BlissPoint Analytics
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AI AND THE U.S. JOB MARKET

Top 5 Job Categories After AI

The five U.S. job families with the most growing occupations that rank low for generative AI exposure, built from BLS and O*NET data.

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/top-5-job-categories-after-ai

Executive summary

Across 238 growing U.S. occupations, the job families with the most low-exposure occupations are healthcare practice and support; skilled trades, installation and repair; transportation and material moving; personal care and community services; food service, building and grounds. They share work that is physical, hands-on, caring or done in person, which current generative AI does least.

#	Job family	Growing occupations	Low-exposure	Approx. new jobs	Median pay*
1	Healthcare practice and support	40	37	870,400	$67,260
2	Skilled trades, installation and repair	36	31	620,596	$58,710
3	Transportation and material moving	15	15	490,859	$44,140
4	Personal care and community services	19	12	238,883	$46,180
5	Food service, building and grounds	12	10	605,921	$38,090

*Median of the occupations' median pay. Approximate new jobs = May 2024 employment × projected % change, summed over the family's growing occupations.

> **Read this as evidence, not a promise.** No job family is AI-proof, and forecasts are uncertain. Families that rank lower here, such as computer and math occupations, are also projected to grow, partly because of AI.[7]

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. From occupations to job families

SOC major groups are combined into 13 job families (for example, healthcare practitioners and healthcare support together). A family's rank is the number of its candidates that score at or above the median of all 238 candidates (3.53), with the approximate number of new jobs as the tiebreak. A family needs at least five candidates. Approximate new jobs = May 2024 employment × projected % change, summed; it is a rough guide, not a BLS figure.

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 five job families

1 Healthcare practice and support

SOC major groups 29 and 31 · 40 growing occupations, 37 at or above the median score · about 870,400 new jobs · 9,097,430 employed · mean score 3.81

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

2 Skilled trades, installation and repair

SOC major groups 47 and 49 · 36 growing occupations, 31 at or above the median score · about 620,596 new jobs · 9,592,900 employed · mean score 3.72

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

3 Transportation and material moving

SOC major groups 53 · 15 growing occupations, 15 at or above the median score · about 490,859 new jobs · 7,523,960 employed · mean score 3.86

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

4 Personal care and community services

SOC major groups 39 and 21 · 19 growing occupations, 12 at or above the median score · about 238,883 new jobs · 3,414,790 employed · mean score 3.57

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
Exercise Trainers and Group Fitness Instructors	3	$46,180	+7.3%	303,620	3.83
Residential Advisors	3	$39,180	+3.5%	82,810	3.74
Mental Health and Substance Abuse Social Workers	5	$60,060	+10.3%	125,910	3.62

5 Food service, building and grounds

SOC major groups 35 and 37 · 12 growing occupations, 10 at or above the median score · about 605,921 new jobs · 9,378,980 employed · mean score 3.66

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
Food Servers, Nonrestaurant	2	$34,460	+4.5%	271,780	3.87
Pest Control Workers	2	$44,730	+5.5%	96,110	3.72
First-Line Supervisors of Landscaping, Lawn Service, and Groundskeeping Workers	3	$56,170	+4.0%	124,130	3.71
Cooks, Restaurant	2	$36,830	+12.1%	1,452,130	3.70
Chefs and Head Cooks	3	$60,990	+6.6%	182,320	3.67

Other families, by low-exposure occupations: Protective services (5 of 7); Production (4 of 9); Education and training (2 of 9); Science, engineering and technology (1 of 44); Arts, sales and office (1 of 9); Management, business and finance (0 of 35).

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.

What is BlissPoint Analytics? · Pricing (free up to 50 people) · Occupation Atlas