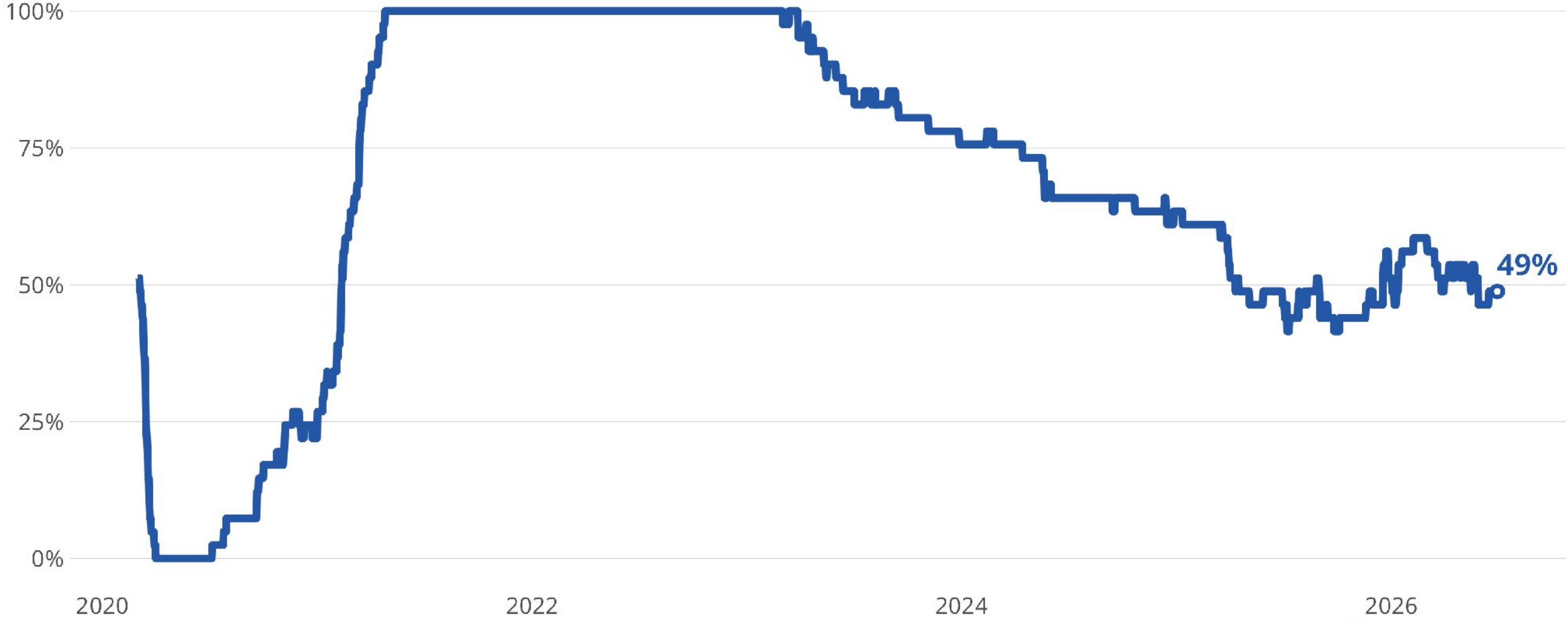
Month-over-month growth in Indeed Job Postings Index (US), through June 30, 2026



Source: Indeed

Majority of sectors have fewer job postings than in February 2020

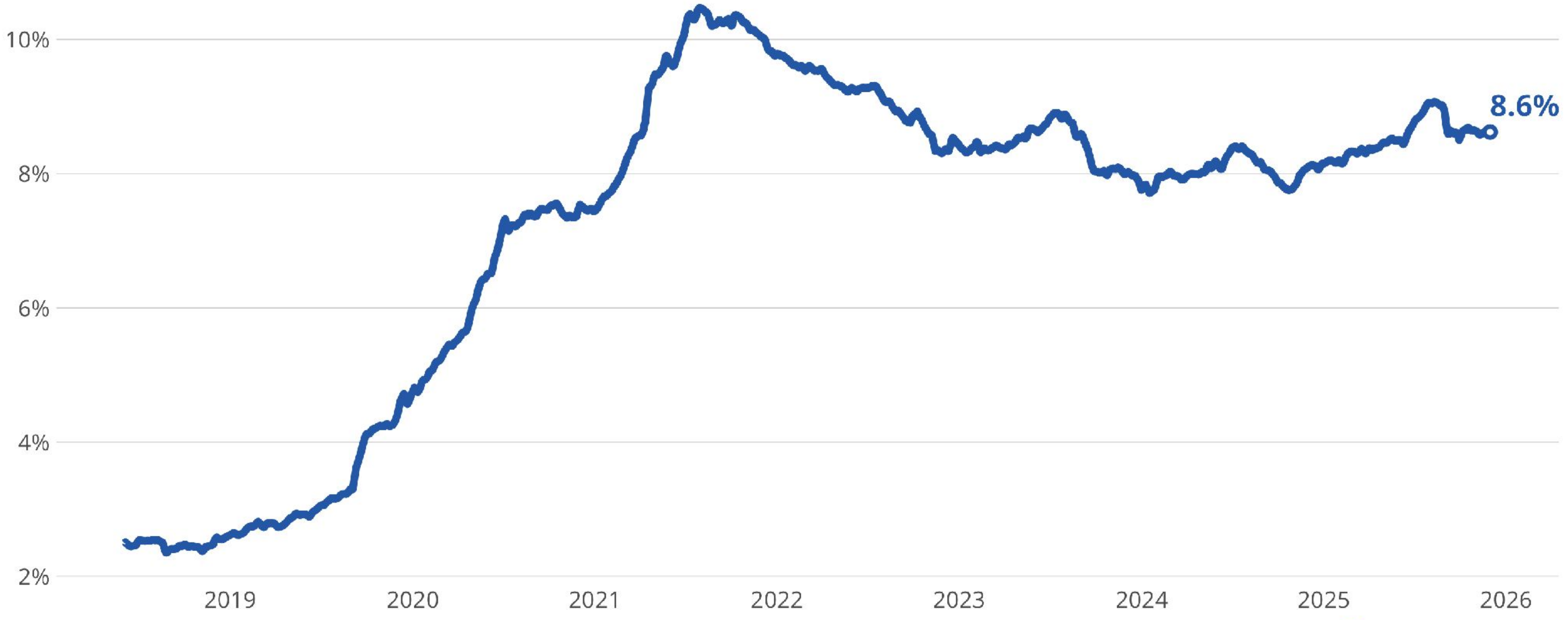
Share of sectors in the US with number of job postings above pre-pandemic baseline, through June 30, 2026



Source: Indeed

Remote postings have largely stabilized

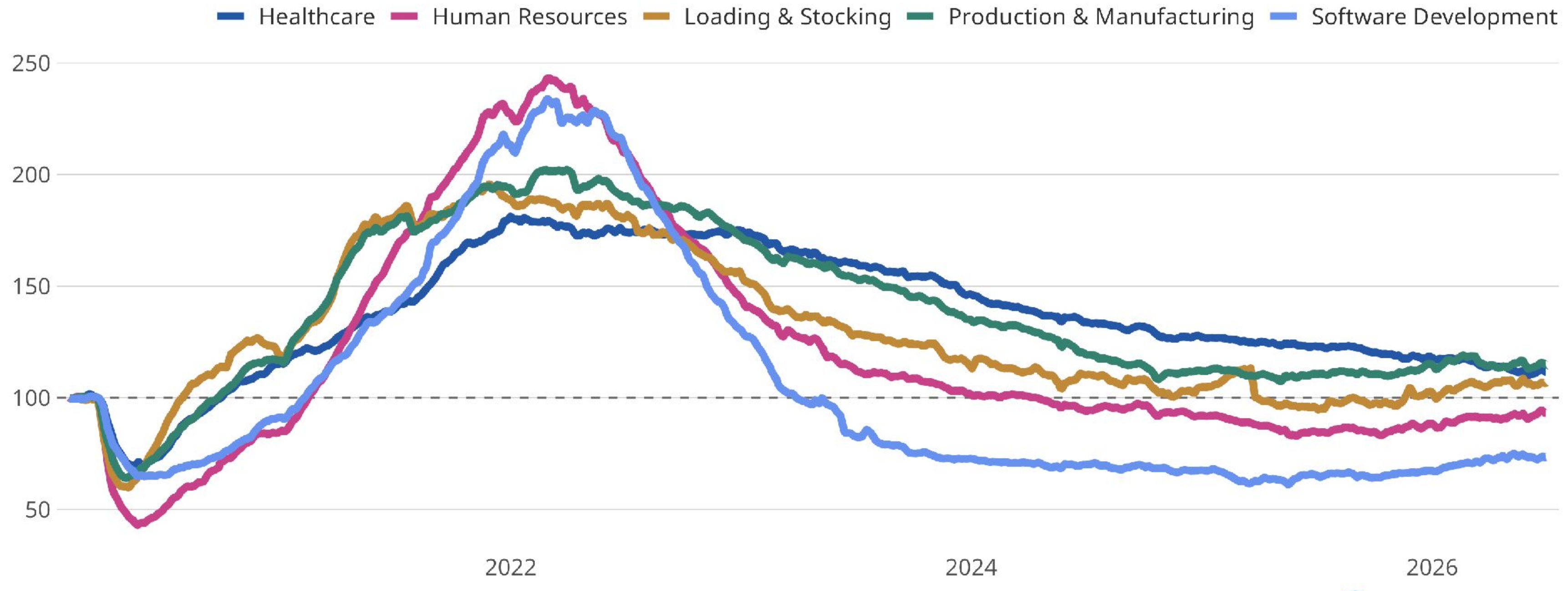
Share of U.S. job postings that contained keywords associated with remote, hybrid and flexible work arrangements, January 2019 to June 2026



Source: Indeed

Job postings in Healthcare and Production & Manufacturing are well above pre-pandemic levels

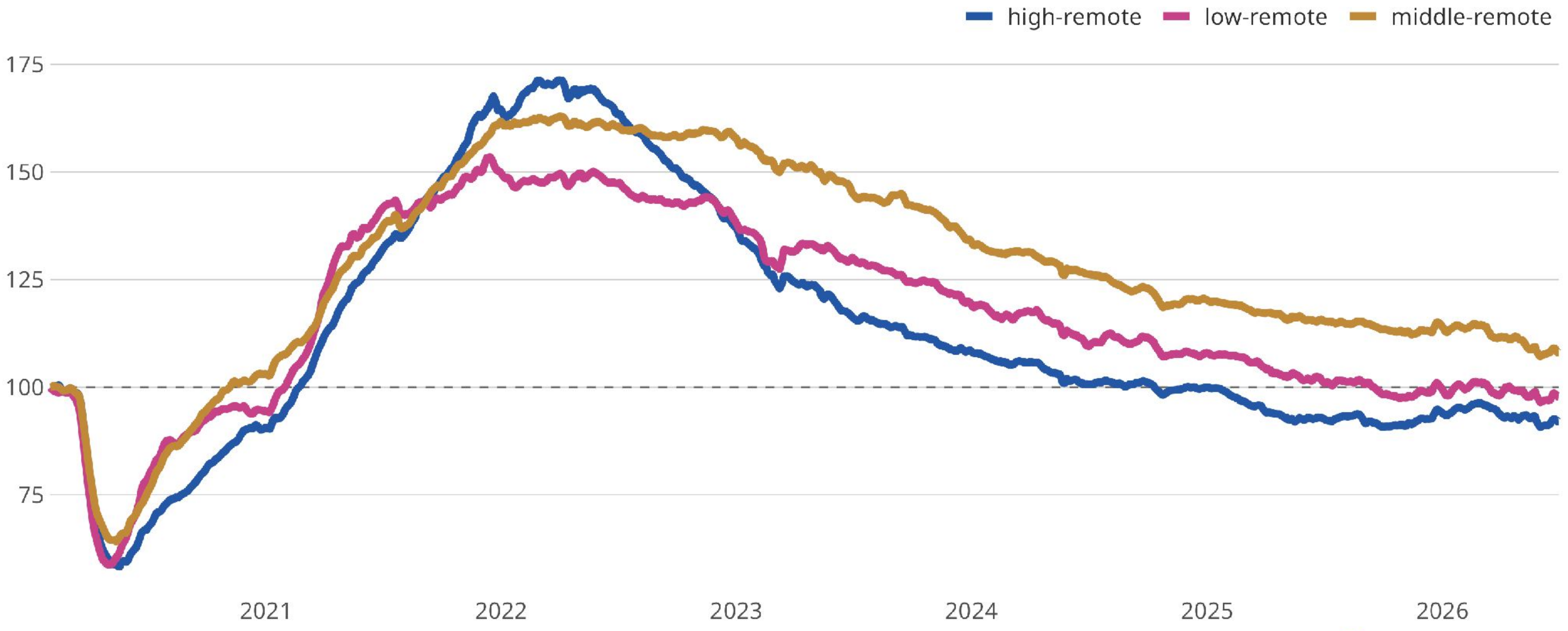
Indexed change in job postings by selected sector (100 = February 1, 2020), through June 30, 2026



Source: Indeed

Postings in low- and high-remote sectors are now below pre-pandemic levels

US Job Postings Index by remote-work tier, through June 30, 2026



Source: Indeed

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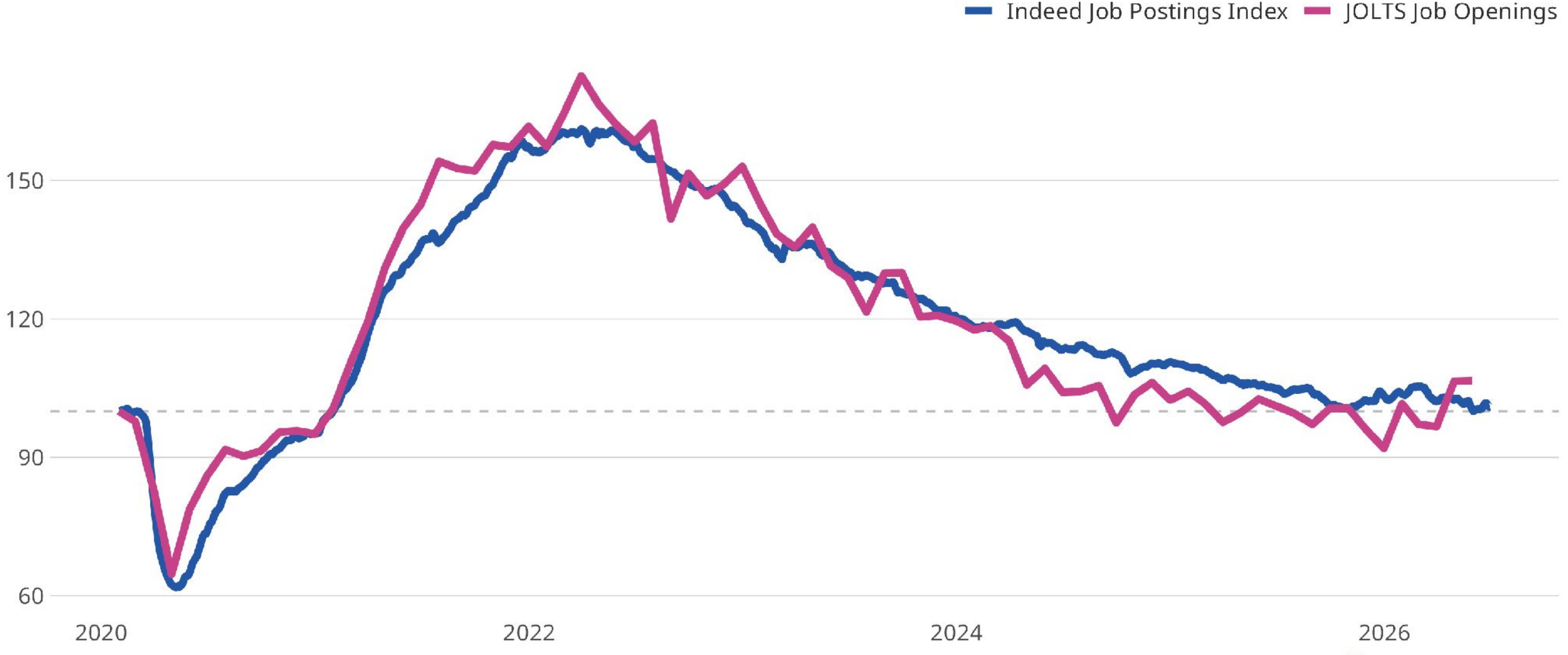
Job openings and postings track each other

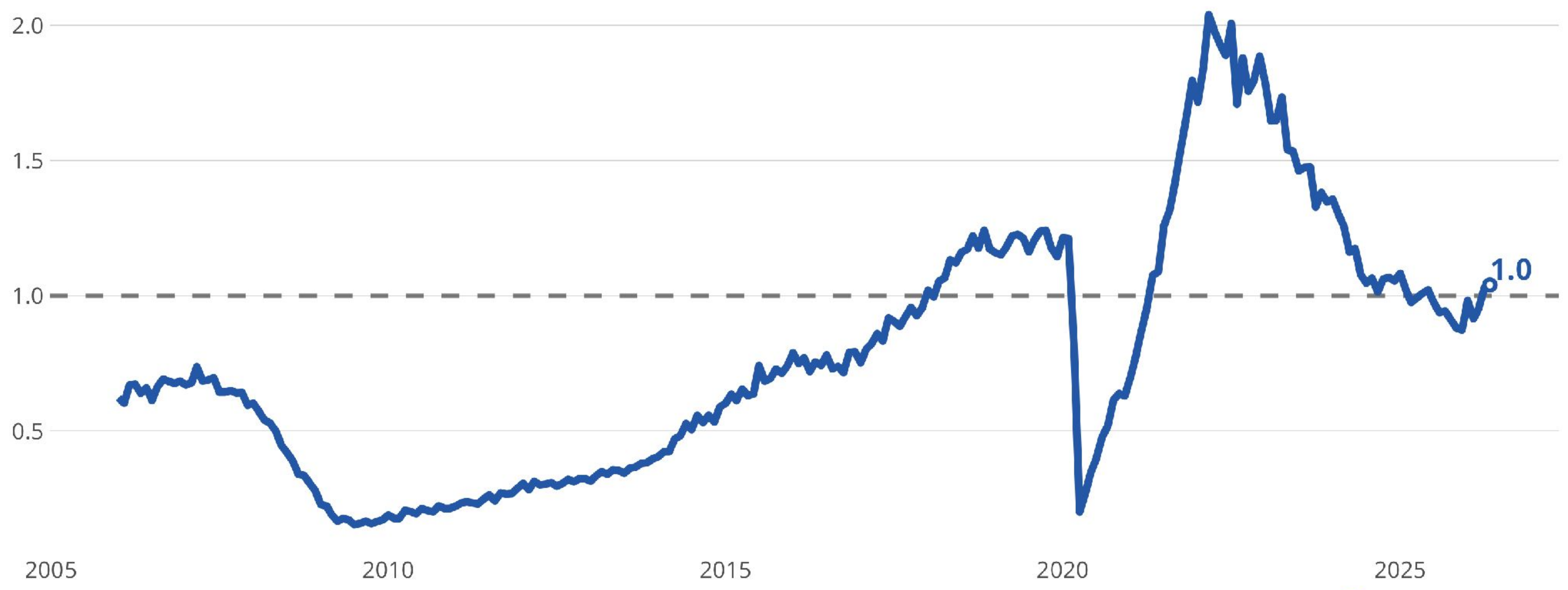
US data, Index (100 = January 31, 2020)



Source: US Bureau of Labor Statistics-January 31, 2020 to May 2026
Indeed-January 31, 2020 to June 30, 2026

The ratio of openings to unemployment is at parity

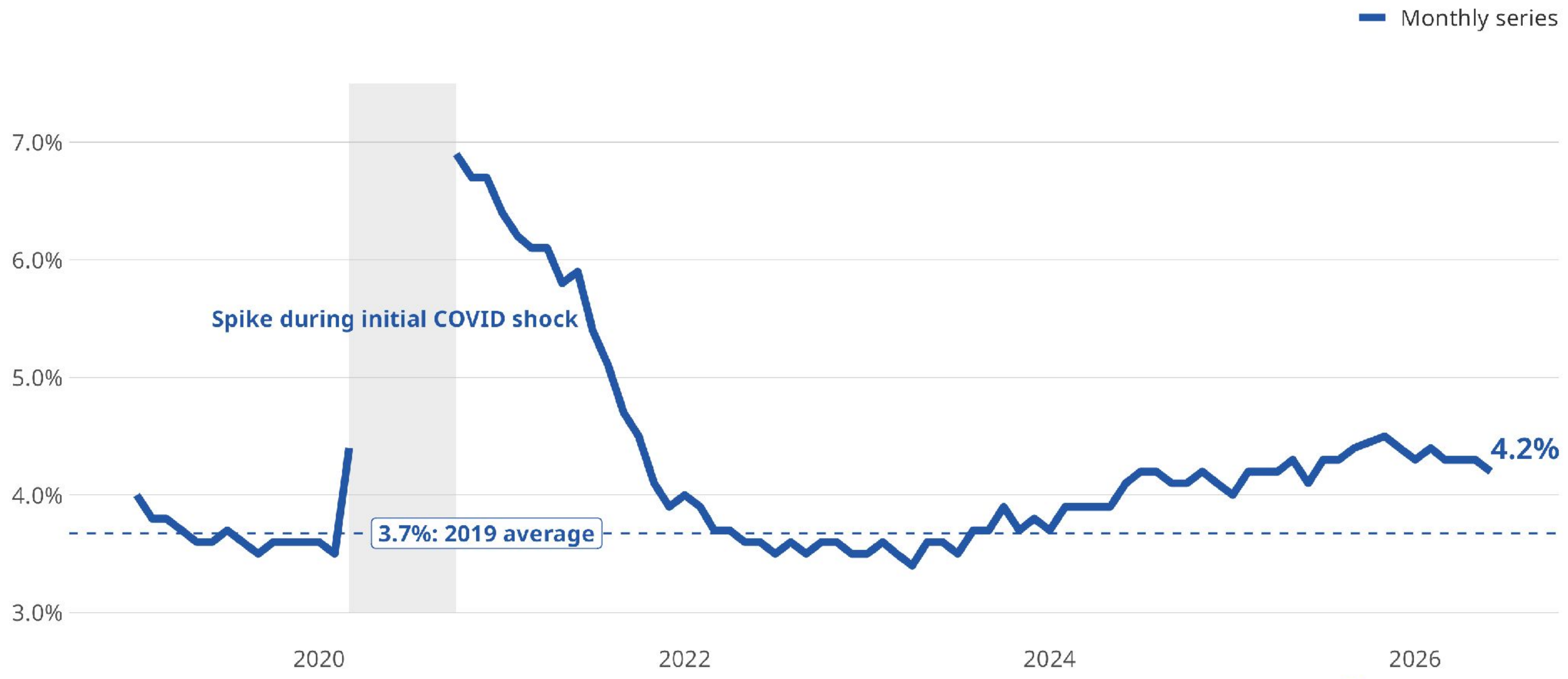
Job openings per unemployed worker, U.S. data, January 2019 - May 2026



Source: US Bureau of Labor Statistics

Unemployment moving in the right direction

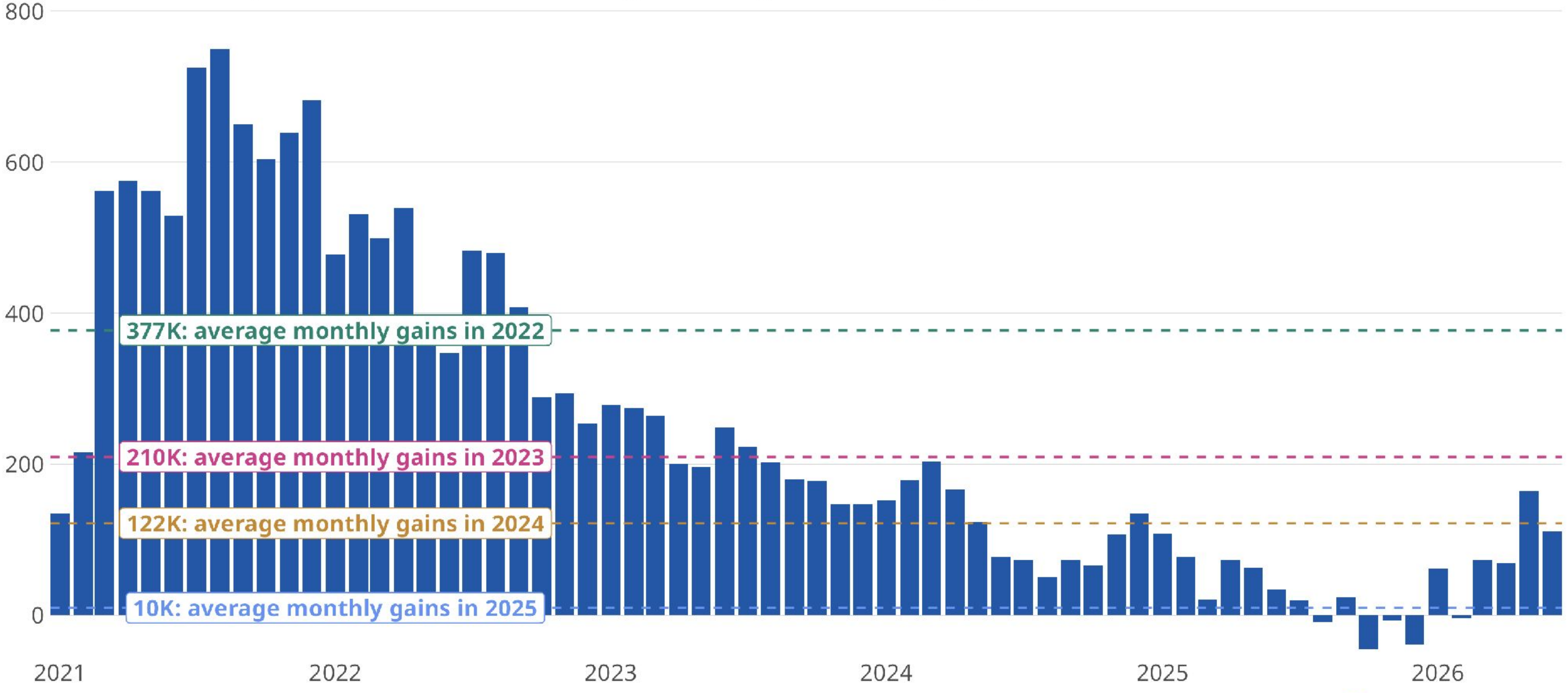
Unemployment in the US as a percentage of labor force, January 2019 - June 2026



Source: US Bureau of Labor Statistics

Monthly job gains have picked up recently

Thousands of jobs (3 month moving average), through June 2026



Source: US Bureau of Labor Statistics

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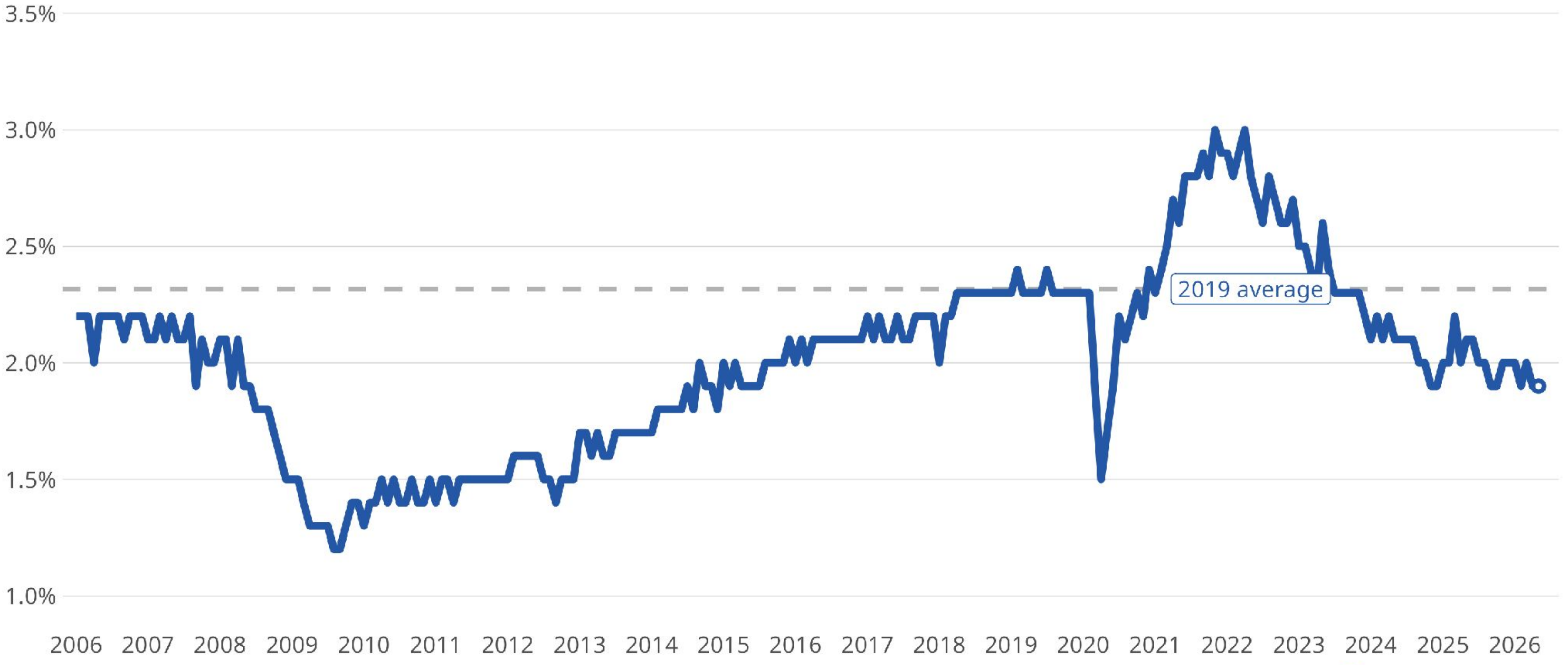
The quits rate is low as workers hold onto their jobs

Quits as percentage of employment in US, January 2019 - June 2026



Source: US Bureau of Labor Statistics

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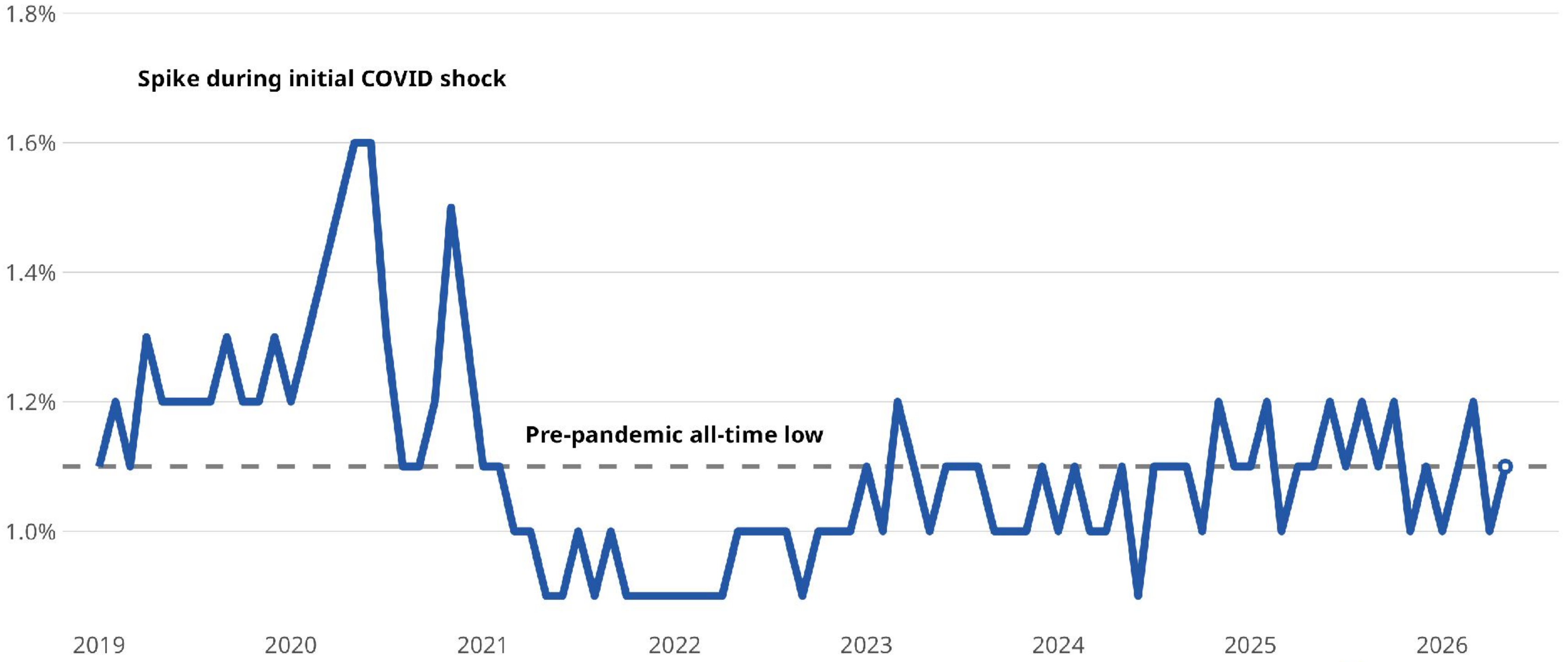
Layoffs remain low as employers face an uncertain future

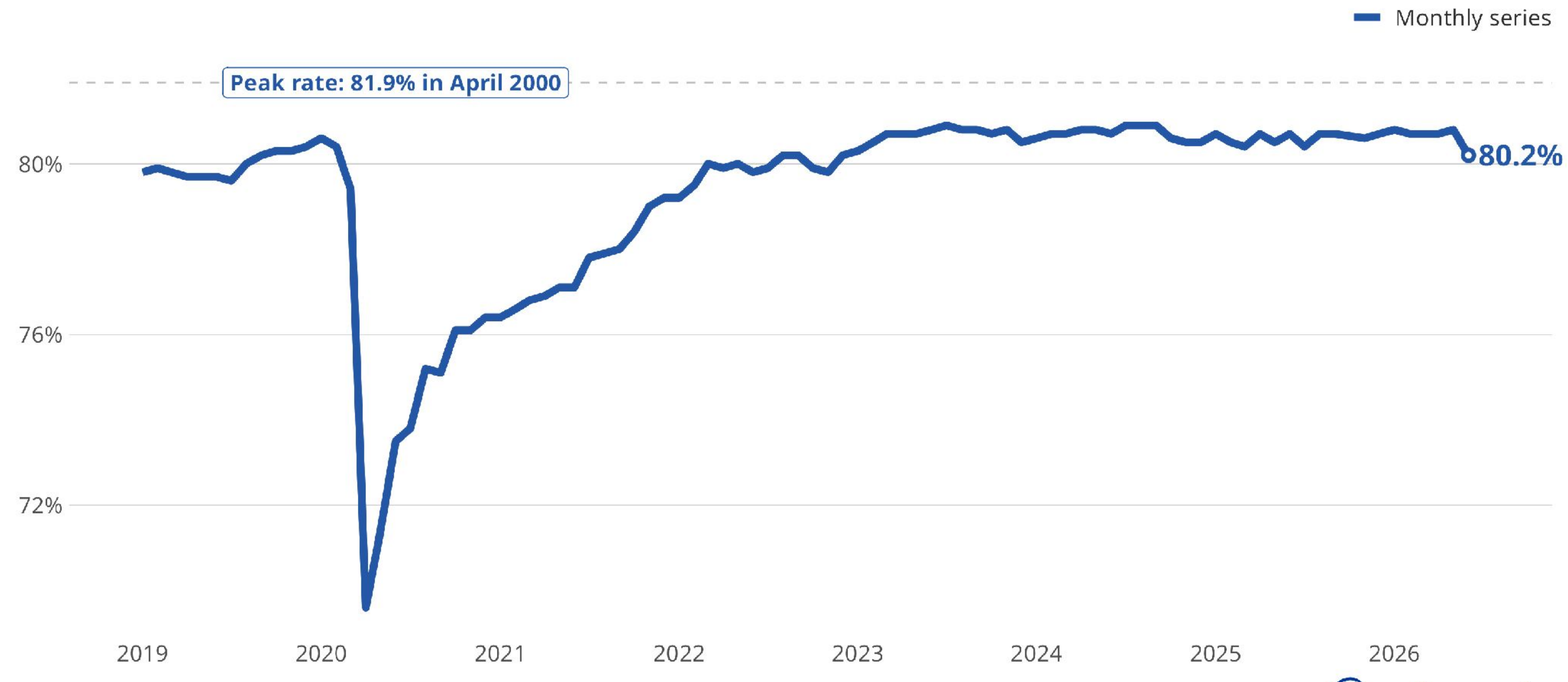
Layoffs and discharges rate in the US, January 2019 - June 2026



Source: US Bureau of Labor Statistics

The prime-age employment rate is plateauing

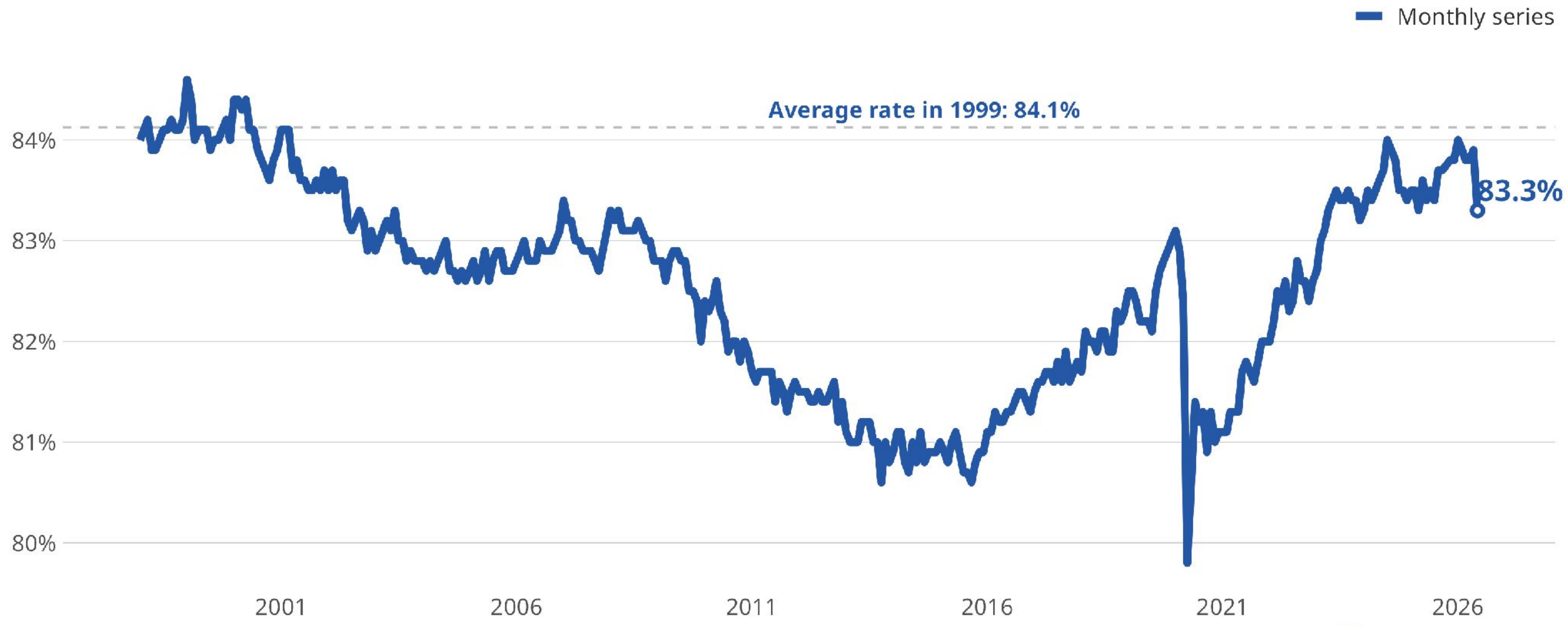
Share of people ages 25 - 54 with a job in the US, January 2019 - June 2026



Source: US Bureau of Labor Statistics

Prime-age labor force participation dipped but has begun to rebound in recent months

Share of workers aged 25 - 54 in the US labor force, January 1998 - June 2026



Source: US Bureau of Labor Statistics

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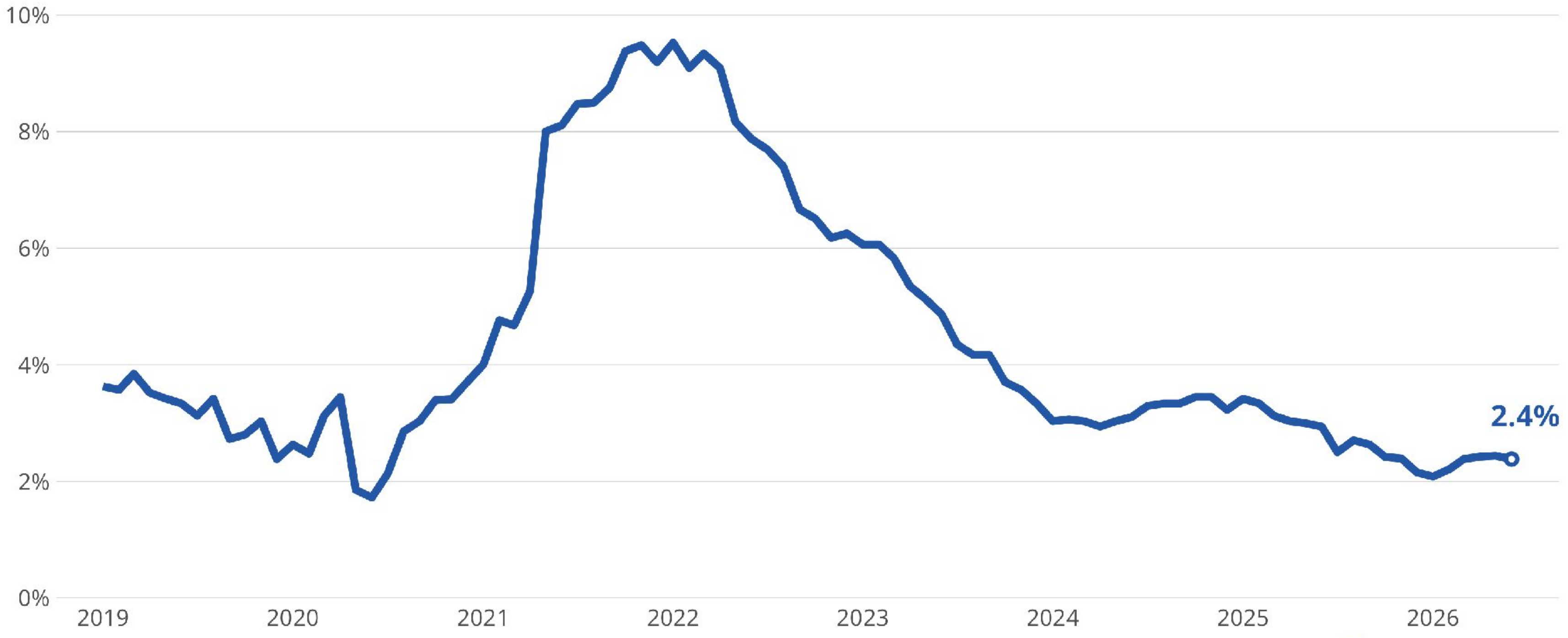
Posted wage growth is slowing

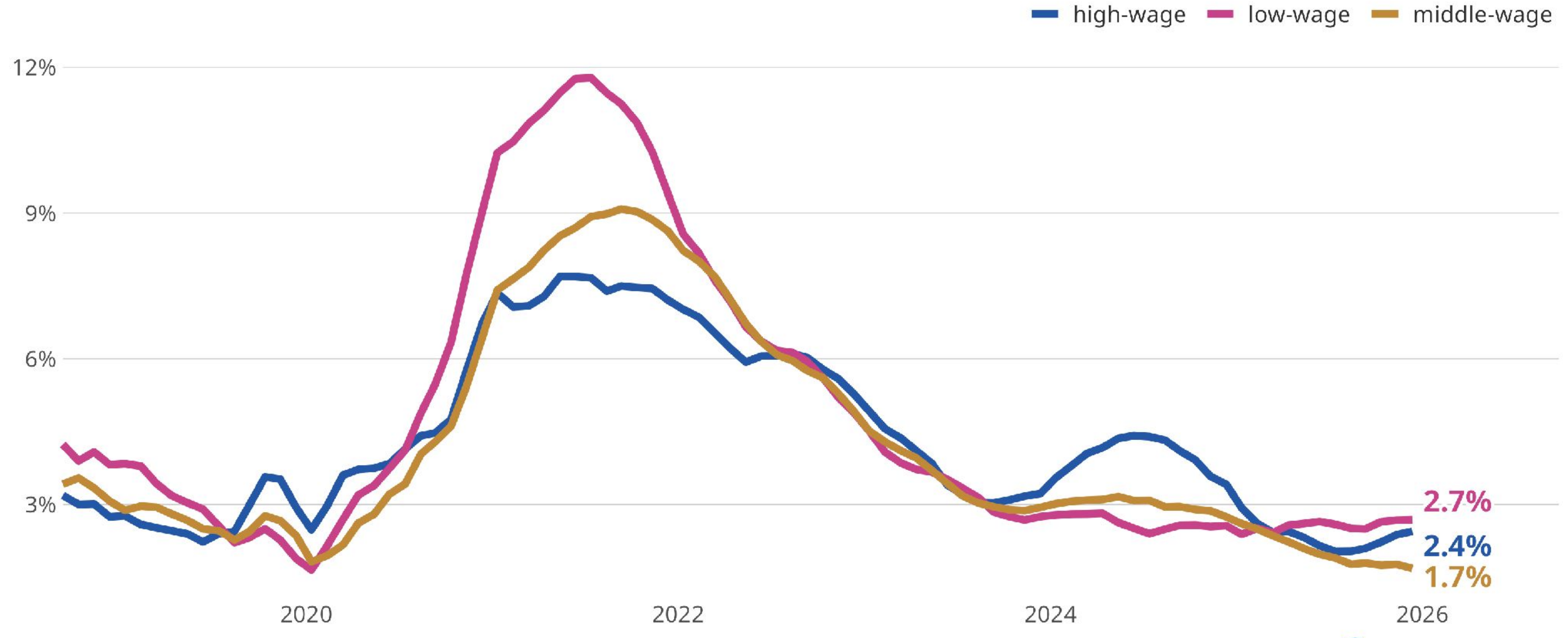
Year-over-year growth in posted wages in the US, through June 2026



Source: Indeed Wage Tracker

Low-wage occupations lead annual posted wage growth again

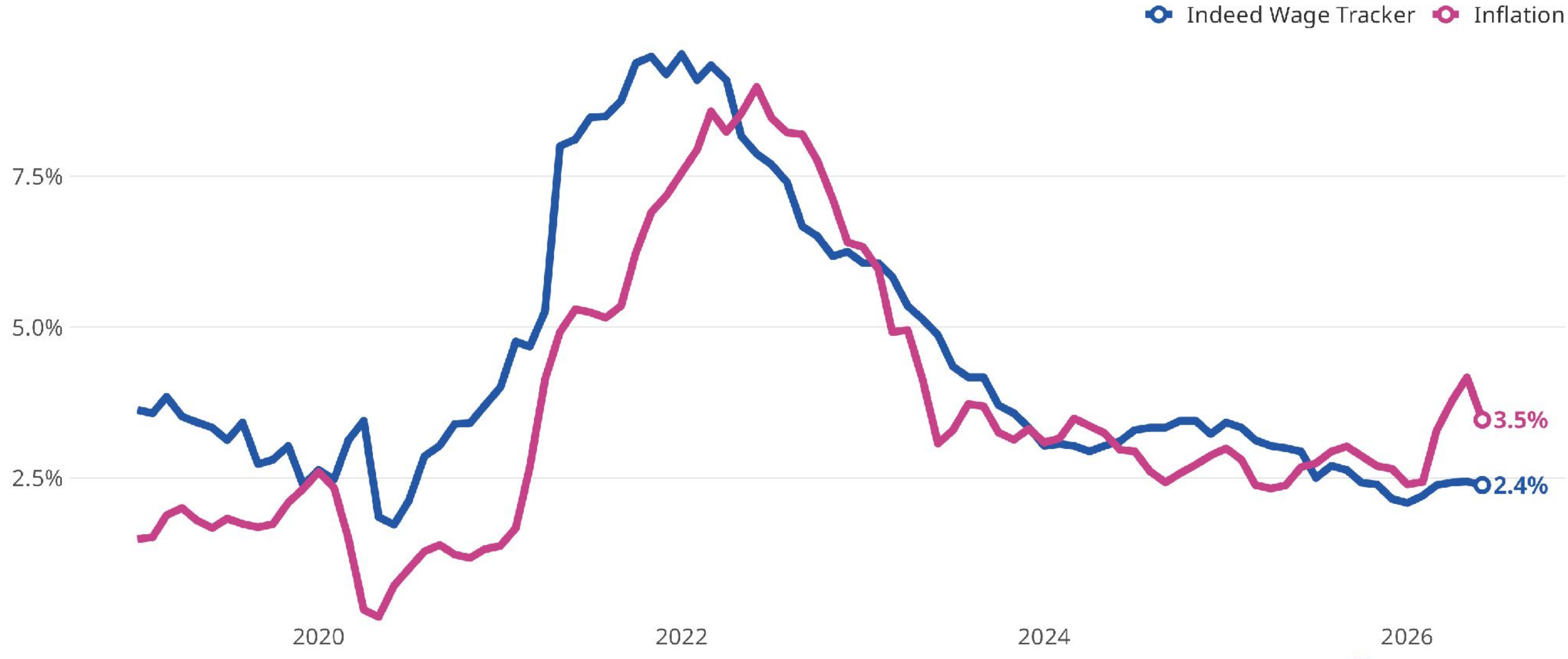
3-month average of the year-over-year growth in posted wages in the US, through June 2026



Source: Indeed Wage Tracker. Wage tiers based on a category's median posted wage in 2025

Inflation is once again growing faster than posted wages

Year-over-year growth, CPI vs Indeed Wage Tracker



Source: Indeed Wage Tracker (January 2019-June 2026), Consumer Price Index (January 2019-June 2026)

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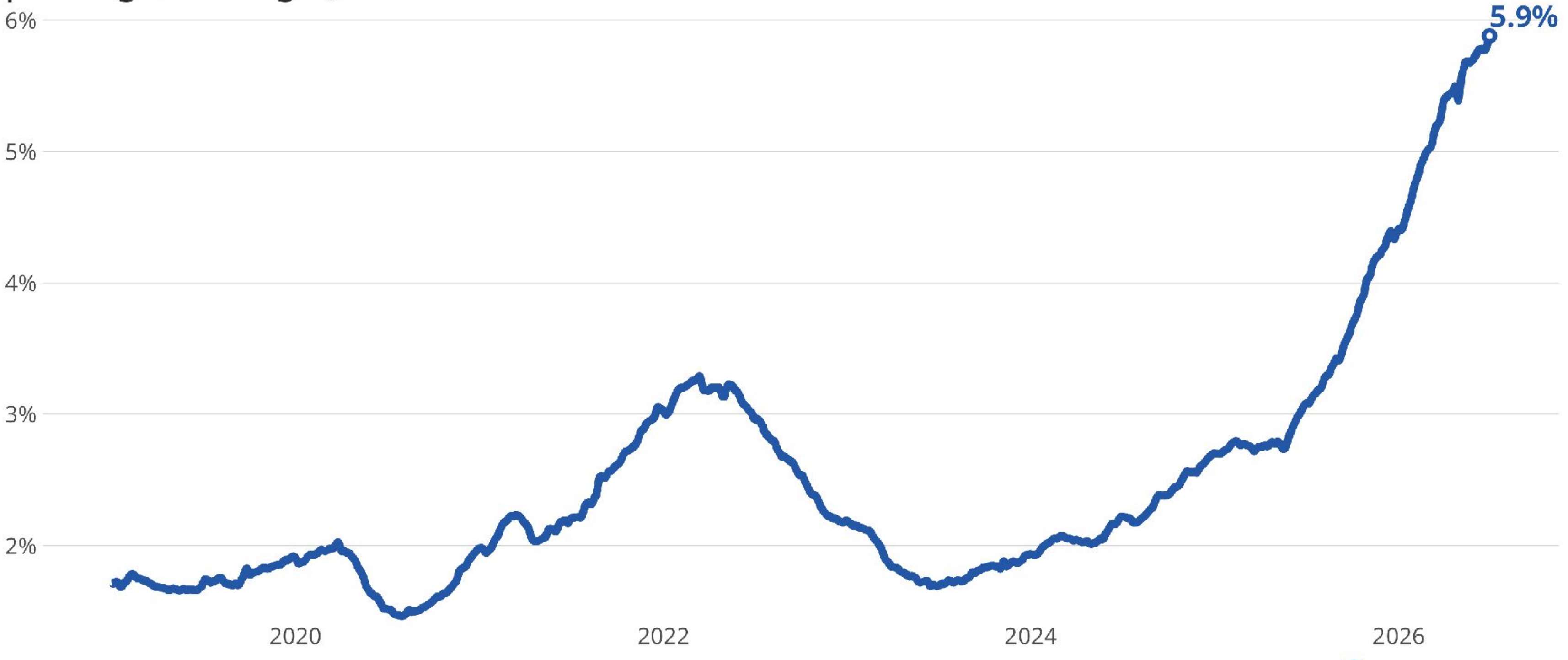
US jobs mentioning AI rise past their 2022 peak

Job postings on Indeed containing Artificial Intelligence (AI) terms as a share of all US job postings, through June 2026



Source: Indeed