

The Monthly Employment Report

July 2025

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On a seasonally adjusted basis, preliminary estimates from the Bureau of Labor Statistics (BLS) show nonfarm employment in Washington increased by 10,800 in July 2025.^a Employment in the private sector increased by 11,700 jobs over the month and employment in the public sector decreased by 900.

On a not seasonally adjusted basis, estimates for July 2024 through July 2025 show an increase of 4,800 jobs statewide. Employers in the private sector collectively added 9,900 jobs while the public sector shed an estimated 5,100 jobs over the year.

Washington's preliminary seasonally adjusted unemployment rate for July 2025 was 4.5%, unchanged from the estimated unemployment rate for June. For reference, the unemployment rate in July 2024 was 4.5%.

BLS estimates of monthly job gains and losses are based on a survey of businesses. Preliminary estimates are subject to revision.

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^a Most of the employment numbers in this report refer to jobs, not people. For example, if a person holds two positions, these positions are counted as two jobs in the employment series. In the unemployment section, these positions refer to individuals, not jobs. In this case, a person holding two jobs is counted only once.

Resident civilian labor force and unemployment, seasonally adjusted

The resident civilian labor force is the total number of people in the workforce, employed and unemployed, ages 16 and older.

The number of unemployed is the estimated number of people who currently do not have a job, are available for work and have actively looked for work in the last four weeks.

The unemployment rate is the ratio of the estimated number of unemployed divided by the civilian labor force.

Figure 1: Resident civilian labor force and unemployment, seasonally adjusted, United States and Washington state, June and July 2024 and May and June 2025

United States	July 2025 preliminary	June 2025 revised	July 2024 revised	June 2024 revised
Unemployment rate	4.2%	4.1%	4.2%	4.1%

Washington	July 2025 preliminary	June 2025 revised	July 2024 revised	June 2024 revised
Unemployment rate	4.5%	4.5%	4.5%	4.5%
Resident labor force	4,024,900	4,033,200	4,067,800	4,067,800
Unemployed	181,000	180,500	183,000	184,500

Seattle/Tacoma/Bellevue	July 2025 preliminary	June 2025 revised	July 2024 revised	June 2024 revised
Unemployment rate	4.3%	4.4%	4.1%	4.2%
Resident labor force	2,332,800	2,341,700	2,328,200	2,323,900
Unemployed	101,000	102,000	96,400	97,600

Source: Employment Security Department/LMIR Division; U.S. Bureau of Labor Statistics, Local Area Unemployment Statistics

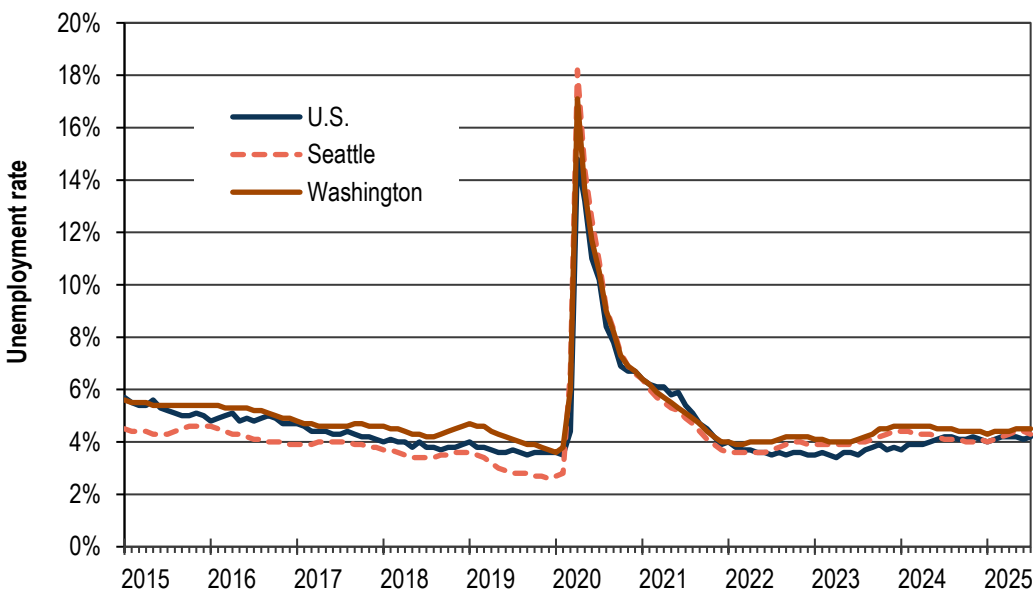
Unemployment, seasonally adjusted

The BLS estimates Washington's preliminary seasonally adjusted unemployment rate for July 2025 was 4.5%, unchanged from the rate reported in the previous month. The revised estimate for July 2024 was 4.5%.

According to BLS estimates, the number of unemployed Washington residents increased by 500 over the month. The estimated number of employed Washington residents decreased by 8,800. Overall, this amounted to a decrease of 8,300 workers in the labor force from June to July 2025. July 2025 preliminary unemployment rates:

- United States (preliminary) 4.2%
- Washington (preliminary) 4.5%
- Seattle area (preliminary) 4.3%

Figure 2: Unemployment rates, seasonally adjusted, U.S., Washington and Seattle, January 2015 through July 2025



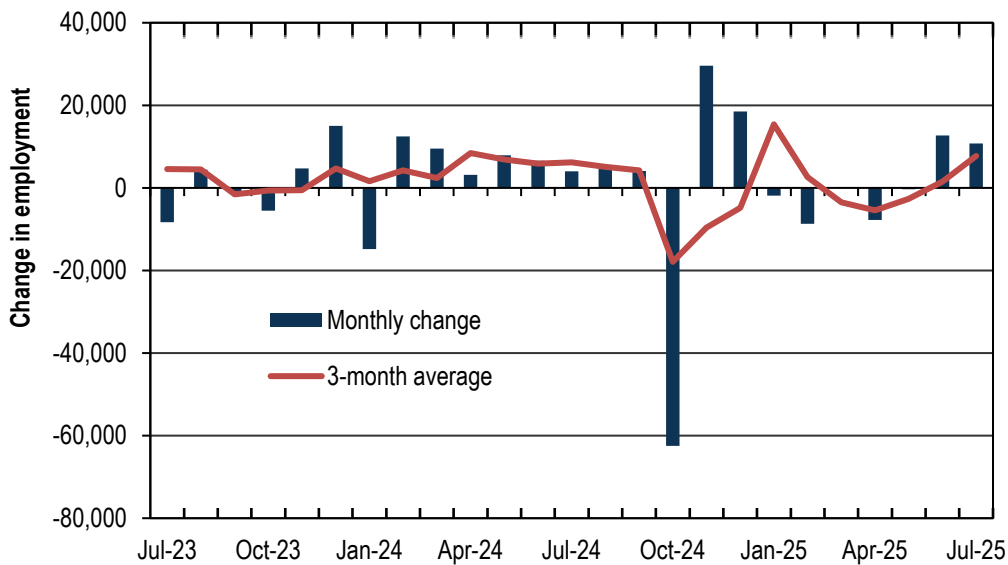
Source: Employment Security Department/LMIR Division; U.S. Bureau of Labor Statistics, Local Area Unemployment Statistics

Employment change, seasonally adjusted

Based on BLS estimates, Washington state nonfarm employment increased by 10,800 from June to July 2025. Recent employment change:

- May 2025: down 300 (revised)
- June 2025: up 12,700 (revised)
- July 2025: up 10,800 (preliminary)

Figure 3: Monthly employment change, seasonally adjusted, Washington state, July 2023 through July 2025



Source: Employment Security Department/LMIR; U.S. Bureau of Labor Statistics, Current Employment Statistics

Employment and unemployment, seasonally adjusted

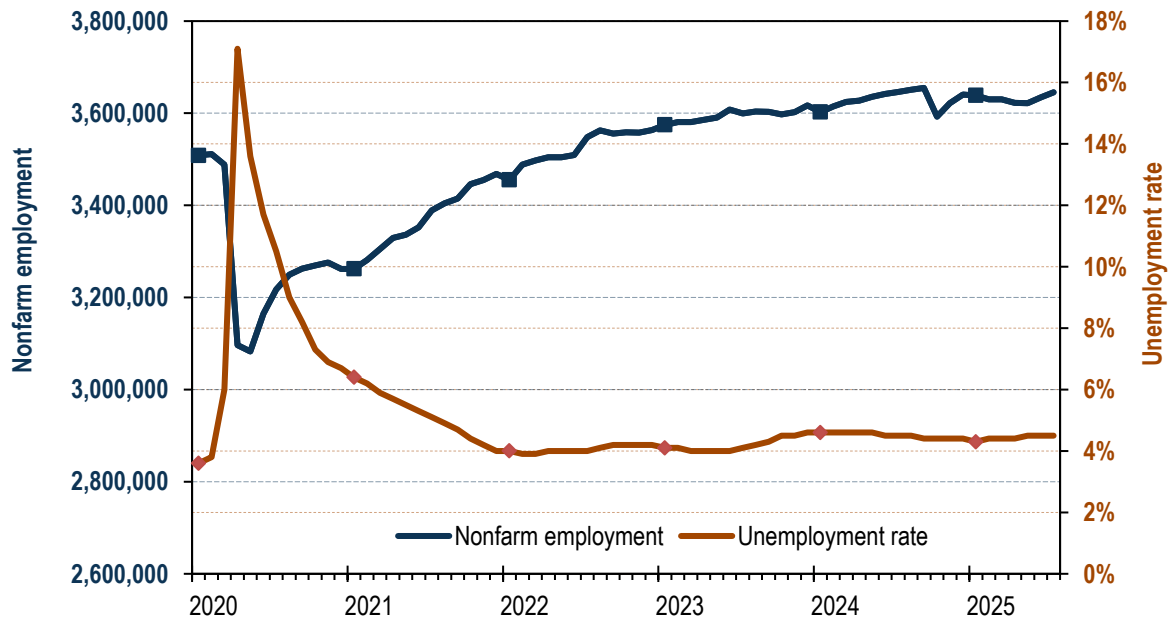
February 2020 (start of 2020 employment recession in Washington)

- Nonfarm employment: 3,511,100
- Unemployment rate: 3.8%

July 2025 (preliminary)

- Nonfarm employment: 3,645,400
- Unemployment rate: 4.5%

Figure 4: Nonfarm employment and unemployment rate, seasonally adjusted, Washington, January 2020 through July 2025



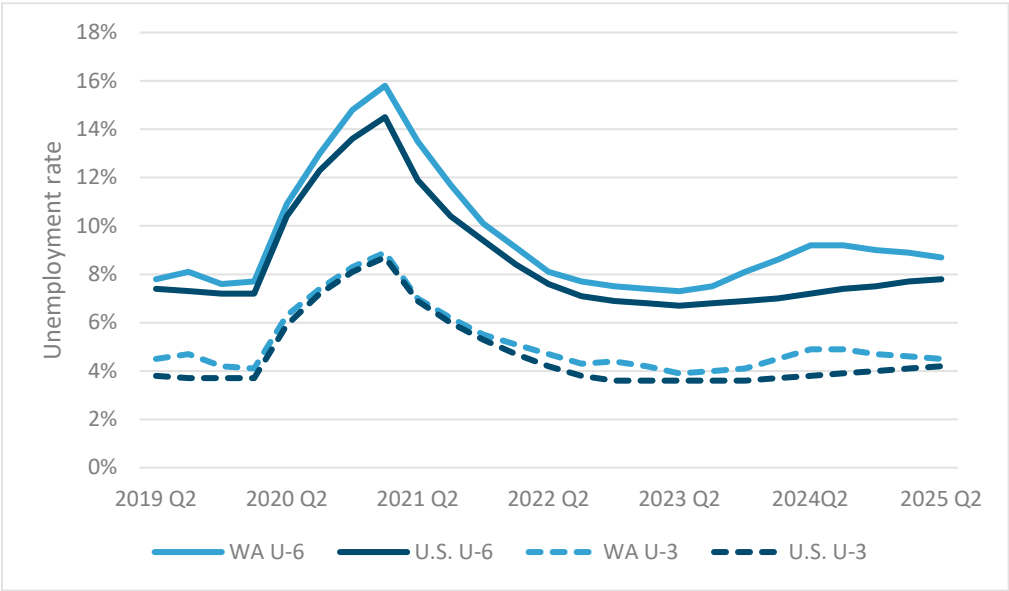
Source: Employment Security Department/LMIR; U.S. Bureau of Labor Statistics, Current Employment Statistics, Local Area Unemployment Statistics.

U-6: Broader annual average unemployment remained virtually unchanged

BLS recently updated its alternative measures of labor underutilization for states to include four-quarter rates through the second quarter of 2025. One such alternative measure is the U-6 rate, which considers not only the unemployed population in the official U-3 unemployment rate, but also marginally attached workers and those employed part time for economic reasons. The U-6 rate is defined by BLS as the “total unemployed, plus all marginally attached workers, plus total employed part time for economic reasons, as a percent of the civilian labor force plus all marginally attached workers.” This U-6 measure measures the “unemployed, underemployed, and those who are not looking but who want a job.”

The U-6 annual average unemployment rate for the four-quarter period through the second quarter of 2025 for Washington state was 8.7%. This is down from the previous four quarter moving average (8.9% through first quarter of 2025). The U.S. U-6 average for the four-quarter period through the second quarter of 2025 was 7.8%. Washington’s U-6 rate tends to run higher than the national rate.

Figure 5: Alternative measures of labor underutilization, four-quarter moving average, Washington state and U.S. U-3 and U-6 unemployment rates



Source: Employment Security Department/LMIR; U.S. Bureau of Labor Statistics, Current Population Survey and Local Area Unemployment Statistics

Figure 6: Alternate measures of labor underutilization, four quarter moving average, Washington

Year	WA/U.S.	Q1	Q2	Q3	Annual average
2025	WA	8.9%	8.7%		
2025	U.S.	7.7%	7.8%		
2024	WA	8.6%	9.2%	9.2%	9.0%
2024	U.S.	7.0%	7.2%	7.4%	7.5%
2023	WA	7.4%	7.3%	7.5%	8.1%
2023	U.S.	6.8%	6.7%	6.8%	
2022	WA	9.1%	8.1%	5.0%	7.5%
2022	U.S.	8.4%	7.6%	7.1%	6.9%
2021	WA	15.8%	13.5%	11.7%	10.1%
2021	U.S.	14.5%	11.9%	10.4%	9.4%
2020	WA	8.1%	10.9%	13.0%	14.8%
2020	U.S.	7.7%	10.4%	12.3%	13.6%
2019	WA	8.1%	7.8%	8.1%	7.6%
2019	U.S.	8.3%	8.1%	7.8%	7.7%

Source: Employment Security Department/LMIR; U.S. Bureau of Labor Statistics, Current Population Survey and Local Area Unemployment Statistics

Industry employment in Washington, seasonally adjusted

One-month employment change by industry: Based on a BLS survey of businesses and governments, Washington employers collectively added an estimated 10,800 jobs over the month, on a seasonally adjusted basis:

- June 2025 employment estimates were revised up by 1,800 jobs, adjusting the initial reported job gains from 10,900 to 12,700.
- Overall, employment increased in eight major industry sectors and decreased in five.
- Private sector employment is estimated to have increased by 11,700 and government employment decreased by 900 in July.
- The largest one-month sector level gains in private industry were observed in leisure and hospitality (up 4,300), transportation, warehousing and utilities (up 2,600) and manufacturing (up 2,100). The largest employment gains in leisure and hospitality were attributable to arts, entertainment and recreation. Within the manufacturing sector, food manufacturers added 1,000 jobs.
- The deepest one-month private sector losses were observed in professional and business services (down 3,400). Most of these losses occurred within administrative and support services (down 2,600).

Figure 7: Estimated one-month employment change by industry, seasonally adjusted, Washington state, June to July 2025

Industry	One-month change
Total nonfarm	10,800
Leisure and hospitality	4,300
Transportation, Warehousing and Utilities	2,600
Manufacturing	2,100
Other Services	1,900
Retail Trade	1,900
Wholesale Trade	1,600
Education and Health Services	1,600
Financial Activities	400
Mining and logging	-100
Construction	-500
Information	-700
Government	-900
Professional and Business Services	-3,400

Source: Employment Security Department/LMIR; U.S. Bureau of Labor Statistics, Current Employment Statistics

Industry employment in Washington, not seasonally adjusted

Change by industry over the year: Based on a BLS survey of businesses and governments, Washington businesses collectively added an estimated 4,800 jobs from July 2024 to July 2025. This is a 0.1% increase in employment over the year.

- Over the past 12 months, employment in six major industry sectors increased and seven decreased.
- Private sector employment increased 0.3%, up an estimated 9,900 jobs.
- Public sector employment decreased 0.8%, down an estimated 5,100 jobs. One-year losses primarily affected federal and state government employment.
- The largest private sector gains were attributable to hiring in education and health services (up 16,600), transportation, warehousing and utilities (up 8,200) and information (up 4,100); the deepest one-year losses were observed in construction (down 11,300) and manufacturing (down 3,000).

- Education and health services employment gains were primarily attributable to hiring in health and social services; within that, social assistance added the most jobs (4,900).
- Losses in construction were predominantly attributable to specialty trade contractors (down 9,200).

Figure 8: Estimated employment change by industry over the year, not seasonally adjusted, Washington state, July 2024 through July 2025

Industry	One year change
Total nonfarm	4,800
Education and health services	16,600
Transportation, warehousing and utilities	8,200
Information	4,100
Leisure and hospitality	4,000
Other services	3,700
Wholesale trade	2,800
Mining and logging	-100
Retail trade	-1,400
Manufacturing	-3,000
Financial activities	-3,700
Government	-5,100
Professional and business services	-10,000
Construction	-11,300

Source: Employment Security Department/LMIR; U.S. Bureau of Labor Statistics, Current Employment Statistics

Seasonally adjusted employment

Seasonally adjusted numbers account for normal seasonal patterns that occur year after year, such as strong seasonal hiring in retail trade around the holidays. Taking into account normal seasonal variations makes it possible to see unusual changes in employment levels.

- **Normal seasonal change:** expected monthly change in employment based on history.
- **Estimated change:** employment change over the month based on BLS survey data.
- **Seasonally adjusted change:** change in employment accounting for normal seasonal patterns.

Figure 9: Normal seasonal change, estimated change and seasonally adjusted change, Washington state, July 2025

Industry	Normal seasonal change	Estimated change	Seasonally adjusted change
Total nonfarm	-16,500	-5,700	10,800
Leisure and hospitality	1,600	5,900	4,300
Transportation, Warehousing and Utilities	100	2,700	2,600
Manufacturing	1,500	3,600	2,100
Other Services	-200	1,700	1,900
Retail Trade	1,400	3,300	1,900
Wholesale Trade	0	1,600	1,600
Education and Health Services	-6,400	-4,800	1,600
Financial Activities	700	1,100	400
Mining and logging	100	0	-100
Construction	900	400	-500
Information	900	200	-700
Government	-18,200	-19,100	-900
Professional and Business Services	1,100	-2,300	-3,400

Source: Employment Security Department/LMIR; U.S. Bureau of Labor Statistics, Current Employment Statistics

Contact us

For more Washington labor market information, visit [Employment Security's website](#). Contact us at lmir@esd.wa.gov with any questions. County level information will be available at 10 a.m. July 19, 2025. The 2025 publication schedule can be found on [Employment Security's website](#)

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