NL Quarterly Job Vacancy Report

3rd Quarter 2026
(July – September)

Department of Jobs, Growth and Rural Development - Workforce Development Secretariat

Newfoundland & Labrador CANADA

Important Notes

- This report looks at new job postings collected by Vicinity Jobs from July to September 2026. It shows the total number of unique postings for each month during this time.

- The charts and tables in this report use only postings that could be sorted by things like job type, industry, or location. Because of this, the totals can be different depending on what is being measured. For example, there were 8,723 job postings in Newfoundland and Labrador in the third quarter (Q3). Of these, 7,926 could be sorted into one of five regions. The other 797 could only be sorted at the provincial level. This means the total for the five regions added together will not match the overall provincial total.

- The report shows job posting data for Newfoundland and Labrador as a whole and for these five regions: Labrador, Western, Central, Eastern, and Avalon. A map showing the areas covered by each region is included in the occupation charts.

Terms and descriptions

- Occupational data is sorted (when possible) using the newest standard, the National Occupational Classification-2021 (NOC).

- Industry data is sorted (when possible) using the 2017 North American Industry Classification System (NAICS).

- TEER levels show the type and amount of training, education, experience, and responsibility needed for a job. These levels are based on the second digit of the job's 5-digit NOC code. In older reports, this was called "education and experience levels" and used fewer categories. From now on, TEER levels will be used in all reports. You can find more details about TEER levels in the link provided here.

- Sought Skills/Qualifications include many different skills listed as requirements in job postings. A single job posting can ask for more than one skill or qualification.

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Occupational Comparisons

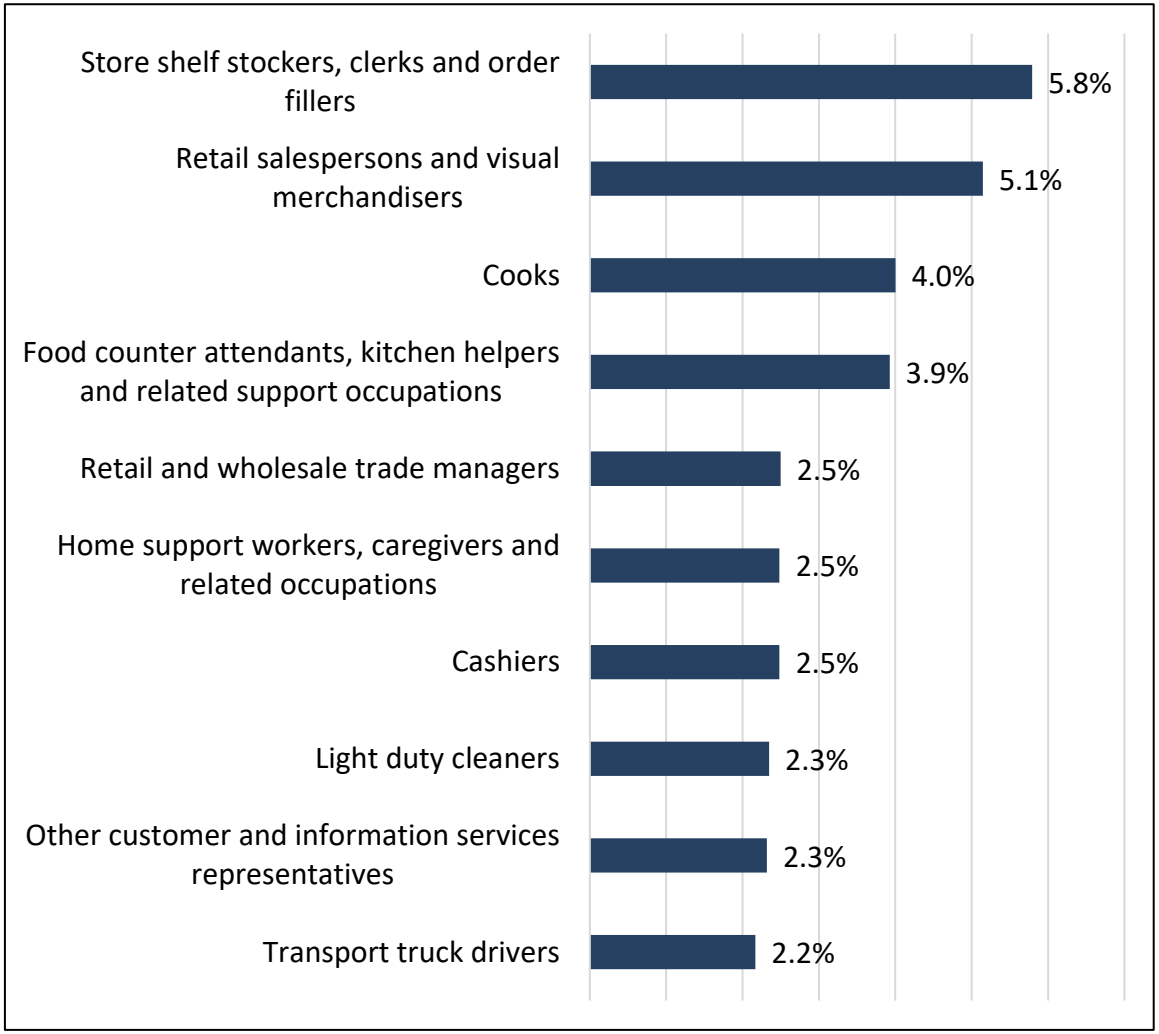
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Top 10 Occupations Sought in 3rd Quarter Job Postings (**5-Digit NOC**), Newfoundland and Labrador



Classified Job Postings for NL (July – September 2026): 6,647

- Occupations most represented in the province's job postings included those related to sales (retail salespersons, store shelf stockers, retail and wholesale trade managers, cashiers); food services (cooks, food counter attendants).
- Other areas represented in the top 10 included health (home support workers); supply chain (truck drivers); cleaning services (light duty cleaners); and information services (other customer and information services representatives).
- Provincially, the occupation with the highest percentage of job postings was Store Shelf Stockers, Clerks and Order Fillers (5.8 per cent), followed by Retail Salespersons and Visual Merchandisers (5.1 per cent).

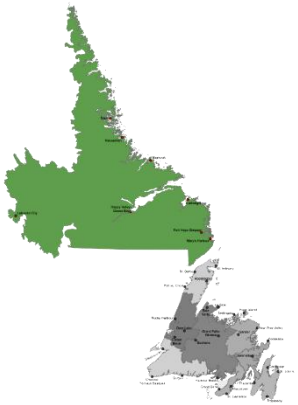


Note: Does not include percentage share associated with unclassified occupations.

Source: Signal49 Research Data (July – September 2026)

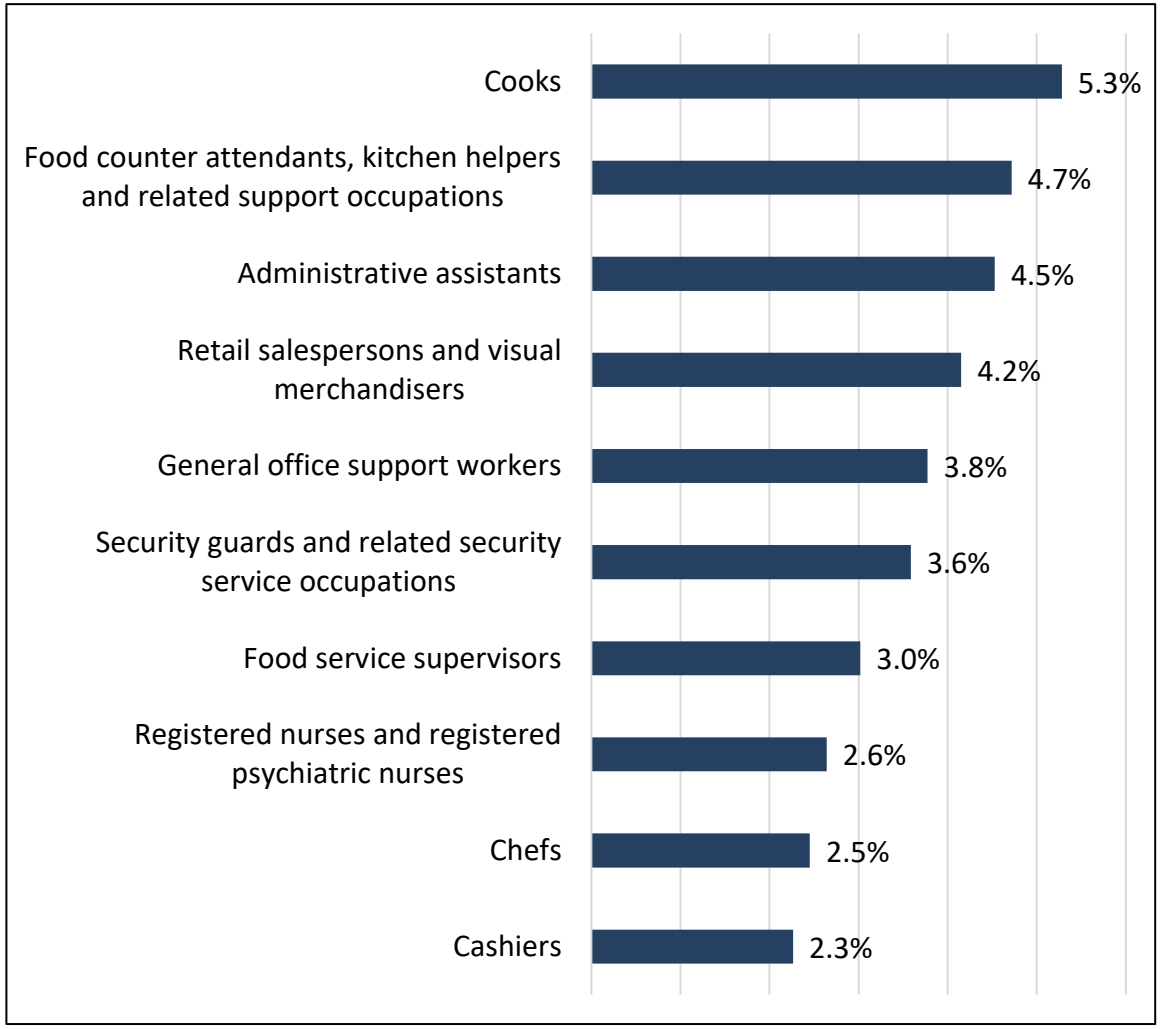
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Top 10 Occupations Sought in 3rd Quarter Job Postings (**5-Digit NOC**), Labrador Region



Classified Job Postings for Labrador (July – September 2026): 530

- Occupations most represented in Labrador's job postings included those related to food service (cooks, food counter attendants, food service supervisors, chefs); business (office support workers, administrative assistants); and sales (retail salespersons, cashiers).
- Other areas represented in the top 10 included health (nurses); and security services (security guards).
- For the Labrador region, the occupation with the highest percentage of job postings was Cooks (5.3 per cent); followed by Food Counter Attendants, Kitchen Helpers and Related Support Occupations (4.7 per cent).



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

Source: Signal49 Research Data (July – September 2026)

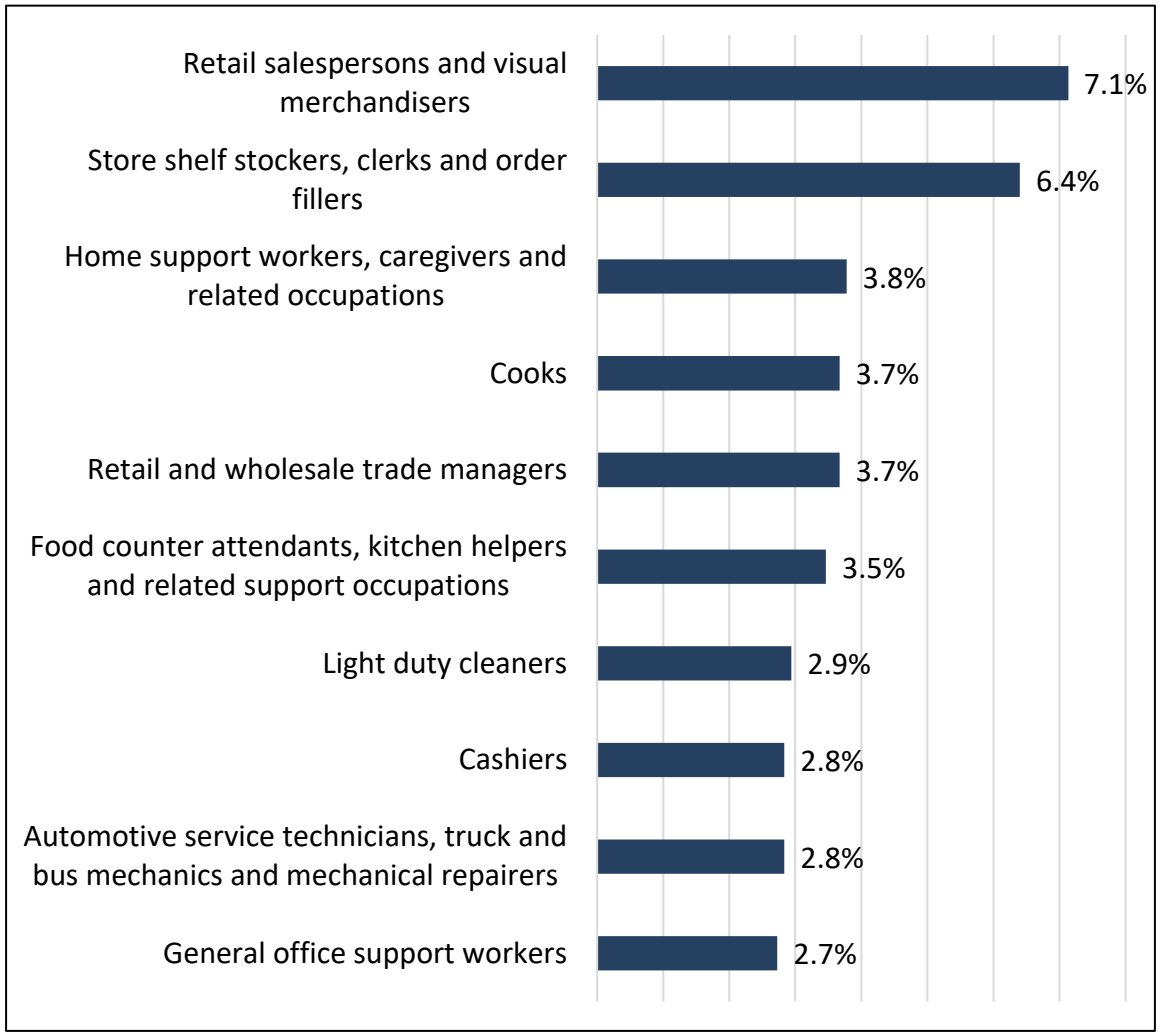
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Top 10 Occupations Sought in 3rd Quarter Job Postings (**5-Digit NOC**), Western Region



Classified Job Postings for Western (July – September 2026): 953

- Occupations most represented in Western's job postings included those related to sales (retail salespersons, store shelf stockers, retail and wholesale trade managers, cashiers); food services (cooks, food counter attendants).
- Other areas represented in the top 10 included health (home support workers); business (office support workers); trades (automotive technicians) and cleaning services (light duty cleaners).
- For the Western region, the occupation with the highest percentage of job postings was Retail Salespersons and Visual Merchandisers (7.1 per cent); followed by Store Shelf Stockers, Clerks and Order Fillers (6.4 per cent).

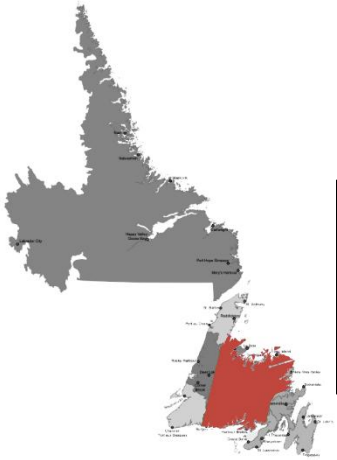


Note: Does not include percentage share associated with unclassified occupations.

Source: Signal49 Research Data (July – September 2026)

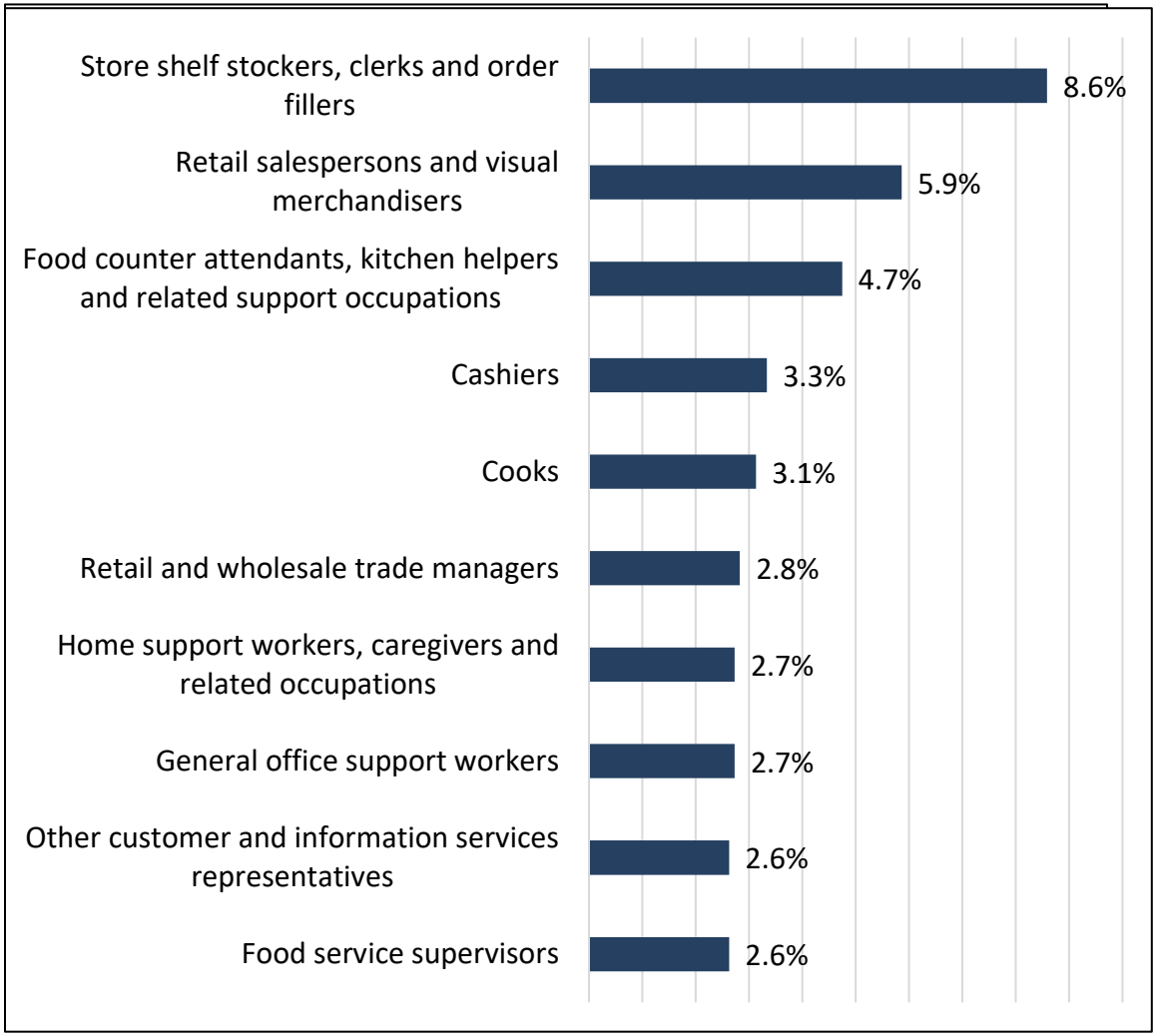
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Top 10 Occupations Sought in 3rd Quarter Job Postings (**5-Digit NOC**), Central Region



Classified Job Postings for Central (July – September 2026): 990

- Occupations most represented in the Central region's job postings included those related to sales (retail salespersons, store shelf stockers, retail and wholesale trade managers, cashiers); food services (food counter attendants, cooks, food service supervisors).
- Other areas represented in the top 10 were related to business (office support workers); health (home support workers); and information services (other customer and information services representatives).
- For the Central region, the occupation with the highest percentage of job postings was Store Shelf Stockers, Clerks and Order Fillers (8.6 per cent), followed by Retail Salespersons and Visual Merchandisers (5.9 per cent).



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

Source: Signal49 Research Data (July – September 2026)

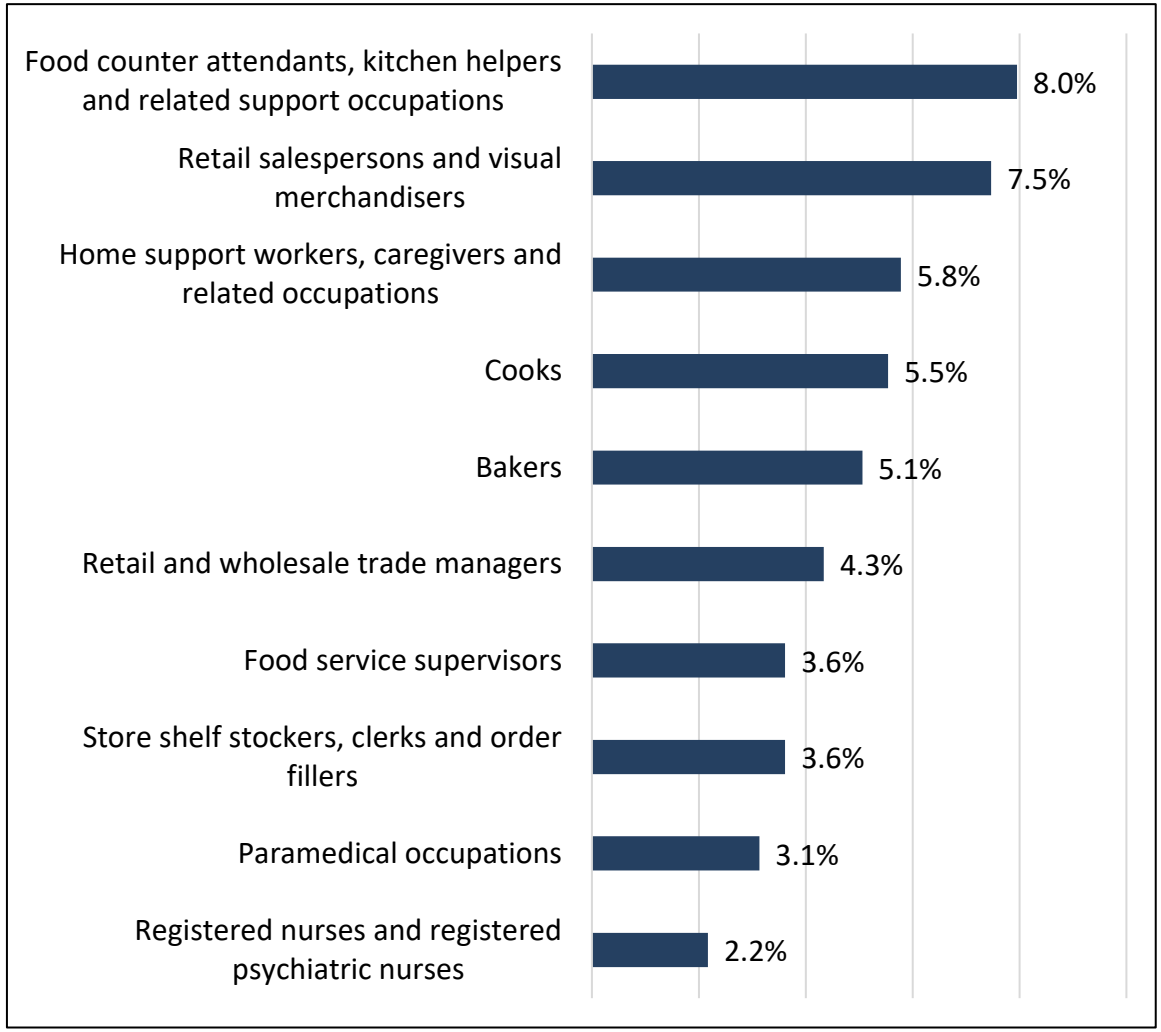
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Top 10 Occupations Sought in 3rd Quarter Job Postings (**5-Digit NOC**), Eastern Region



Classified Job Postings for Eastern (July – September 2026): 415

- Occupations most represented in the Eastern region's job postings included those related to sales (retail salespersons, store shelf stockers, retail and wholesale managers); food services (cooks, food counter attendants, food service supervisors, bakers); and health (nurses, paramedical occupations, home support workers).
- For the Eastern region, the occupation with the highest percentage of job postings was Food Counter Attendants, Kitchen Helpers and Related Support Occupations (8.0 per cent), followed by Retail Salespersons and Visual Merchandisers (7.5 per cent).



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

Source: Signal49 Research Data (July – September 2026)

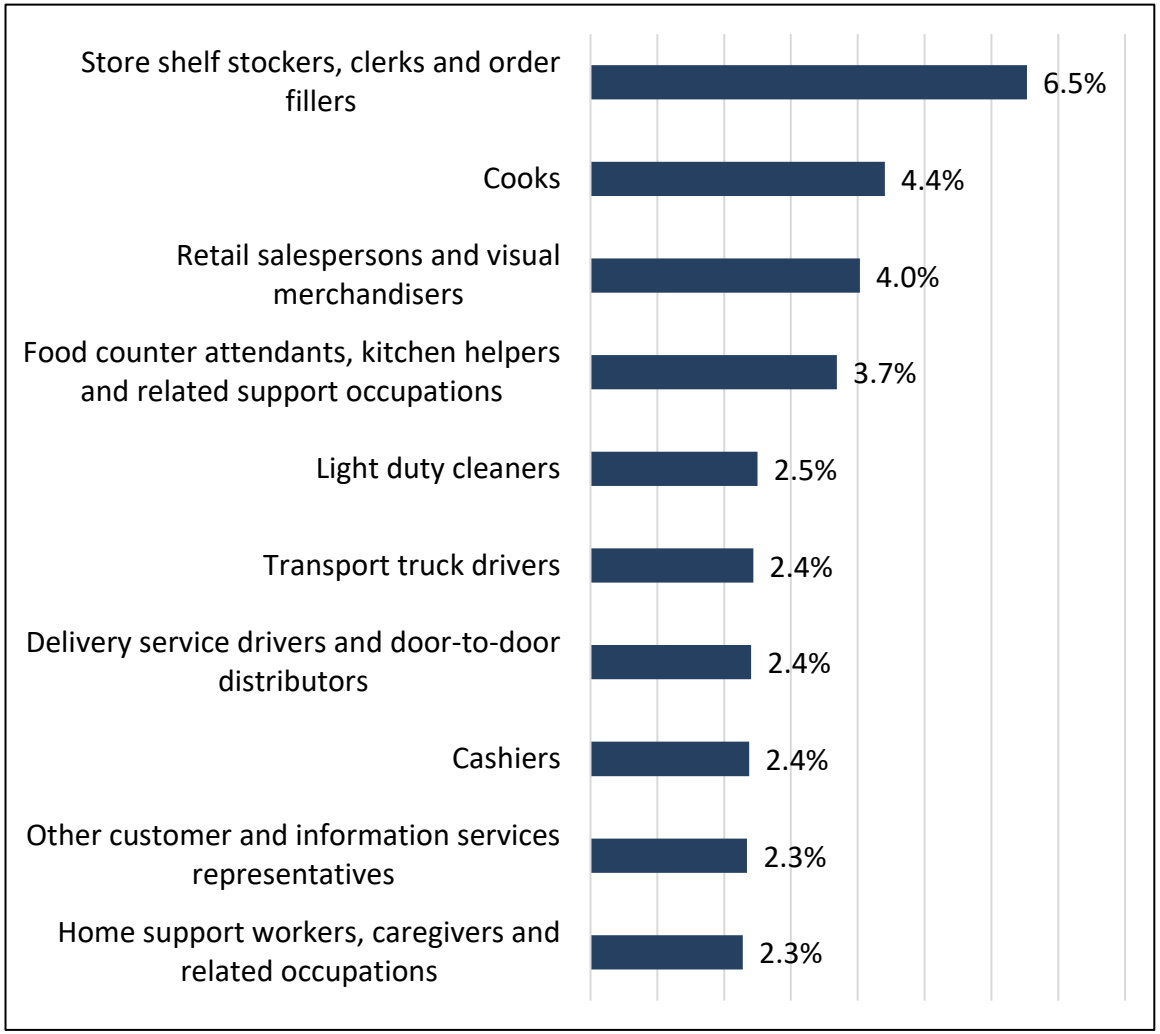
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Top 10 Occupations Sought in 3rd Quarter Job Postings (**5-Digit NOC**), Avalon Region



Classified Job Postings for Avalon (July – September 2026): 3,200

- Occupations most represented in the Avalon region's job postings included those related to sales (retail salespersons, store shelf stockers, cashiers); food services (cooks, food counter attendants); and supply chain (delivery drivers, transport truck drivers).
- Other areas in the top 10 were related to health (home support workers); cleaning services (light duty cleaners); and information services (other customer and information services representatives).
- For the Avalon region, the occupation with the highest percentage of job postings was Store Shelf Stockers, Clerks and Order Fillers (6.5 per cent), followed by Cooks (4.4 per cent).



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

Source: Signal49 Research Data (July – September 2026)

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Occupation Highlights

- In the third quarter of 2026, **6,647 job postings in Newfoundland and Labrador could be sorted by occupation**. The Avalon region had the most postings (3,200), while the Eastern region had the fewest (415).

- The job with the most postings in the province was **Store shelf stockers, clerks and order Fillers** followed by **Retail salespersons and visual merchandisers**. **Store shelf stockers** were also the top job in the Avalon and Central regions. **Cooks** were highest in Labrador, **Retail salespersons** were highest in the Western region, and **Food counter attendants** were highest in Eastern.

- The most common job areas were **sales** and **food services**. Health jobs were slightly less important in most regions, although they did show up in some regions for occupations such as **nurses, paramedical occupations,** and especially **home support workers**. Other areas that stood out in some regions included **business** and **supply chain**.

- Management jobs were mostly in **sales**, especially **retail and wholesale trade managers**, but **food service supervisors** were also common. The demand for retail and wholesale trade managers stayed strong, just like in previous quarters.

- As in earlier quarters, job postings showed a mix of skill levels. Some jobs needed fewer skills, like **salespersons** and **delivery drivers**, while others needed more training, like **retail managers, nurses, automotive technicians,** and **office workers**.

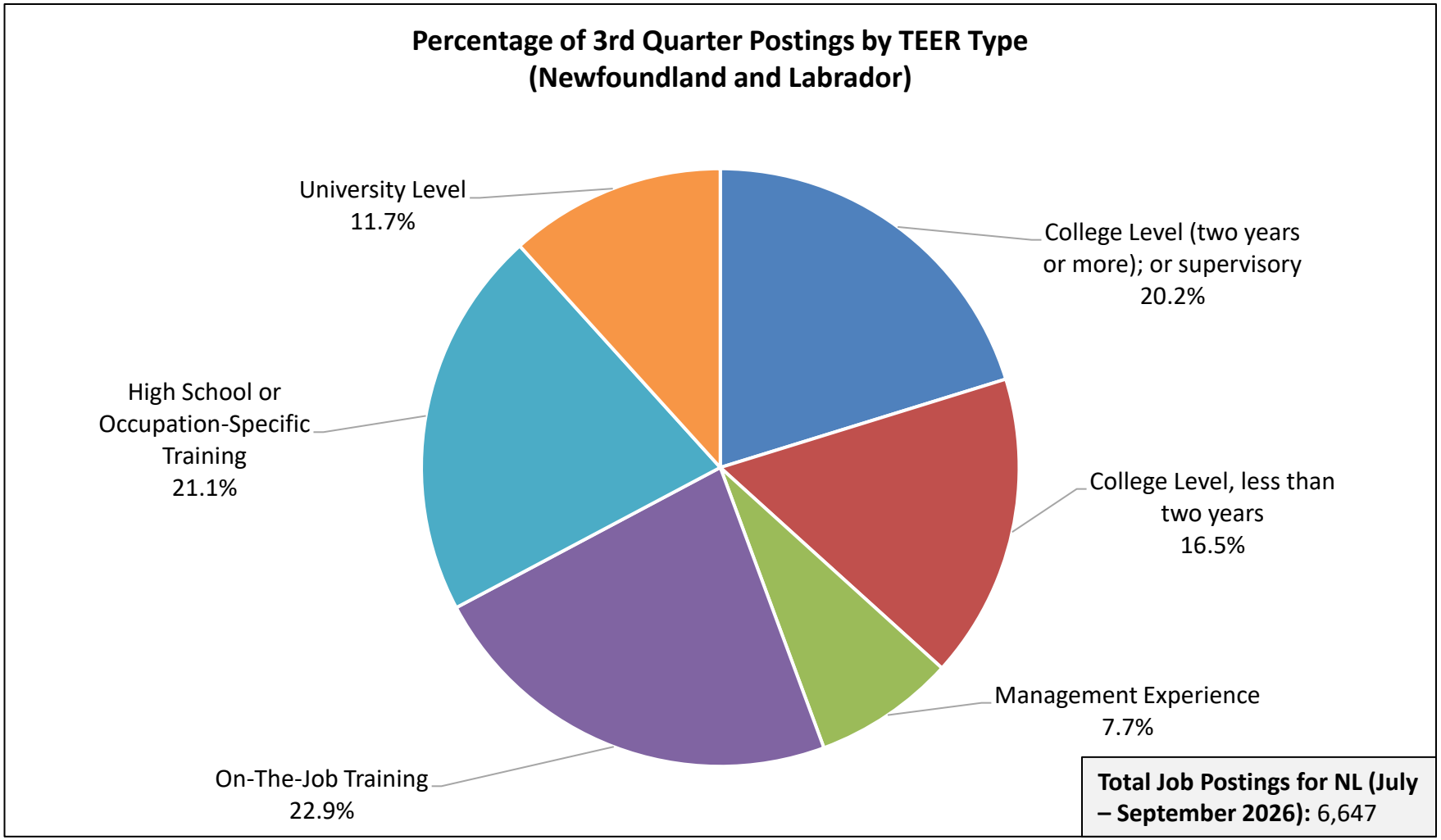
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TEER Levels

(**T**raining, **E**ducation, **E**xperience and **R**esponsibility)

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Distribution of TEER Levels Sought in 3rd Quarter Job Postings, Newfoundland and Labrador



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

Source: Signal49 Research Data (July – September 2026)

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Distribution of TEER Levels Advertised in 3rd Quarter Job Postings, Regional Data

	Labrador	Western	Central	Eastern	Avalon
Management Experience	4.3%	8.7%	8.1%	6.7%	8.1%
University Level	13.4%	9.1%	11.7%	10.1%	9.8%
College Level (two years or more, or supervisory)	26.4%	18.6%	19.7%	20.2%	18.7%
College level (less than two years)	18.7%	14.2%	12.9%	15.9%	19.2%
High School or Occupation-Specific Training	19.8%	24.8%	22.3%	22.7%	19.7%
On-the-Job Training	17.4%	24.7%	25.3%	24.3%	24.5%
Total Postings	**530**	**953**	**990**	**415**	**3,200**

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.

Source: Signal49 Research Data (July – September 2026)

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TEER Highlights

- For TEER levels, the largest number of job postings in the third quarter of 2026 asked for **college education (36.7 per cent)** or **on-the-job training (22.9 per cent)**. Jobs that offered **high school/occupation-specific training** were also common **(21.1 per cent).**

- The smallest shares were for jobs needing **management experience (7.7 per cent)** or a **university degree (11.7 per cent)**.

- Every region had a high percentage of jobs asking for college education (32 per cent or more each). The highest were in **Labrador (45.1 per cent)**, **Avalon (37.9 per cent)**, and **Eastern (36.1 per cent)**.

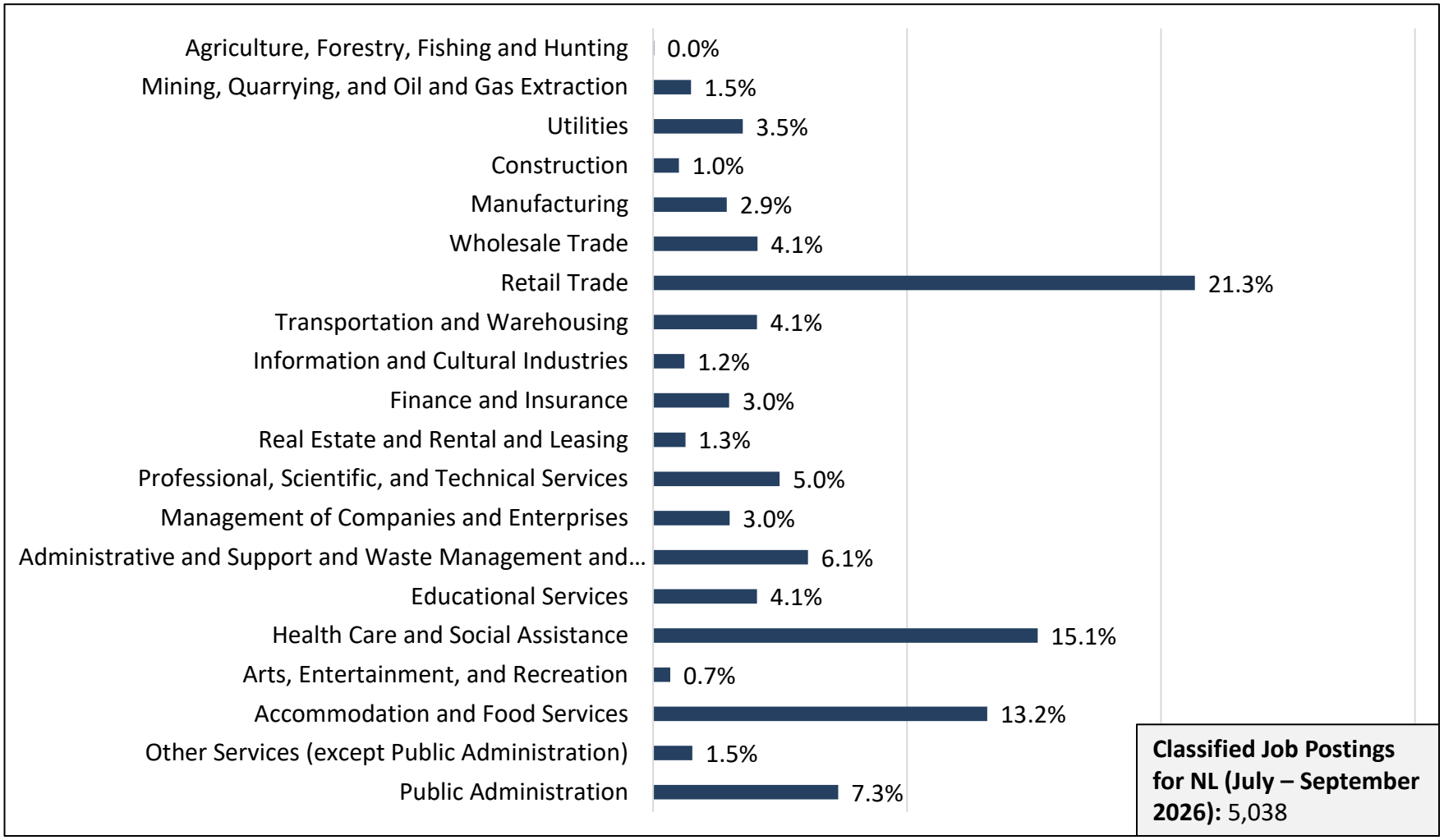
- Labrador had the highest percentage of jobs needing **management experience or any post-secondary education (62.8 per cent)**. It was also the only region above 60 per cent. Next were **Avalon (55.8 per cent)**, **Eastern (53.0 per cent)**, and **Central (52.4 per cent)**. **Western** had the lowest at **50.6 per cent**.

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Industry Profile

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Distribution of Industry Sectors for 3rd Quarter 2026 Job Postings (**2-Digit NAICS**), Newfoundland and Labrador



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

Source: Signal49 Research Data (July – September 2026)

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Distribution of Industry Sectors Advertised in 3rd Quarter 2026 Job Postings, Regional Data (1/2)

	Labrador (n=400)	Western (n=721)	Central (n=774)	Eastern (n=269)	Avalon (n=2,332)
Agriculture, Forestry, Fishing and Hunting	0.0%	0.0%	0.0%	0.0%	0.1%
Mining, Quarrying, and Oil and Gas Extraction	5.3%	0.0%	0.0%	0.0%	2.0%
Utilities	5.3%	0.4%	0.0%	0.4%	2.7%
Construction	1.5%	0.0%	1.4%	0.0%	1.4%
Manufacturing	2.8%	1.2%	3.4%	1.1%	3.4%
Wholesale Trade	4.5%	2.8%	5.2%	3.3%	4.5%
Retail Trade	8.8%	31.1%	27.0%	30.5%	20.9%
Transportation and Warehousing	4.3%	3.9%	1.3%	1.1%	5.3%
Information and Cultural Industries	0.0%	0.8%	1.0%	1.1%	1.9%
Finance and Insurance	1.5%	3.1%	2.6%	1.1%	3.6%

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

Source: Signal49 Research Data (July – September 2026)

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Distribution of Industry Sectors Advertised in 3rd Quarter 2026 Job Postings, Regional Data (2/2)

	Labrador (n=400)	Western (n=721)	Central (n=774)	Eastern (n=269)	Avalon (n=2,332)
Real Estate and Rental and Leasing	2.3%	1.7%	2.3%	0.0%	0.9%
Professional, Scientific, and Technical Services	1.3%	0.7%	1.2%	1.1%	9.2%
Management of Companies and Enterprises	0.3%	5.3%	3.7%	2.2%	3.3%
Administrative & Support/Waste Management/Remediation Services	12.8%	7.2%	8.0%	3.0%	5.1%
Educational Services	5.0%	7.4%	2.8%	2.6%	3.9%
Health Care and Social Assistance	14.5%	14.3%	20.4%	29.4%	5.9%
Arts, Entertainment, and Recreation	0.0%	0.0%	0.1%	0.4%	1.4%
Accommodation and Food Services	18.0%	11.0%	12.7%	15.6%	15.1%
Other Services (except Public Administration)	0.0%	1.1%	1.4%	3.7%	2.1%
Public Administration	12.3%	8.2%	5.4%	3.3%	7.5%

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

Source: Signal49 Research Data (July – September 2026)

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Industry Highlights

- In the third quarter of 2026, **5,038 job postings in Newfoundland and Labrador could be sorted by industry**. The Avalon region had the most postings (2,332), while the Eastern region had the fewest (269). This pattern was the same as in the first two quarters of 2026.

- The industries with the most job postings were:
  - **Retail Trade** – 21.3 per cent
  - **Health Care and Social Assistance** – 15.1 per cent
  - **Accommodation and Food Services** – 13.2 per cent
  - **Public Administration** – 7.3 per cent
  - **Administrative and Support and Waste Management Services** – 6.1 per cent
  - **Professional, Scientific and Technical Services** – 5.0 per cent

- Western, Eastern, and Central had had the most postings in **Retail Trade** (between 27 and 31 per cent each). In addition, the Eastern and Central regions had the highest share of postings in **Health Care and Social Assistance** (over 20 per cent each), while Avalon had the lowest (5.9 per cent). Labrador, Avalon and Eastern had the highest share in **Accommodation and Food Services** (between 15 and 18 per cent each), though all regions were above 10 per cent. **Labrador** also had the highest share in **Public Administration** (12.3 per cent), while all other regions had less than 10 per cent in this sector.

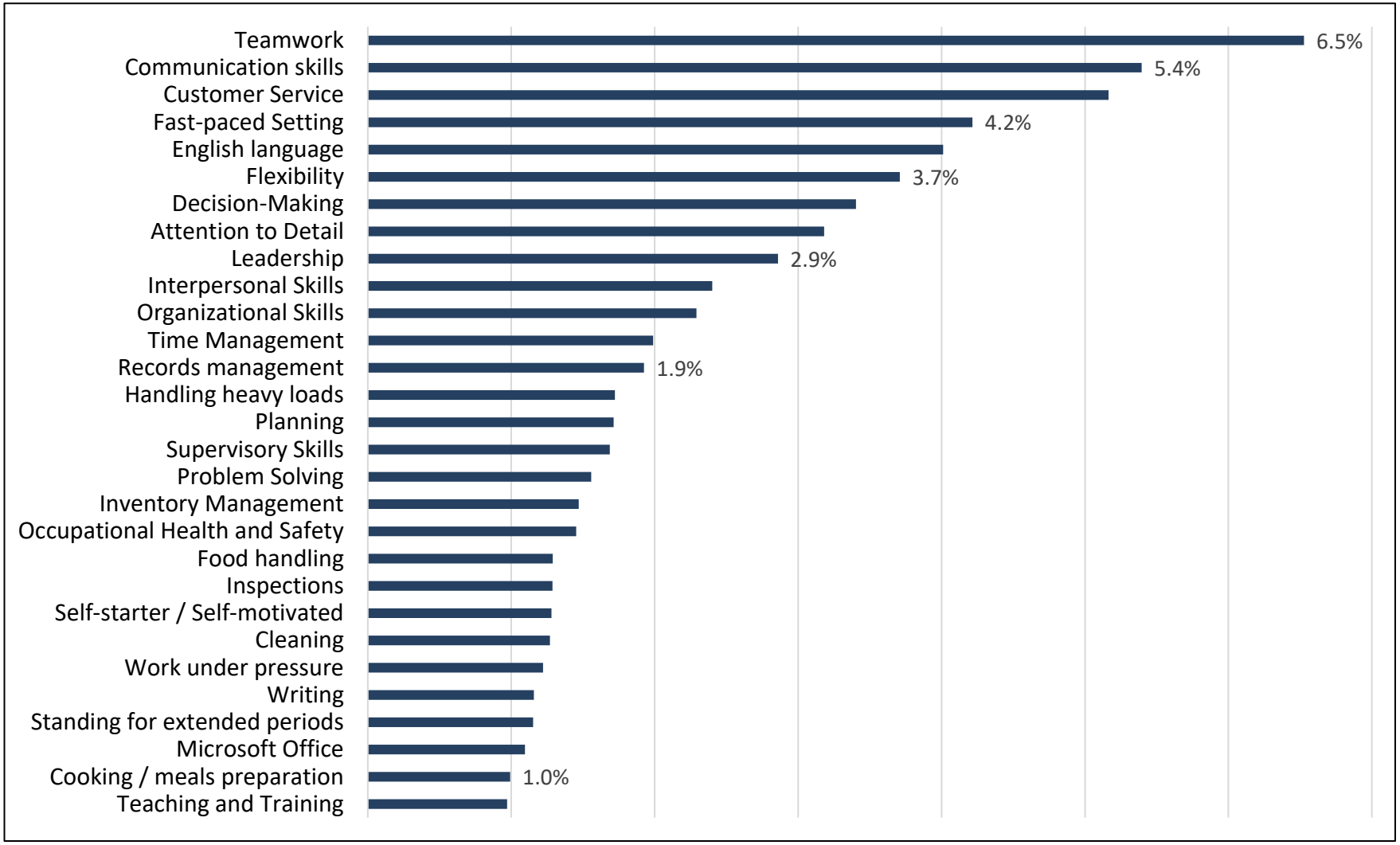
- Most regions had about 3–8 per cent of postings in **Administrative and Support and Waste Management Services**. The one exception was Labrador at 12.8 per cent.

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Employer Sought Skills/Qualifications

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Most Popular Skills/Qualifications Sought in 3rd Quarter Job Postings, Newfoundland and Labrador



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

Source: Signal49 Research Data (July – September 2026), Represents those with one per cent or greater mentions (600 or more).

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Skills/Qualifications Highlights

- The most common skills and qualifications in Newfoundland and Labrador job postings for the third quarter of 2026 were:
  - Teamwork, Communication Skills, Customer Service, Ability to Work in a Fast-Paced Setting, and English Language.

- Like in earlier quarters, job postings asked for both **technical** skills and **transferable** skills.
  - Examples of technical skills include: records management, meal preparation, and software skills (e.g., Microsoft Office).
  - Examples of transferable skills include: leadership, interpersonal skills, time management, problem solving, self-motivated, and working under pressure or in fast-paced settings.

- Across regions, the top skills were similar to the provincial list, with a strong focus on communication and English language skills:
  - **Labrador:** English Language, Teamwork, Communication Skills, Customer Service, Flexibility
  - **Western:** Teamwork, Customer Service, Communication Skills, Fast-Paced Setting, Flexibility
  - **Central:** Teamwork, Customer Service, Communication Skills, Fast-Paced Setting, Decision-Making
  - **Eastern:** Customer Service, English Language, Teamwork, Flexibility, Communication Skills
  - **Avalon:** Teamwork, Communication Skills, Customer Service, Fast-Paced Setting, English Language

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