BlissPoint Analytics
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AI AND THE U.S. JOB MARKET

50 Jobs That Will Survive the AI Takeover

Fifty U.S. occupations the evidence suggests are among the least exposed to generative AI and still growing, with pay, growth and employment.

No job is AI-proof. This paper ranks occupations by how exposed their day-to-day work looks to generative AI in today's data, and keeps only those BLS expects to grow.

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Data: BLS OEWS May 2024, BLS Employment Projections 2025–35, O*NET 31.0
blisspointanalytics.com/resources/ai-jobs/50-jobs-that-will-survive-ai

Executive summary

Generative AI is most likely to change desk work built on reading, writing and processing information. The occupations least exposed to it involve physical, hands-on, caring or in-person work, and many of them are growing. This paper lists 50 U.S. occupations that score low for exposure on O*NET data and that BLS projects to grow at least as fast as the +3.5% average for all occupations from 2025 to 2035.

50
occupations, Job Zones 2 to 5

$58,570
median of their median pay

10.5M
people employed in them (May 2024)

The ten lowest-exposure occupations on the list

Occupation (links to the Occupation Atlas)	Job Zone	Median pay	Growth 25–35	Employment	Score
Electrical Power-Line Installers and Repairers Skilled trades, installation and repair	2	$92,560	+10.3%	123,680	4.20
Physical Therapist Assistants Healthcare practice and support	3	$65,510	+23.0%	108,010	4.12
Physical Therapist Aides Healthcare practice and support	2	$34,520	+4.0%	44,010	4.11
Tree Trimmers and Pruners Food service, building and grounds	2	$50,430	+4.2%	47,870	4.10
Crane and Tower Operators Transportation and material moving	3	$66,370	+3.8%	42,000	4.10
Bus Drivers, Transit and Intercity Transportation and material moving	2	$57,440	+4.1%	148,980	4.09
Surgical Assistants Healthcare practice and support	3	$60,290	+6.1%	22,860	4.07
Paramedics Healthcare practice and support	3	$58,410	+5.7%	99,530	4.06
Chiropractors Healthcare practice and support	5	$79,000	+8.7%	37,630	4.05
Septic Tank Servicers and Sewer Pipe Cleaners Skilled trades, installation and repair	2	$49,140	+7.8%	29,050	4.05

Read this as evidence, not a promise. No occupation is AI-proof. Exposure scores describe today's work; tools, demand and employers will change. Forecasts are uncertain.

What outside research says

BLS builds AI into its projections the way it treats other technologies, adjusting an occupation only where its research gives clear expectations. In the 2023–33 cycle it projected declines through 2033 for customer service representatives (−5.0%) and medical transcriptionists (−4.7%), among other information-processing roles such as claims adjusters (−4.4%) and credit analysts (−3.9%).[4]

In its 2024–34 projections, BLS expects AI adoption to support growth in computer and math occupations, such as software developers (+15.8%) and data scientists (+33.5%), while customer service representatives are projected to fall 5.5%. Lower exposure is not the only route to a growing career.[7]

BLS says uncertainty about AI's impacts "remains very high". Its AI exposure categories, published alongside the 2025–35 projections, rank occupations from low to very high exposure relative to one another, and BLS states that exposure does not imply job loss.[5, 6]

The ILO's 2025 global index finds about one in four workers worldwide in an occupation with some generative AI exposure, but only 3.3% in the highest exposure group, with clerical work the most exposed. Most exposed jobs are more likely to be transformed than eliminated.[8]

Eloundou and colleagues estimated that about 80% of U.S. workers could have at least 10% of their tasks affected by large language models, and about 19% at least half of their tasks, with exposure reaching higher-wage jobs too.[10]

Employers surveyed for the World Economic Forum's Future of Jobs Report 2025 expect about 170 million jobs to be created and 92 million displaced worldwide from 2025 to 2030, a net gain of about 78 million.[9]

The OECD's 2023 Employment Outlook estimated that about 27% of jobs in OECD countries are in occupations at high risk of automation, a broader measure than generative AI that includes some manual work. Low exposure to generative AI is not the same as low exposure to all automation.[11]

Method

Every number in the tables comes from data already published by the U.S. government and bundled with the BlissPoint Analytics Occupation Atlas. The steps are deterministic: run them again on the same data and the same list comes out.[1, 2, 3]

1. Growing occupations with real employment

Start from every O*NET-SOC occupation (".00" codes) with a BLS row. Keep those with OEWS employment of at least 20,000 in May 2024 and a projected 2025–2035 change at or above the all-occupations average of +3.5%. "All other" residual codes are left out. That leaves **238 candidates**.

2. A lower-exposure score from O*NET

Studies of generative AI exposure find the most exposed work is information processing at a desk, and the least exposed is physical, hands-on, caring and in-person work.[8, 10] The score turns that into O*NET ratings (importance and context, each 1–5); higher means less exposed:

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hands-on = max( mean(physical activities, handling objects, using hands),
            max(repairing mechanical or electronic equipment, operating vehicles,
controlling machines) )
care = assisting and caring for others
in-person = mean(physical proximity, face-to-face discussions, working directly with the
public)
info work = mean(processing information, working with computers, documenting, administrative
work)

score = 0.4 × max(hands-on, care) + 0.3 × in-person + 0.3 × (6 − info work)
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3. Fifty across education levels

Take the ten highest scores in each O*NET Job Zone (1 = little or no preparation, 5 = extensive preparation), so the list is useful to students, recruits and career changers. When a zone has fewer than ten candidates, the remaining places go to the highest scores left in any zone. No Job Zone 1 occupation met the growth and employment tests, so the list spans Job Zones 2 to 5. Occupations are grouped by job family for reading.

Limits

The score describes the nature of the work as O*NET rates it today. It does not model robotics, regulation, demand or wages, and it cannot see how fast AI tools will change. Use it to compare occupations, not to predict any one person's future. Where BLS has studied AI effects occupation by occupation, its published projections already include them.[4, 6]

The 50 occupations

Grouped by job family, ranked by score within each. Pay: OEWS May 2024 national median. Growth: BLS projected change 2025–2035 (all occupations +3.5%). Score: lower exposure is higher, on a 1–5 scale.

Healthcare practice and support (22)

Occupation (links to the Occupation Atlas)	Job Zone	Median pay	Growth 25–35	Employment	Score
Physical Therapist Assistants	3	$65,510	+23.0%	108,010	4.12
Physical Therapist Aides	2	$34,520	+4.0%	44,010	4.11
Surgical Assistants	3	$60,290	+6.1%	22,860	4.07
Paramedics	3	$58,410	+5.7%	99,530	4.06
Chiropractors	5	$79,000	+8.7%	37,630	4.05
Respiratory Therapists	3	$80,450	+8.5%	136,420	4.01
Dentists, General	5	$172,790	+5.7%	113,490	3.99
Orderlies	2	$37,700	+4.0%	53,020	3.99
Massage Therapists	3	$57,950	+15.3%	96,040	3.99
Diagnostic Medical Sonographers	3	$89,340	+13.9%	86,460	3.98
Occupational Therapy Assistants	3	$68,340	+21.5%	47,910	3.97
Psychiatric Technicians	3	$42,590	+22.3%	136,300	3.96
Physical Therapists	5	$101,020	+11.9%	248,630	3.91
Nurse Anesthetists	5	$223,210	+9.7%	50,350	3.91
General Internal Medicine Physicians	5	$236,350	+4.0%	66,640	3.91
Physician Assistants	5	$133,260	+21.1%	155,540	3.90
Ophthalmic Medical Technicians	3	$44,080	+21.4%	76,520	3.90
Dental Hygienists	3	$94,260	+8.0%	219,070	3.89
Optometrists	5	$134,830	+9.5%	41,890	3.84
Athletic Trainers	5	$60,250	+12.7%	28,950	3.83
Registered Nurses	4	$93,600	+5.6%	3,282,010	3.82
Occupational Therapists	5	$98,340	+14.8%	152,280	3.80

Skilled trades, installation and repair (8)

Occupation (links to the Occupation Atlas)	Job Zone	Median pay	Growth 25–35	Employment	Score
Electrical Power-Line Installers and Repairers	2	$92,560	+10.3%	123,680	4.20
Septic Tank Servicers and Sewer Pipe Cleaners	2	$49,140	+7.8%	29,050	4.05
Operating Engineers and Other Construction Equipment Operators	2	$58,710	+4.6%	469,270	3.97
Roustabouts, Oil and Gas	2	$47,510	+3.6%	45,330	3.91
Mechanical Door Repairers	2	$51,050	+6.4%	27,970	3.90
Tile and Stone Setters	2	$52,240	+9.8%	38,740	3.89
Insulation Workers, Mechanical	2	$57,250	+5.1%	25,640	3.89
Construction Laborers	2	$46,730	+7.3%	1,057,660	3.88

Personal care and community services (8)

Occupation (links to the Occupation Atlas)	Job Zone	Median pay	Growth 25–35	Employment	Score
Skincare Specialists	3	$41,560	+8.8%	70,240	3.94
Healthcare Social Workers	5	$68,090	+8.5%	185,940	3.90
Hairdressers, Hairstylists, and Cosmetologists	3	$35,250	+7.7%	295,460	3.90
Child, Family, and School Social Workers	4	$58,570	+4.4%	382,960	3.59
Community Health Workers	4	$51,030	+12.7%	60,730	3.57
Health Education Specialists	4	$63,000	+5.6%	65,150	3.50
Social and Human Service Assistants	4	$45,120	+7.4%	424,220	3.49
Recreation Workers	4	$35,380	+4.3%	309,640	3.36

Protective services (1)

Occupation (links to the Occupation Atlas)	Job Zone	Median pay	Growth 25–35	Employment	Score
Lifeguards, Ski Patrol, and Other Recreational Protective Service Workers	2	$33,720	+5.5%	143,590	4.02

Transportation and material moving (7)

Occupation (links to the Occupation Atlas)	Job Zone	Median pay	Growth 25–35	Employment	Score
Crane and Tower Operators	3	$66,370	+3.8%	42,000	4.10
Bus Drivers, Transit and Intercity	2	$57,440	+4.1%	148,980	4.09
Shuttle Drivers and Chauffeurs	2	$36,670	+7.1%	229,630	4.05
Flight Attendants	2	$67,130	+8.8%	130,110	4.03
Driver/Sales Workers	2	$37,130	+7.9%	417,420	4.00
Passenger Attendants	2	$37,560	+6.0%	25,340	3.96
Airline Pilots, Copilots, and Flight Engineers	4	$226,600	+8.3%	99,300	3.81

Food service, building and grounds (1)

Occupation (links to the Occupation Atlas)	Job Zone	Median pay	Growth 25–35	Employment	Score
Tree Trimmers and Pruners	2	$50,430	+4.2%	47,870	4.10

Science, engineering and technology (1)

Occupation (links to the Occupation Atlas)	Job Zone	Median pay	Growth 25–35	Employment	Score
Biological Technicians	4	$52,000	+7.4%	76,190	3.24

Management, business and finance (2)

Occupation (links to the Occupation Atlas)	Job Zone	Median pay	Growth 25–35	Employment	Score
Social and Community Service Managers	4	$78,240	+7.2%	195,490	3.34
Lodging Managers	4	$68,130	+3.8%	41,350	3.33

What to do next

Every occupation in this paper links to its page in the free BlissPoint Analytics Occupation Atlas. These free tools take the next step:

- **Occupation Atlas**: Look up any occupation's tasks, skills, education, pay and outlook. Free, no sign-in.
- **2030 future skills calculator**: See how a set of roles lines up with the skills employers expect to grow by 2030.
- **HR analytics ROI calculator**: For HR leaders: estimate what better retention and reporting are worth on your own assumptions.
- **Hiring veterans guide**: For employers: read military experience as evidence of trainable skills.
- **ASVAB line scores explained**: What GT, MM, EL, CL and the other line scores measure. BlissPoint Analytics is not affiliated with the U.S. DoD.
- **ASVAB civilian career bridge**: Civilian jobs that match each line score's subtests, for every Army line score.
- **Free ASVAB crosswalk (BlissPoint Access)**: Enter your scores to see civilian jobs you may qualify for.
- **Pricing**: Organization Viewer is free for companies of up to 50 people, with every feature.
- **What is BlissPoint Analytics?**: Who it's for, what it costs and what's included.

> **For students and recruits:** pick two or three occupations from the list, open their Atlas pages, and compare the tasks, training and pay. ASVAB line scores can point to aptitude areas worth exploring, but civilian employers do not ask for them. BlissPoint Analytics is not affiliated with the U.S. DoD or the ASVAB program.

> **For career changers:** look for occupations in the same job family as work you already know; skills such as equipment repair, patient care or customer contact carry across.

> **For HR leaders:** use the 2030 skills calculator on your own roles, and plan reskilling toward the hands-on and in-person work your people already do well. Organization Viewer is free up to 50 people.

> **Disclaimer.** This paper is informational, not career, legal or financial advice. Forecasts are uncertain: no occupation is AI-proof, and the rankings describe relative exposure in today's data, not guarantees about the future. BlissPoint Analytics is not affiliated with the U.S. DoD or the ASVAB program.

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References 8 to 11 were checked through search results quoting the publisher, because those sites were not reachable when this paper was built. Pay is the OEWS national median annual wage; "≥" marks BLS's top-coded value.

About BlissPoint Analytics

BlissPoint Analytics builds workforce analytics tools grounded in industrial and organizational psychology: Organization Viewer for org charts, costs and workforce planning, the free Occupation Atlas, and free calculators for HR leaders. It was founded by Anthony L. Hammock, M.Sc., a 20+ year Industrial and Organizational Psychology consultant, software developer, and Brandeis University graduate studies professor of Talent Insights and Workforce Metrics.

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