



January 2026



Square Set Metals Recruiting, LLC

Employment Trends in the Market

January Hiring Trends 2026

Total non-farm payroll increased by 130,000 in January. The unemployment rate came in at 4.3%. An overall continued downward trend in unemployment rates has been in place since November 2025.

Employment continued to trend up in construction, health care and social services.

Bureau of Labor Statistics

Job Increases/Decreases

Federal: (-34,000)
Healthcare: + 82,000
Construction: + 33,000
Transportation and Warehouse: unchanged

Industry Notes

The Primary Metal Manufacturing industry saw an increase in payroll of 900 jobs and Fabricated Metal Products were down 200 jobs.

Bureau of Labor Statistics 2/11/2026

Civilian Unemployment Rate

