

Construction Laborers and Helpers

SOC: 47-2061 • Career Profile Report

■ Key Facts

\$46,050

Median Salary

1,649,100

Employment

+7.0%

Growth Rate

■ Requirements & Salary Range

Education: See Requirements (BLS)

■ Automation Risk Assessment

Medium Risk - 35.0% probability of being automated in the next 10-20 years.

This job has some routine elements but still requires human judgment and interaction.

■■ Work-Life Balance

5.9/10 - Fair work-life balance

■ Personality Fit (RIASEC)

Higher scores indicate better personality fit for this career type.

Realistic	9.4/10	Investigative	5.8/10
Artistic	4.0/10	Social	5.0/10
Enterprising	5.0/10	Conventional	6.0/10

■ Top Skills Required

Color vision, Interpersonal skills, Math skills, Mechanical skills, Physical stamina, Physical strength

✓ Strengths

- High Demand
- Flexible Work
- Continuous Learning

■ Challenges

- Burnout Risk
- Rapid Technological Change

■ What They Do

Construction Laborers and Helpers perform tasks that **support construction projects by preparing sites, handling materials, and assisting skilled tradespeople**. They operate tools, clean work areas, and perform physical labor to ensure efficient and safe construction processes. Their work is critical in building infrastructure, residential, and commercial projects.

This career is well suited for individuals who enjoy physical work, teamwork, and learning hands-on construction skills.

What Do Construction Laborers and Helpers Do?

These professionals assist with a variety of construction activities, support tradespeople, and maintain safe job sites.

Common responsibilities include:

- Preparing construction sites by cleaning, loading, and unloading materials
- Operating hand and power tools under supervision
- Assisting carpenters, masons, and other skilled workers
- Digging trenches, leveling ground, and mixing materials
- Erecting scaffolding, temporary structures, or supports
- Following safety regulations and maintaining worksite cleanliness
- Transporting and organizing materials and equipment

Key Areas of Construction Labor

Laborers and helpers may focus on specific tasks or construction types:

- Site Preparation and Maintenance: Clearing, leveling, and preparing job sites
- Material Handling: Loading, transporting, and storing construction materials
- Assisting Skilled Trades: Supporting carpenters, masons, electricians, or plumbers
- Tool and Equipment Operation: Using hand and power tools safely and efficiently
- Safety and Compliance: Maintaining personal and site safety standards

Skills and Abilities Needed

Construction laborers and helpers combine physical ability, practical skills, and teamwork.

Core Professional Skills

Personal Qualities That Matter

Education and Career Pathway

This role typically requires minimal formal education and on-the-job training:

- High School Diploma or GED (minimum): Basic reading, math, and communication skills
- On-the-Job Training: Learning construction tasks, tool usage, and site safety
- Apprenticeships or Internships (optional): Gaining experience in specific trades or construction projects
- Certifications (optional): Safety, equipment operation, or specialized construction training
- Continuous Learning: Developing skills in construction techniques, tools, and safety protocols

Where Do Construction Laborers and Helpers Work?

They are employed in organizations that build, renovate, or maintain infrastructure:

- Construction Companies
- Commercial and Residential Building Projects
- Civil Infrastructure Projects
- Industrial and Manufacturing Facilities

- Public Works and Government Projects

Work environments include construction sites, outdoor locations, and industrial settings.

Is This Career Difficult?

This career requires physical stamina, attention to safety, and adaptability. Laborers must perform demanding tasks, follow instructions, and work in varied conditions.

Who Should Consider This Career?

This career may be a strong fit if you:

- Enjoy hands-on, physical work
- Are reliable, punctual, and safety-conscious
- Can work in teams and follow instructions
- Have the stamina to perform demanding tasks
- Want a career in construction and building support

How to Prepare Early

- Take courses in basic construction, safety, or industrial arts
- Volunteer or work part-time on construction or maintenance projects
- Develop physical fitness and stamina
- Learn tool handling, measurement, and basic building techniques
- Explore apprenticeships, vocational programs, or on-the-job training opportunities

Construction laborers and helpers support building projects by preparing sites, assisting tradespeople, and performing essential physical tasks that ensure safe and efficient construction operations.

*Generated by StartRight • Data from U.S. Bureau of Labor Statistics & O*NET*

Source: <https://www.bls.gov/ooh/construction-and-extraction/construction-laborers-and-helpers.htm>