74%

of physical tasks in the US robots can already do.

0.3%

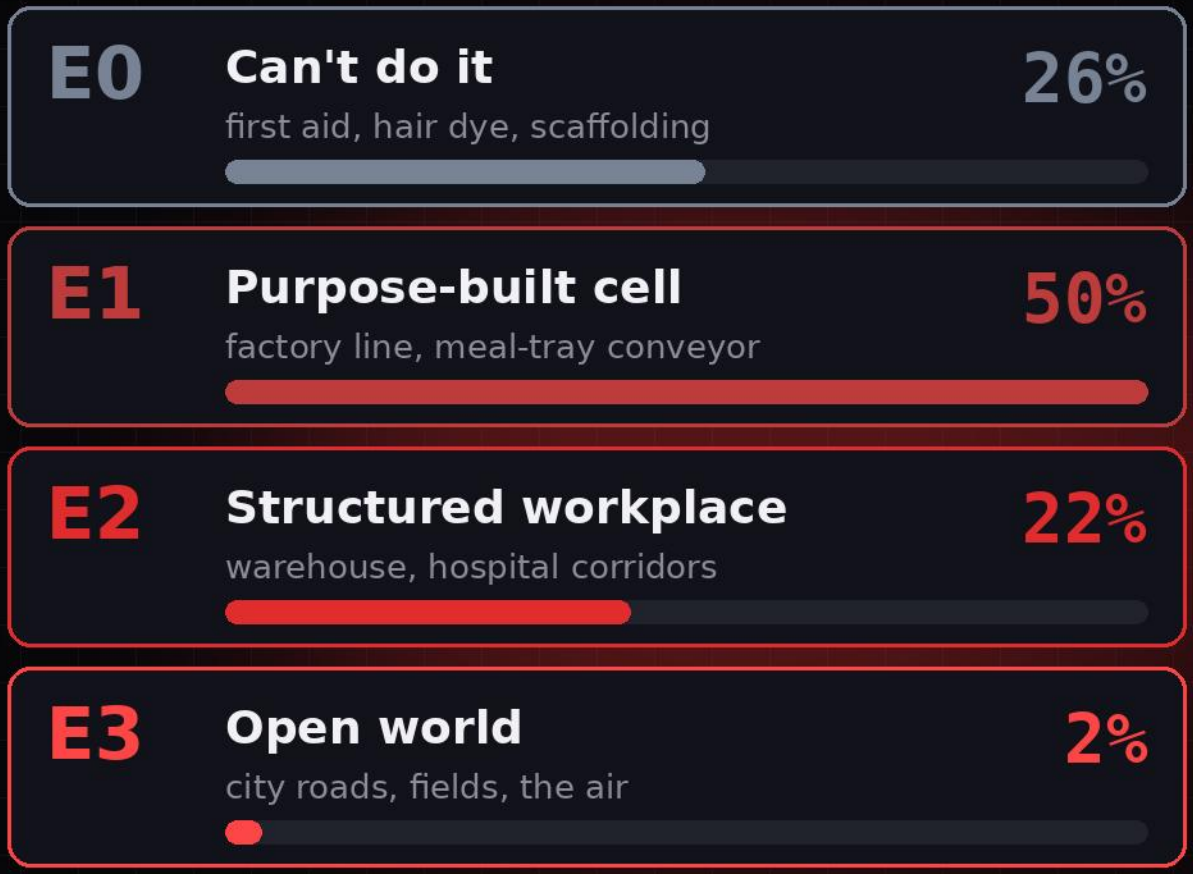
of tasks where they're cheaper than a human.

Anthropic's new robot exposure index, decoded.

Source: Anthropic, 'What work can robots do?', Sept 30, 2026.

01 · THE EXPOSURE LADDER

Where can a robot do the task?



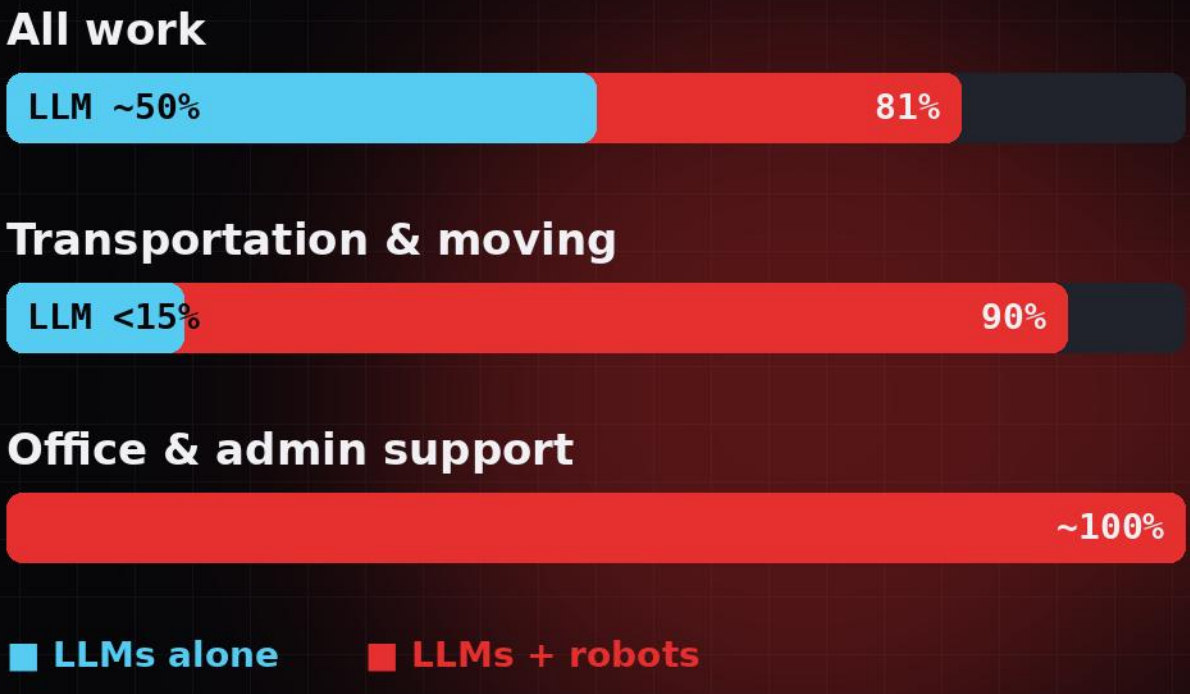
E1 + E2 + E3 = 74% of physical work.

Robots can do just 2% in the open world.

Share of physical tasks by working time. Ratings by Claude, quoting cited robots.

02 · ROBOTS + LLMs

Together they reach 4 out of 5 hours.



Robots do work LLMs can't.
What's left: hands-on, face-to-face, often regulated.

Share of job tasks by working time. Source: Anthropic (2026).

03 · MOST EXPOSED JOBS

9 of the top 10 drive for a living.



TAXI DRIVERS · #1 MOST EXPOSED

Shuttle drivers & chauffeurs	2.0
Other vehicle operators	7 more in top 10
Recycling workers (only non-driver)	1.7

Index 0–3 = time-weighted task exposure. Cited robots include Waymo.

04 · WHO IS EXPOSED

The opposite of the LLM story.

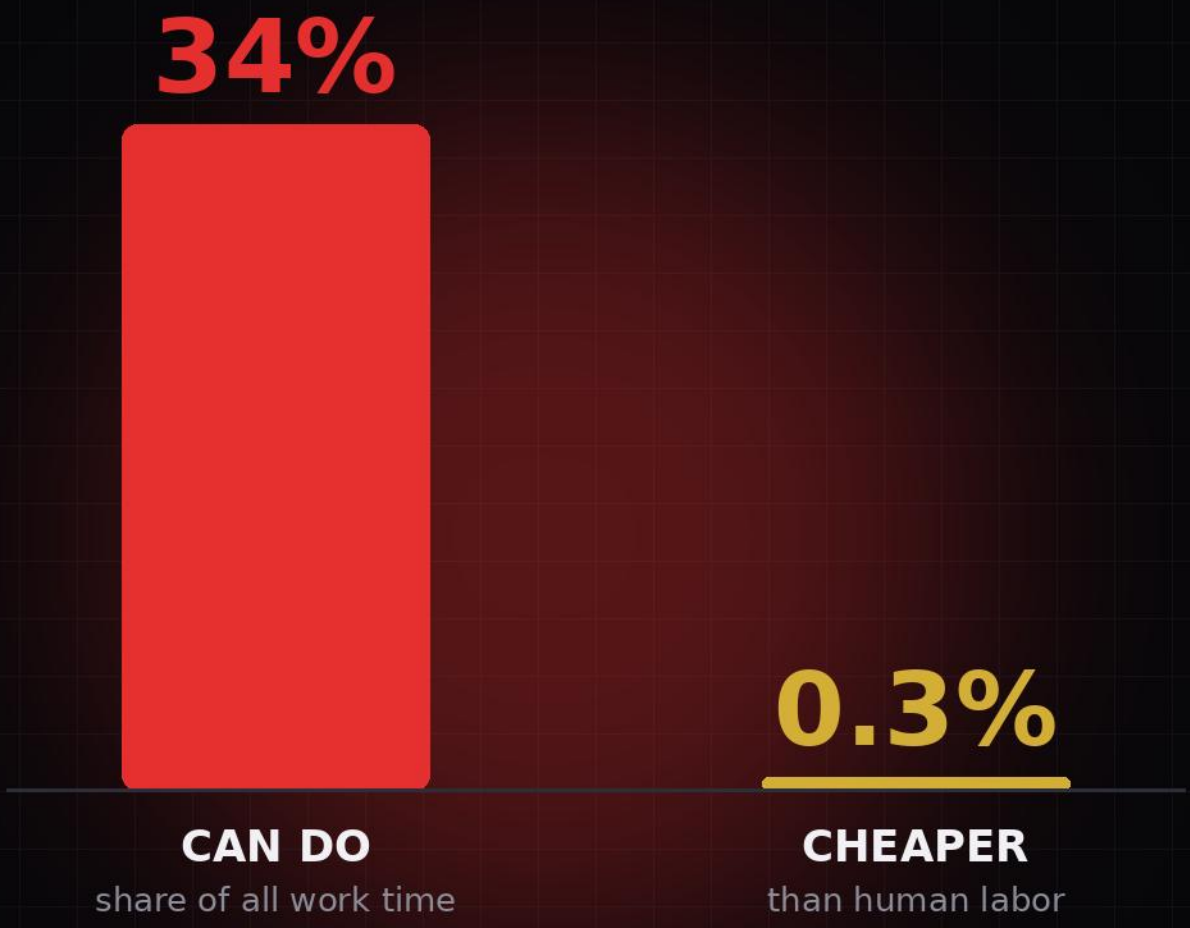
MOST ROBOT-EXPOSED WORKERS VS UNEXPOSED	
Hold a bachelor's degree	−55 pts
Earn per hour	~$30 less
Unemployment rate	> 2×
Women	−20 pts
Hispanic	+16 pts

Heavier loads, extreme heat, hazards.
LLMs hit the office. Robots hit the floor.

Top quintile of robot exposure vs zero exposure. ACS 2020–2024, BLS ORS.

05 · THE COST WALL

Can do it ≠ worth it.



Hardware doesn't copy like software.
The real barrier is the price tag.

Robot cost includes hardware, integration, maintenance, supervision, energy.

06 · WHERE ROBOTS ALREADY WIN

Packers & packagers: the receipt.

ROBOT LINE · 1 POSITION / YEAR	
Packers, movers, inspectors, box erectors, labelers, sealers	
Purchase + install	> $2,000,000
Replaces	~14 workers
Service life · cost of capital	10 yrs · 8%
Robot cost per worker-year	~$45,000
Human worker, total pay	~$49,000
Share of tasks robots can do	97%
ROBOT SAVES / YEAR	**~$2,500**

560,000 US jobs · −22% since 2015

BLS: 11th-biggest job loss by 2035

Claude-estimated robot costs, BLS pay data. Figures approximate.

07 · WHERE HUMANS STILL WIN

Robot cost vs human cost.

Taxi driver — robot ~$7k more / yr

close on price; blocked by regulation

Postal mail carrier — $166k vs $82k

robots do 94% of tasks; need a 54% price cut

Welder — robots ~5× more

positioning, ladders, quality checks, grinding

Cleaners & dishwashers — several × more

cleaning robots up to 10× slower

Robots lose on price, not on whether they can.

Annual cost to match a worker's yearly output. Source: Anthropic (2026).

08 · THE TIMELINE

Slower than the hype.



2026	0.3% cheaper than humans	today
2050	50% of physical work	fast scenario
2066	10% of all work	trend
2085	50% of physical work	trend

Trend = robot prices −3% a year.
Robots learn 2% of what they couldn't do, every year.

2066 ≈ 'about 40 years' at −3%/yr. Scenarios hold tasks and wages fixed.

09 · WHAT STOPS THEM

The hand, not the brain.



Half of physical work waits on better hands.
Cost: a barrier for nearly every task.

Share of physical tasks blocked by each barrier (overlapping).

THE VERDICT

Robots can do most physical work. They don't pay off. Yet.

Watch drivers and packers first.
Nurses and mechanics last.
The 50-year backtest agrees.

Full breakdown + the research:

skyth.ai/library/what-work-can-robots-do-74-percent-0-3-percent

Source: anthropic.com/research

Link in the post ↑