

NL Quarterly Job Vacancy Report

**2nd Quarter 2026
(April – June)**

Important Notes

- This report covers new monthly job postings that were captured by Signal49 Research between April and June 2026, reflecting the totals of these unique monthly postings for this period.
- All chart and table data in this report, including overall totals and percentage shares, are based only on postings that were able to be classified for the relevant indicator (e.g., occupation, industry, location, etc.); thus, totals vary across indicators. As an example, of the 7,308 postings recorded in Q2 for Newfoundland and Labrador, 6,854 were able to be classified at one of the five regional levels (454 were unable to be classified beyond the provincial level). For this reason, the summed totals for postings in the five regions do not equal those presented for the province overall.
- Job posting data are presented for Newfoundland and Labrador overall, as well as for each of the following regions: Labrador, Western, Central, Eastern, and Avalon. A map showing the approximate areas of geographic coverage for each of these regions is included in the charts for occupation.
- **Occupational data** has been classified (where possible) using the most current standard, National Occupational Classification 2021 ([NOC](#)) system.
- **Industry data** is classified (where possible) using the 2017 North American Industry Classification System ([NAICS](#)).
- **TEER levels** refer to the type and/or amount of training, education, experience and responsibility associated with an occupation and is determined based on the second digit of each job posting's 5-digit NOC code. In earlier reports, this indicator was referred to as education and experience levels and was based on a smaller set of categories. TEER levels will be used for all reports moving forward, however. Details on the new TEER categorization can be found [here](#).
- **Sought Skills/Qualifications** cover a wide range of skills mentioned as requirements in individual job postings. Note that more than one skill or qualification can be advertised as a requirement for any individual job posting.

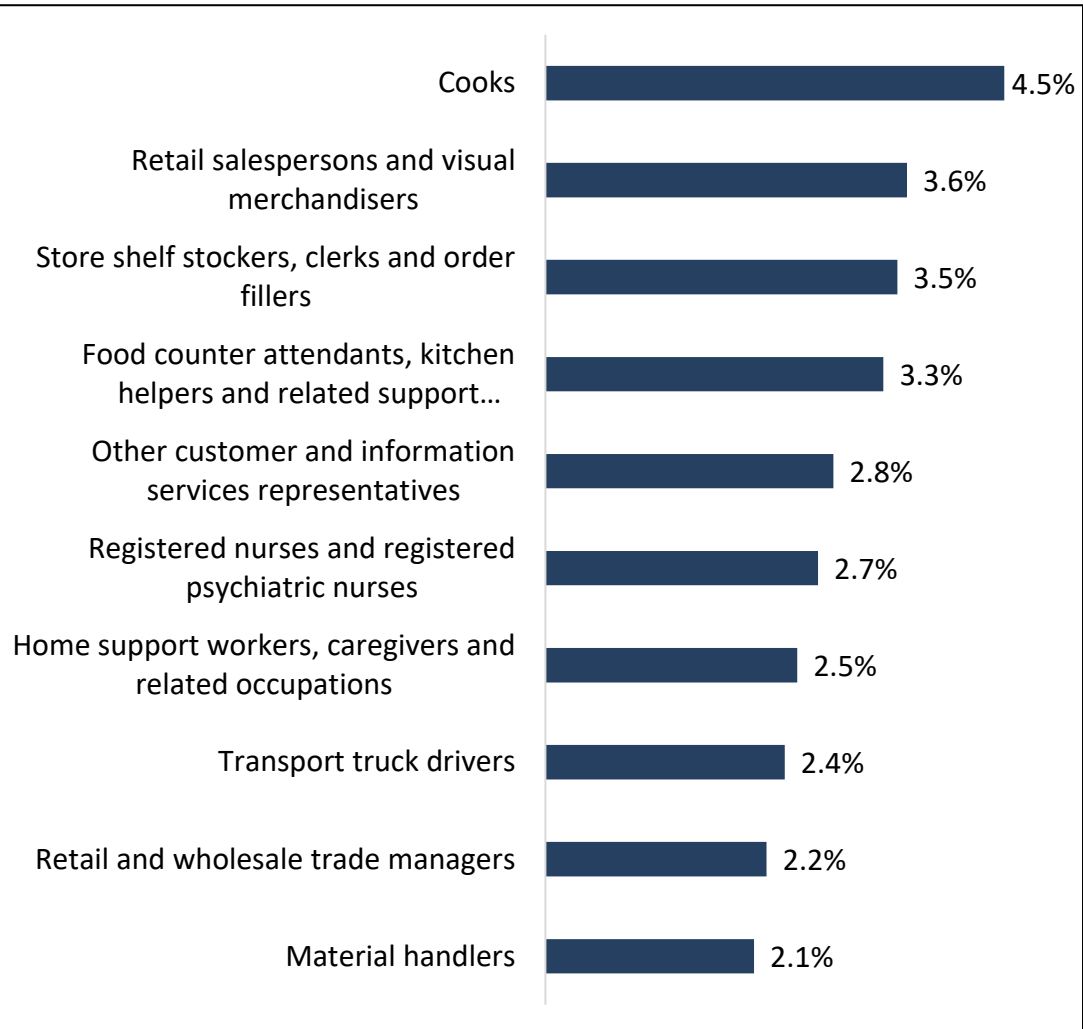
Occupational Comparisons



Top 10 Occupations Sought in 2nd Quarter Job Postings (5-Digit NOC), Newfoundland and Labrador

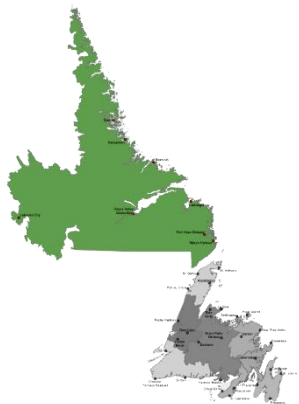
Classified Job Postings for NL (April – June 2026): 7,308

- Occupations most represented in the province's job postings included those related to sales and service (retail salespersons, retail and wholesale trade managers, store shelf stockers); supply chain (material handlers, truck drivers); health (nurses, home support workers); and food services (cooks, food counter attendants).
- Other areas represented in the top 10 included information services (other customer and information services representatives).
- Provincially, the occupation with the highest percentage of job postings was Cooks (4.5 per cent), followed by Retail Salespersons and Visual Merchandisers (3.6 per cent).



Note: Does not include percentage share associated with unclassified occupations.

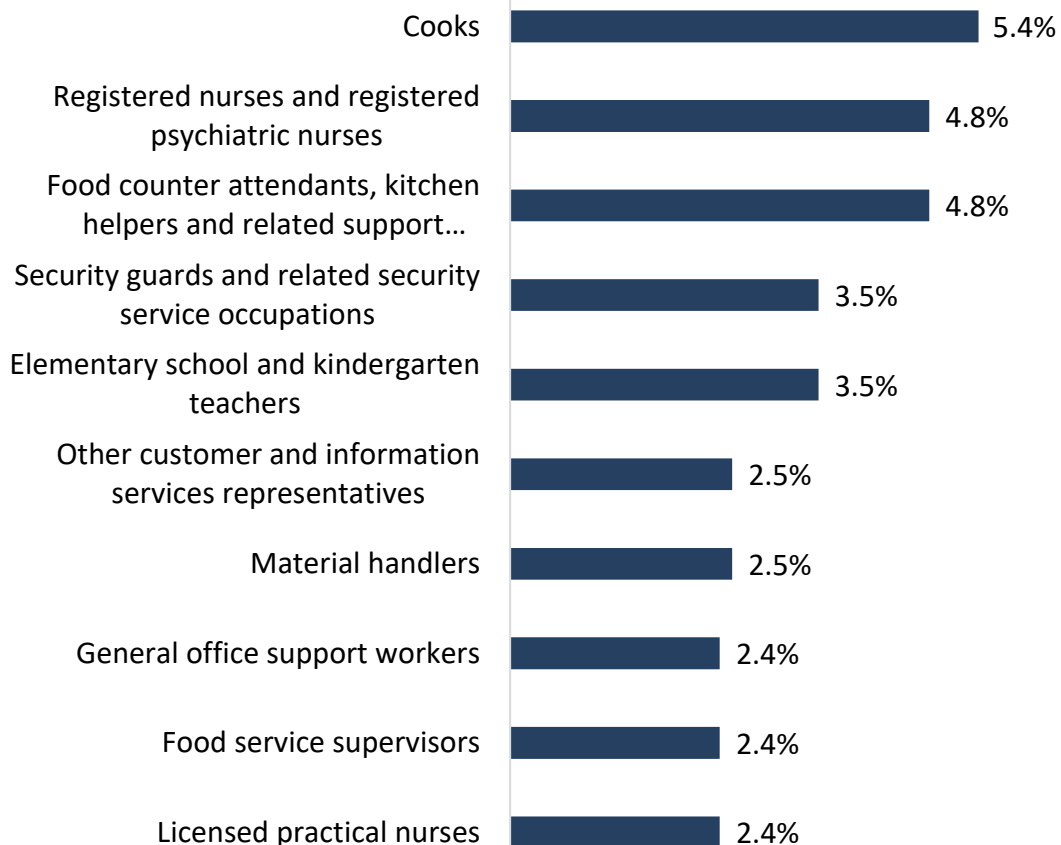
Source: Signal49 Research Data (April – June 2026)



Top 10 Occupations Sought in 2nd Quarter Job Postings (5-Digit NOC), Labrador Region

Classified Job Postings for Labrador (April – June 2026): 709

- Occupations most represented in Labrador's job postings included those related to food service (cooks, food counter attendants, food service supervisors); and health (registered nurses and licensed practical nurses).
- Other areas represented in the top 10 included information services (other customer and information services representatives); security services (security guards); supply chain (material handlers); education (teachers); and business (office support workers).
- For the Labrador region, the occupations with the highest percentage of job postings were Cooks (5.4 per cent) followed by Registered Nurses and Registered Psychiatric Nurses and Food Counter attendants, Kitchen Helpers and Related Support (each at 4.8 per cent).



Note: Does not include percentage share associated with unclassified occupations.

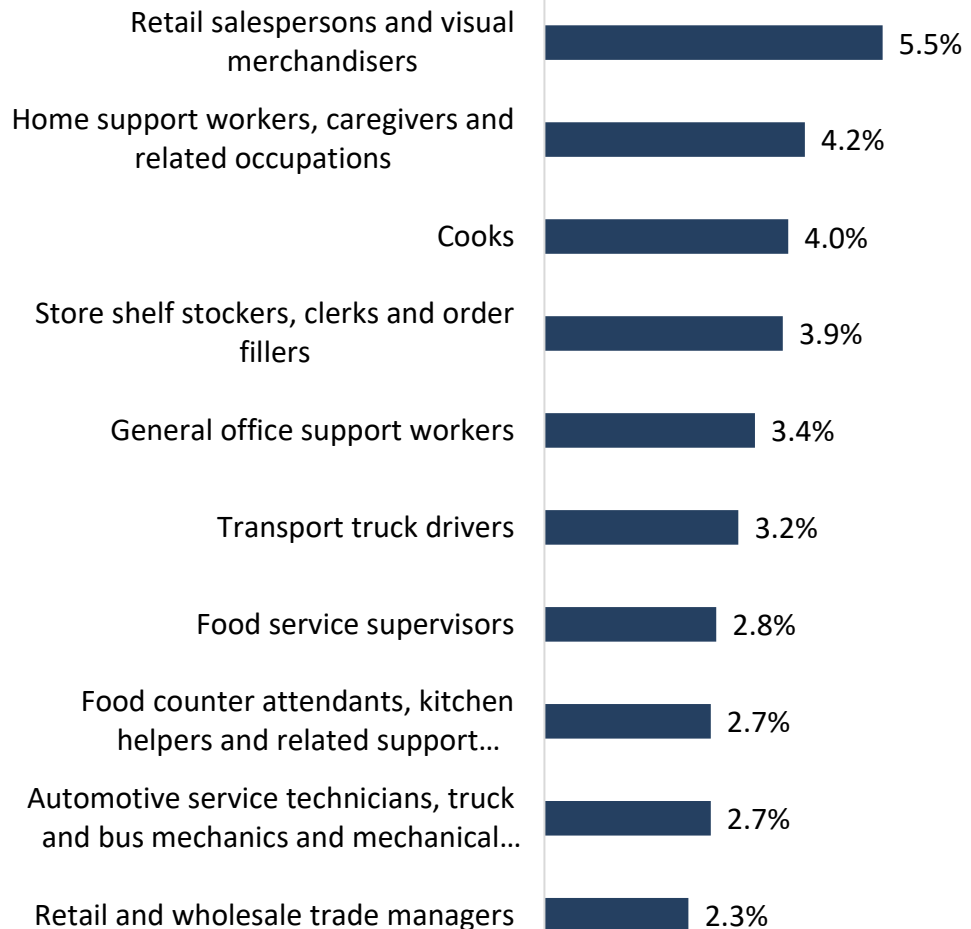
Source: Signal49 Research Data (April – June 2026)

Top 10 Occupations Sought in 2nd Quarter Job Postings (5-Digit NOC), Western Region



Classified Job Postings for Western (April – June 2026):
1,110

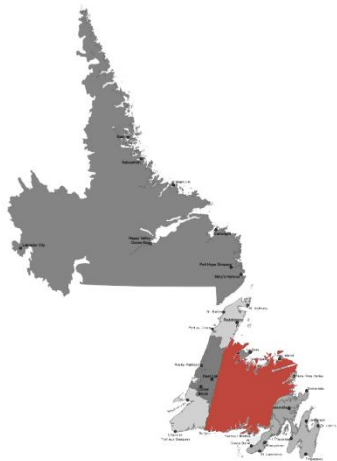
- Occupations most represented in Western's job postings included those related to sales and service (retail salespersons, retail and wholesale trade managers, store shelf stockers); and food service (cooks, food counter attendants, and food service supervisors).
- Other areas represented in the top 10 included health (home support workers); supply chain (truck drivers); trades (automotive service technicians); and business (office support workers).
- For the Western region, the occupation with the highest percentage of job postings was Salespersons and Visual Merchandisers (5.5 per cent) and Home Support workers, Caregivers and Related Occupations (4.2 per cent).



Note: Does not include percentage share associated with unclassified occupations.

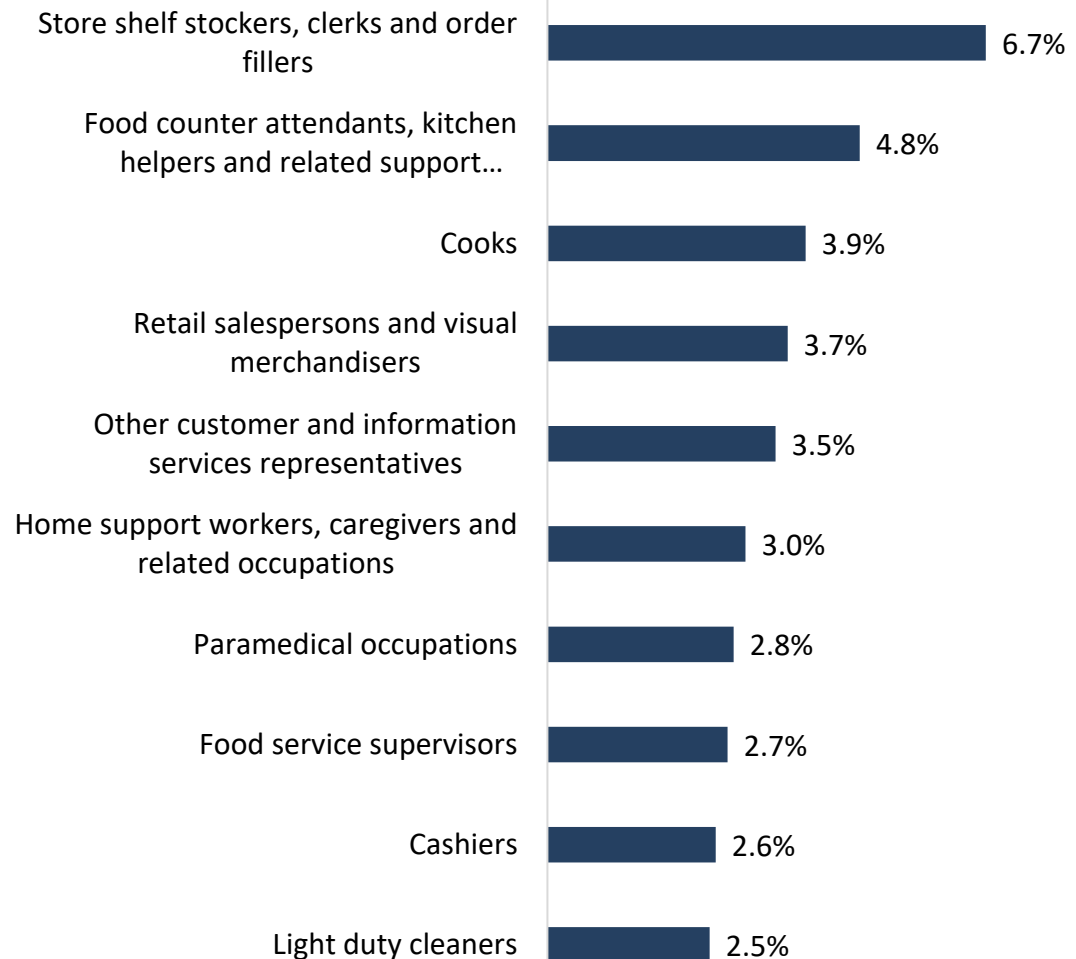
Source: Signal49 Research Data (April – June 2026)

Top 10 Occupations Sought in 2nd Quarter Job Postings (5-Digit NOC), Central Region



Classified Job Postings for Central (April – June 2026):
1,091

- Occupations most represented in the Central region's job postings included those related to sales and service (retail salespersons, store shelf stockers, cashiers); health (home support workers, paramedical occupations); and food services (cooks, food counter attendants, food service supervisors).
- Other areas represented in the top 10 were related to cleaning services (light duty cleaners); and information services (other customer and information services representatives).
- For the Central region, the occupations with the highest percentage of job postings were Store Shelf Stockers, Clerks and Order Fillers (6.7 per cent) and Food Counter Attendants, Kitchen Helpers and Related Support Occupations (4.8 per cent).



Note: Does not include percentage share associated with unclassified occupations.

Source: Signal49 Research Data (April – June 2026)

Top 10 Occupations Sought in 2nd Quarter Job Postings (5-Digit NOC), Eastern Region



Classified Job Postings for Eastern (April – June 2026):
460

- Occupations most represented in the Eastern region's job postings included those related to sales and service (retail salespersons, retail and wholesale trade managers, store shelf stockers, cashiers); health (nurses, home support workers) and food services (cooks, food counter attendants, bakers, and food service supervisors).
- For the Eastern region, the occupation with the highest percentage of job postings was Registered Nurses and Registered Psychiatric Nurses (5.9 per cent), followed by Food Counter Attendants, Kitchen Helpers and Related Support Occupations as well as Cooks (5.4 per cent each).



Note: Does not include percentage share associated with unclassified occupations.

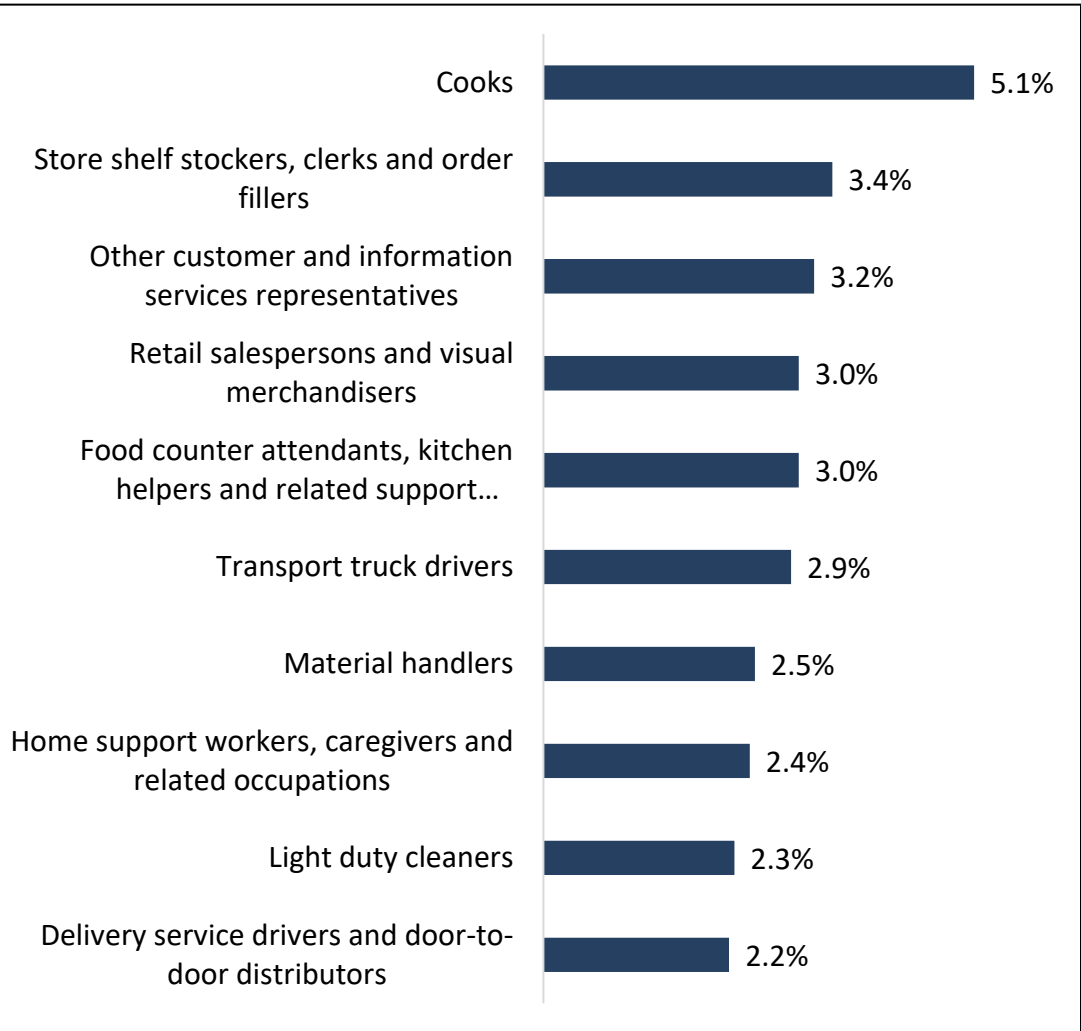
Source: Signal49 Research Data (April – June 2026)

Top 10 Occupations Sought in 2nd Quarter Job Postings (5-Digit NOC), Avalon Region



Classified Job Postings for Avalon (April – June 2026):
3,284

- Occupations most represented in the Avalon region's job postings included those related to sales and service (retail salespersons, store shelf stockers); supply chain (delivery drivers, truck drivers, material handlers); and food services (cooks, food counter attendants).
- Other areas in the top 10 were related to information services (other customer and information services representatives); health (home support workers); and cleaning services (light duty cleaners).
- For the Avalon region, the occupations with the highest percentage of job postings were Cooks (5.1 per cent) and Store Shelf Stockers, Clerks and Order Fillers (3.4 per cent).



Note: Does not include percentage share associated with unclassified occupations.

Source: Signal49 Research Data (April – June 2026)

Occupation Highlights

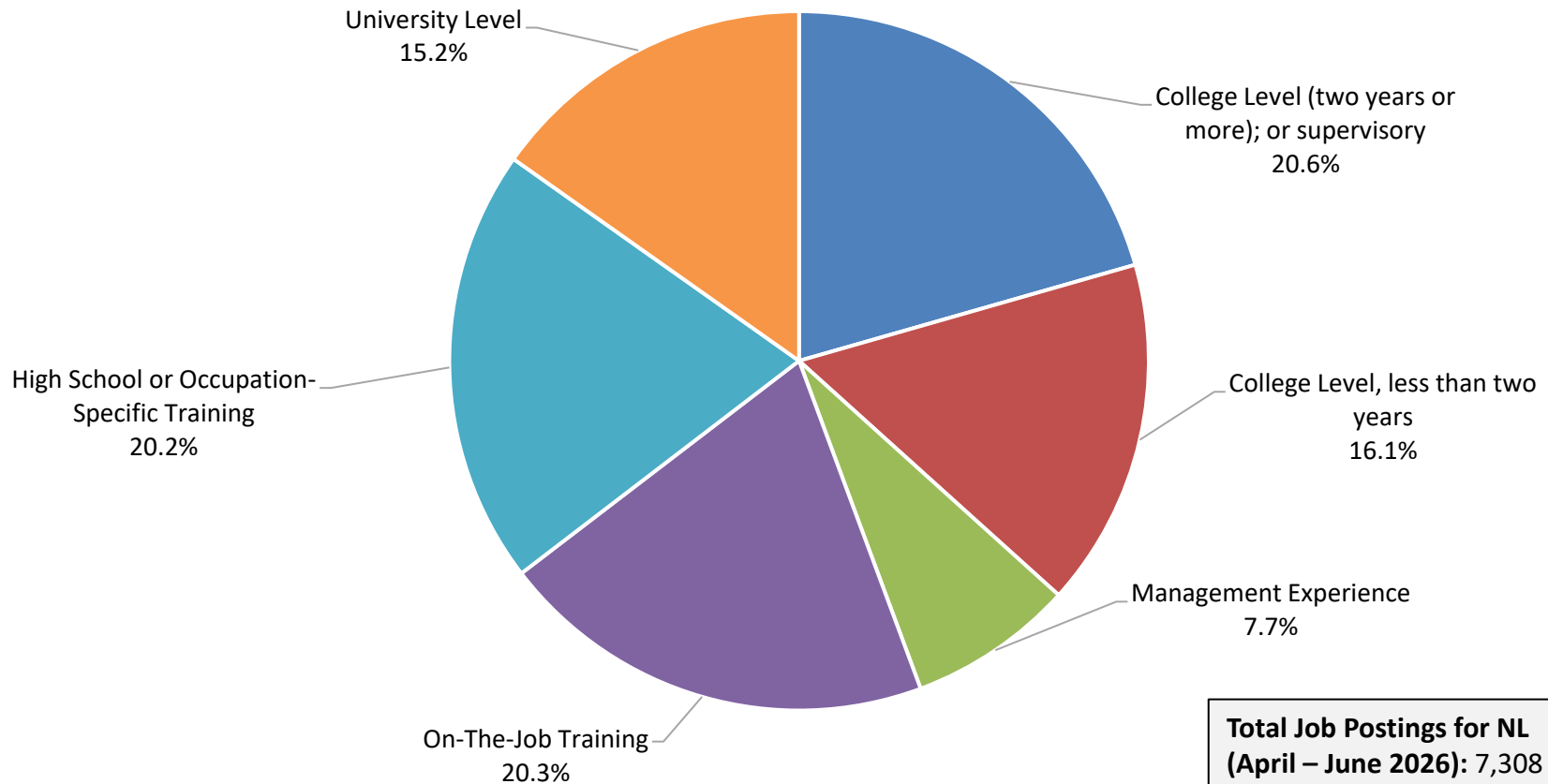
- The total number of job postings in the province that were able to be classified by occupation in the second quarter of 2026 was 7,308. As observed in previous reports, the Avalon region had the highest number of such postings (3,284) while the Eastern region had the lowest (460).
- The occupation with the greatest number of job postings in the province was Cooks, and this was also true for the Labrador and Avalon regions. Retail Salespersons and Visual Merchandisers was the highest for Western; Store Shelf Stockers, Clerks and Order Fillers was highest for the Central region; and Registered Nurses and Registered Psychiatric Nurses were highest for the Eastern region.
- The increasing appearance of supply chain jobs across several regions (e.g., delivery drivers, truck drivers, material handlers) as well as provincially suggests continued (if not growing) prominence of this domain of work in Newfoundland and Labrador's economy and labour market.
- The most common occupational areas represented in job postings were sales and food services, although others such as business, and supply chain have taken on greater prominence in some regions during the second quarter of 2026. Health jobs are also becoming more common in some areas (particularly for home support workers and nurses but also paramedical occupations in some locations).
- Management positions were mostly prominent in retail (specifically, in the form of retail and wholesale trade managers) although food service supervisor postings were also present in this quarter. The high prominence of sales and food services in Q2 is not unusual given that many of these types of jobs likely increase in preparation for the summer season.
- As seen in previous quarters, a wide range of training and skill levels were represented in second quarter postings, including those with lower levels of skill requirement (salespersons, store shelf stockers) as well as more specialized skill requirements (retail managers, home support workers, trades workers, nurses).

TEER Levels

(Training, Education, Experience and Responsibility)

Distribution of TEER Levels Sought in 2nd Quarter Job Postings, Newfoundland and Labrador

Percentage of 2nd Quarter Postings by TEER Level
(Newfoundland and Labrador)



Note: Does not include percentage share associated with unclassified occupations.

Source: Signal49 Research Data (April – June 2026)

Distribution of TEER Levels Advertised in 2nd Quarter Job Postings, Regional Data

	Labrador	Western	Central	Eastern	Avalon
Management Experience	5.2%	8.0%	5.7%	8.9%	8.2%
University Level	21.7%	10.7%	12.4%	18.5%	12.8%
College Level (two years or more, or supervisory)	21.2%	21.8%	20.7%	16.7%	19.5%
College level (less than two years)	14.2%	13.7%	16.4%	15.9%	18.4%
High School or Occupation-Specific Training	19.6%	24.7%	20.3%	18.3%	19.8%
On-the-Job Training	18.1%	21.1%	24.5%	21.7%	21.4%
Total Postings	709	1,110	1,091	460	3,284

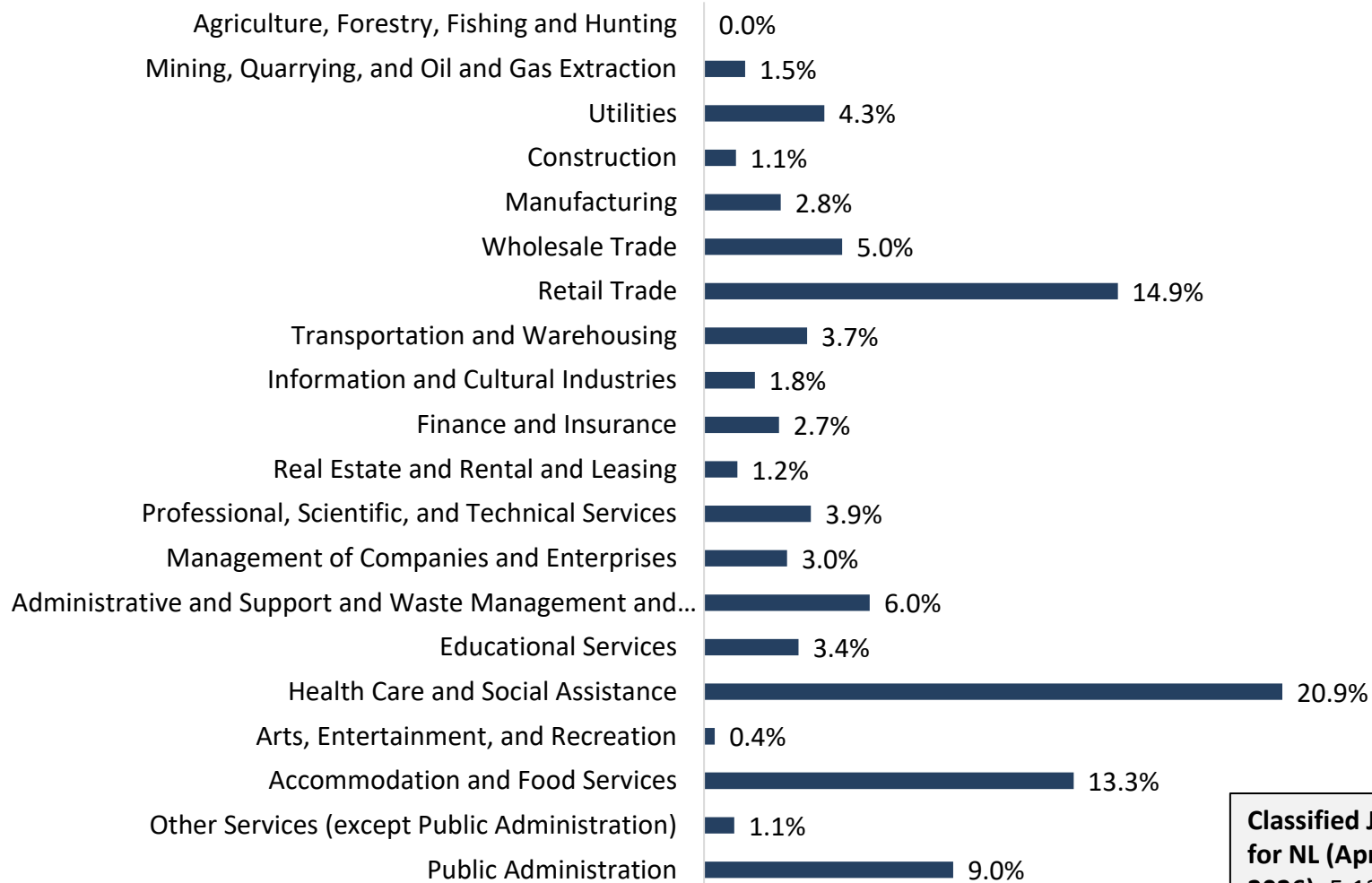
Note : “TEER” refers to categories for “Training, Education, Experience and Responsibilities.” Percentages in this chart do not include the percentage share associated with unclassified occupations.

TEER Highlights

- In terms of TEER levels, college education, on-the-job training, and high school or occupation-specific training were the most heavily represented for the second quarter of 2026 (36.7 per cent, 20.3 per cent, and 20.2 per cent, respectively). This was followed by university level at 15.2 per cent.
- The lowest percentage share was for job postings requiring management experience (7.7 per cent).
- All regions of the province had a high percentage of job postings requiring versions of college level education (approximately 33 per cent or more for each region). The regions with the highest percentage share in college were Avalon (37.9 per cent) and Central (37.1 per cent).
- The regions with the highest percentage of job postings requiring either management experience or some form of post-secondary education were the Labrador region (62.3 per cent) and Eastern (60.0 per cent) followed closely by the Avalon (58.8 per cent). All other regions had 54 to 55 per cent of their postings in this category (while the overall provincial percentage was 59.6 per cent).

Industry Profile

Distribution of Industry Sectors for 2nd Quarter 2026 Job Postings (2-Digit NAICS), Newfoundland and Labrador



**Classified Job Postings
for NL (April – June
2026): 5,139**

Note: Does not include percentage share associated with unclassified industries.

Source: Signal49 Research Data (April – June 2026)

Distribution of Industry Sectors Advertised in 2nd Quarter 2026 Job Postings, Regional Data (1/2)

	Labrador (n=499)	Western (n=751)	Central (n=767)	Eastern (n=273)	Avalon (n=2,222)
Agriculture, Forestry, Fishing and Hunting	0.0%	0.0%	0.0%	0.0%	0.0%
Mining, Quarrying, and Oil and Gas Extraction	5.4%	0.0%	0.1%	0.0%	1.5%
Utilities	4.8%	0.9%	0.5%	0.4%	2.8%
Construction	2.6%	0.0%	1.3%	0.4%	1.4%
Manufacturing	1.6%	2.7%	2.0%	2.9%	3.5%
Wholesale Trade	3.0%	3.6%	5.7%	5.9%	6.5%
Retail Trade	7.2%	18.1%	19.3%	24.2%	16.0%
Transportation and Warehousing	4.2%	4.3%	1.4%	0.4%	4.6%
Information and Cultural Industries	0.0%	1.7%	1.4%	1.1%	3.0%
Finance and Insurance	0.6%	1.7%	2.7%	1.8%	3.3%

Note: Does not include percentage share associated with unclassified industries.

Distribution of Industry Sectors Advertised in 2nd Quarter 2026 Job Postings, Regional Data (2/2)

	Labrador (n=499)	Western (n=751)	Central (n=767)	Eastern (n=273)	Avalon (n=2,222)
Real Estate and Rental and Leasing	1.8%	1.5%	1.6%	0.0%	1.3%
Professional, Scientific, and Technical Services	0.4%	1.1%	0.7%	1.5%	7.5%
Management of Companies and Enterprises	0.0%	6.1%	3.5%	0.7%	3.5%
Administrative & Support/Waste Management/Remediation Services	8.0%	7.3%	7.7%	1.8%	5.7%
Educational Services	2.6%	8.0%	2.0%	1.8%	3.0%
Health Care and Social Assistance	30.3%	25.2%	28.8%	31.1%	7.7%
Arts, Entertainment, and Recreation	0.0%	0.3%	0.5%	0.0%	0.6%
Accommodation and Food Services	12.2%	11.5%	14.3%	19.4%	16.1%
Other Services (except Public Administration)	0.2%	0.9%	0.7%	1.1%	1.7%
Public Administration	15.0%	5.2%	5.7%	5.5%	10.3%

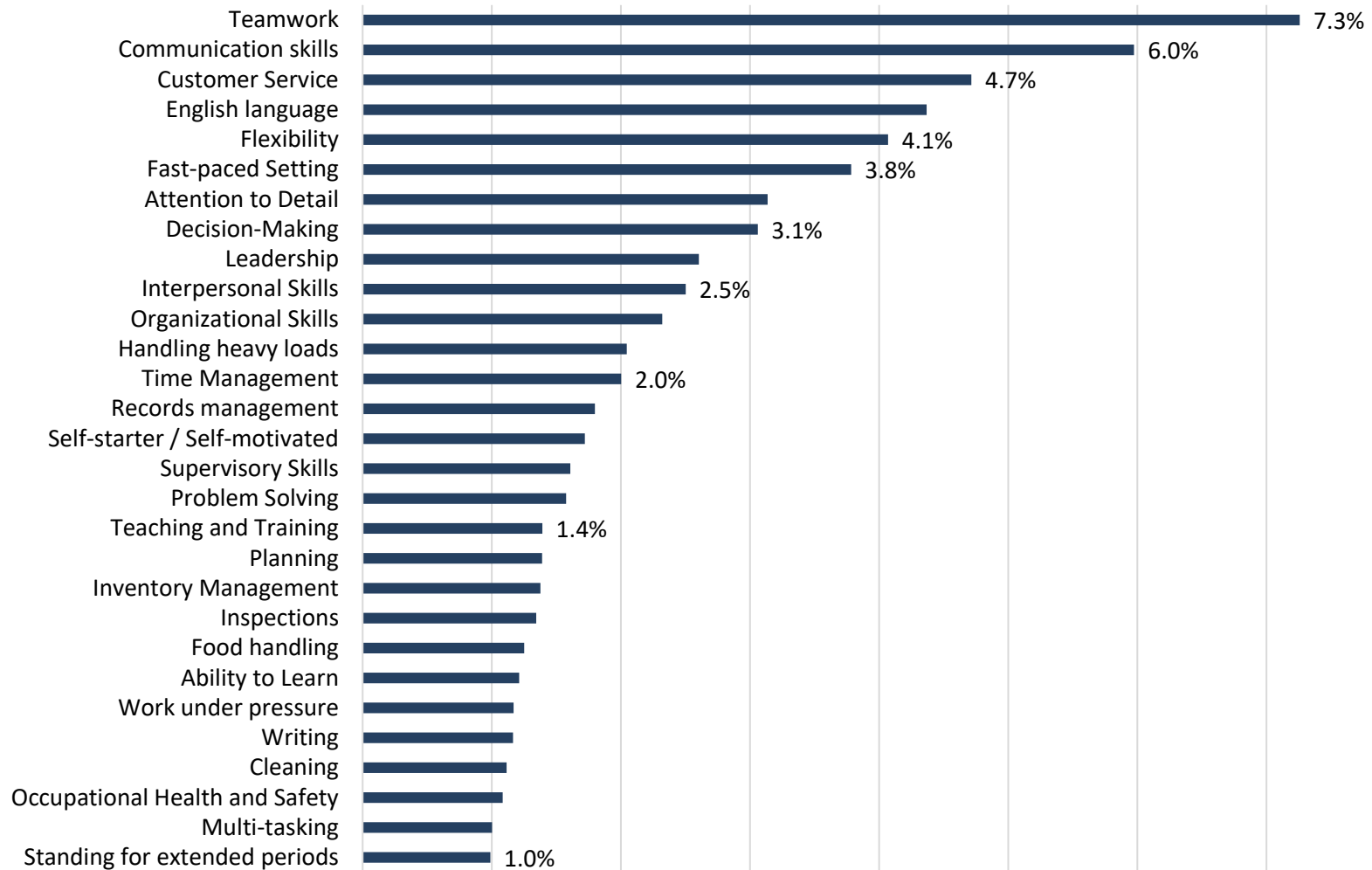
Note: Does not include percentage share associated with unclassified industries.

Industry Highlights

- The total number of provincial job postings that were able to be classified by industry during the second quarter of 2026 was 5,139. Within Newfoundland and Labrador, the Avalon region had the highest number of such postings (2,222) while the Eastern region had the lowest (273). This trend is the same as that in previous quarters over recent years.
- The industries with the highest percentage share of job postings during this period were Health Care and Social Assistance (20.9 per cent) and Retail Trade (14.9 per cent). This was followed by Accommodation and Food Services (13.3 per cent) and Public Administration (9.0 per cent).
- The Eastern and Labrador regions had the highest share of postings in Health Care and Social Assistance (over 30 per cent each) followed by Central and Western (28.8 per cent and 25.2 per cent, respectively). Avalon region had the lowest percentage at 7.7 per cent.
- The Eastern region had the highest share of postings in Retail Trade (approximately 24 per cent). All other regions had less than 20 per cent of their vacancies in this sector, with Labrador having the lowest (7.2 per cent).
- Eastern had the highest percentage of postings in Accommodation and Food Services (approximately 19 per cent) followed by Avalon (approximately 16 per cent). All other regions had between 12 and 14 per cent of their postings in this sector.
- Eastern, Central, and Western each had approximately 5 to 6 per cent of postings in Public Administration (whereas Labrador and Avalon had the most at 15.0 per cent and 10.3 per cent, respectively).

Employer Sought Skills/Qualifications

Most Popular Skills/Qualifications Sought in 2nd Quarter Job Postings, Newfoundland and Labrador



Note: Does not include percentage share associated with unclassified cases.

Source: Signal49 Research Data (April – June 2026), represents those with one per cent or greater mentions (648 and greater mentions).

Skill/Qualification Highlights

- The top skills and qualifications sought in Newfoundland and Labrador job postings during the second quarter of 2026 were: Teamwork; Communication Skills; Customer Service; English Language; and Flexibility.
- Both technical skills and transferable skills were well represented on the list of top skills and qualifications provincially. For instance, technical skills on the list included: records management, food handling; and English Language. For more transferable skills, notable entries included: flexibility; multi-tasking; attention to detail, problem solving, and ability to learn.
- Many of the top skills sought in the regions were similar to those at the provincial level, but sometimes in different order:
 - The top skills and qualifications sought in the **Labrador region** were: Teamwork, Communication Skills; English Language, Flexibility; and Customer Service.
 - The top skills and qualifications sought in the **Western region** were: Teamwork, Customer Service; Communication Skills; English Language; and Flexibility.
 - The top skills and qualifications sought in the **Central region** were: Teamwork, Communication Skills; Customer Service; English Language; and Flexibility.
 - The top skills and qualifications sought in the **Eastern region** were: Teamwork, Communication Skills, English Language; Customer Service; and Flexibility.
 - The top skills and qualifications sought in the **Avalon region** were: Teamwork, Communication Skills; Customer Service, English Language; and Flexibility.