

Low-Hire, Low-Fire: The Frozen Job Market

Latest: July 2026



Notes: JOLTS hires and layoffs rates, seasonally adjusted. Layoffs stay historically low while hiring has slowed to recession-era rates - jobs are safe if you have one, scarce if you don't. JOLTS lags ~1 month. Shaded bars: NBER recessions.

Source: U.S. Bureau of Labor Statistics via FRED (JTSHIR, JTSLDR). Retrieved 01 Sep 2026.

Chart by Mokhtar Tabari · vizdelta.com