Will AI take my job?

Start with the tasks. Then check the evidence.

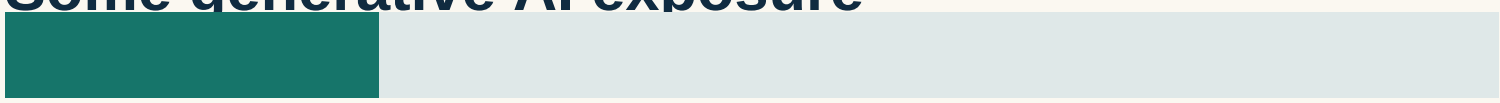
A task being exposed to AI is not a personal prediction of redundancy.



Illustrative photograph: Dylan Gillis / Unsplash. The people shown are not study participants.

Exposure is not job loss.

Share of global employment in the ILO task-based exposure index



Both bars use a 0-100% scale. The highest category is part of the exposed group; do not add the figures.

These are estimates of potential task exposure, not measured redundancies or the chance that any individual will lose a job.

Source: ILO Working Paper 140, 20 May 2025. Original report linked on the final page.

What does the evidence measure?

Task exposure

Could AI assist with or automate parts of a role?

Does not measure actual job losses.

Employer plans

What do surveyed organisations say they intend to change?

Plans can change; survey answers are not audited outcomes.

Observed employment

What happened to hiring or employment over a stated period?

A change alone does not establish that AI caused it.

Editorial comparison based on the source-linked AI and jobs guide. Different measures cannot be converted into one job-loss probability.

Choose one task from your working day.

01 What information and tools does it need?

02 Which mistakes would matter, and who checks them?

03 Does AI save time after checking and correction?

04 Who approves consequential actions?

05 What training or support would help?

Read the full evidence guide

theimpactofai.net/story/
will-ai-take-my-job-evidence-skills-2026

ILO source: ilo.org/publications/generative-ai-and-jobs-refined-global-index-occupational-exposure