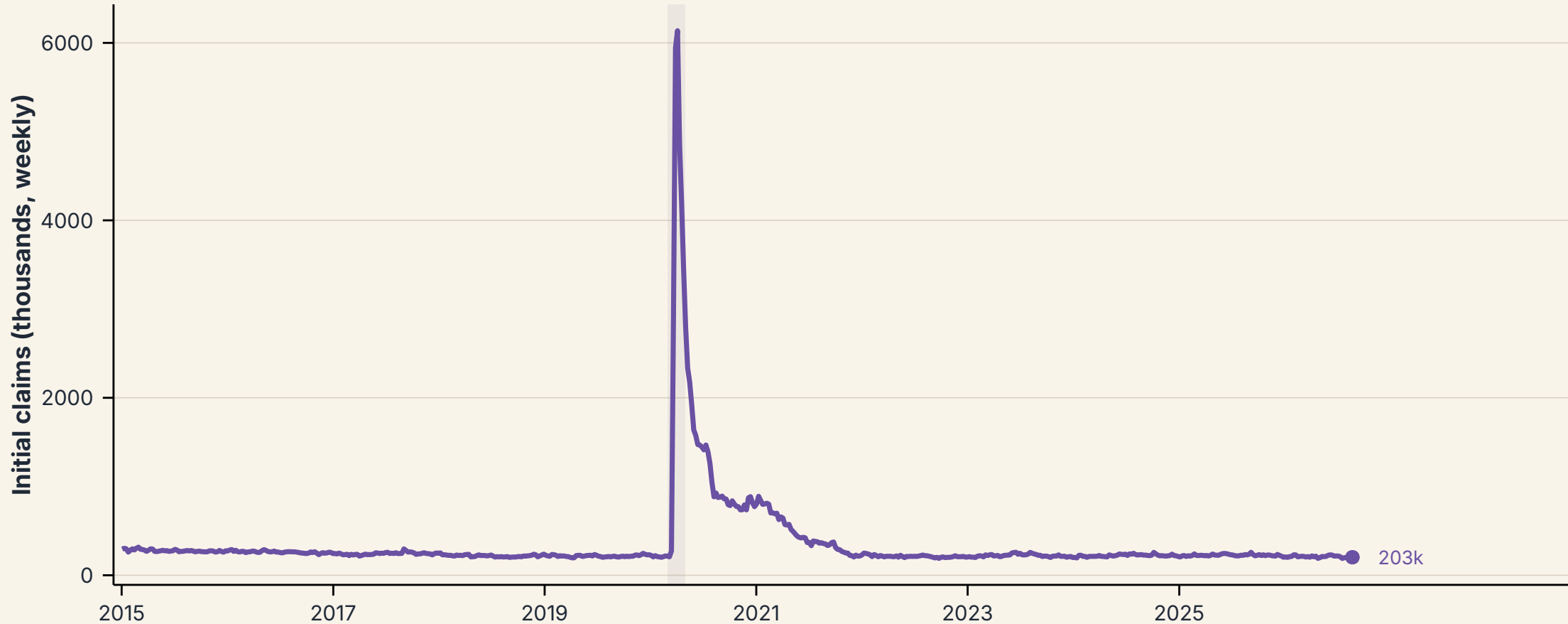


# The Fastest Labour Signal: Jobless Claims

Latest: 22 Aug 2026



Notes: Initial claims for unemployment insurance, seasonally adjusted - published weekly for the prior week, the most frequent official labour indicator. The 2020 spike is the only downturn inside this window; claims have also run above 300k without one following, as in late 2021. Shaded bars: NBER recessions.

Source: U.S. Employment & Training Administration via FRED (ICSA). Retrieved 01 Sep 2026.

Chart by Mokhtar Tabari · vizdelta.com