

H-1B Layoffs vs. Overall Layoffs in 2026

A directional estimate of H-1B exposure in 2026 tech layoffs, with company-level estimates and broader labor-market context by seniority, income and state.

Every estimate sourced. Every assumption stated. · A LayoffNext.com Data Report

1. What this report is about

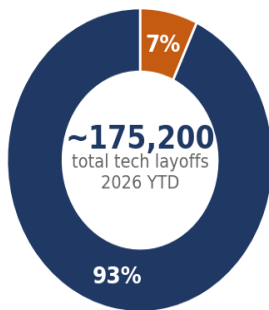
No U.S. agency records the visa status of laid-off workers and no employer discloses it, so "how many H-1B workers were laid off in 2026?" has no official answer. It **can be estimated** by combining public layoff trackers with USCIS petition records. This report does that with two independent methods, then adds proxy context most trackers leave out: which seniority levels appear most exposed in tech hiring data, what wage bands matter for H-1B replacement jobs, and which states show high layoff and H-1B concentration. Estimates are directional, not precise; Section 7 lists every assumption.

2. Key answers

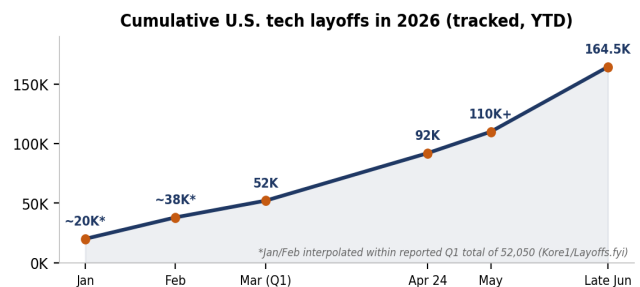
164K–186K	9.3K–12.3K	6–7%	406,348	60 days
U.S. tech workers laid off, 2026 YTD (Layoffs.fyi / TrueUp low end; SkillSyncer high end)	Est. H-1B holders among them (central; full range 8.2K–18.6K)	Estimated H-1B exposure within 2026 tech layoffs (range 5–10%)	H-1B petitions approved FY2025 — the "hiring" side (new + renewals)	Grace period for a laid-off H-1B holder to find a sponsor or leave the U.S.

In plain words: under the proportionality assumption used in this report, for every 100 U.S. tech workers laid off in 2026 so far, an estimated 6–7 **may have been** on an H-1B visa — roughly **9,300–12,300 H-1B workers** against roughly **163,000 others**. On the hiring side, USCIS approved 406,348 H-1B petitions in FY2025 (17.8% fewer than FY2024) — and several of the largest sponsors (Amazon, Meta, Microsoft, Google, Oracle) were simultaneously 2026's biggest job cutters.

Estimated H-1B share of 2026 U.S. tech layoffs



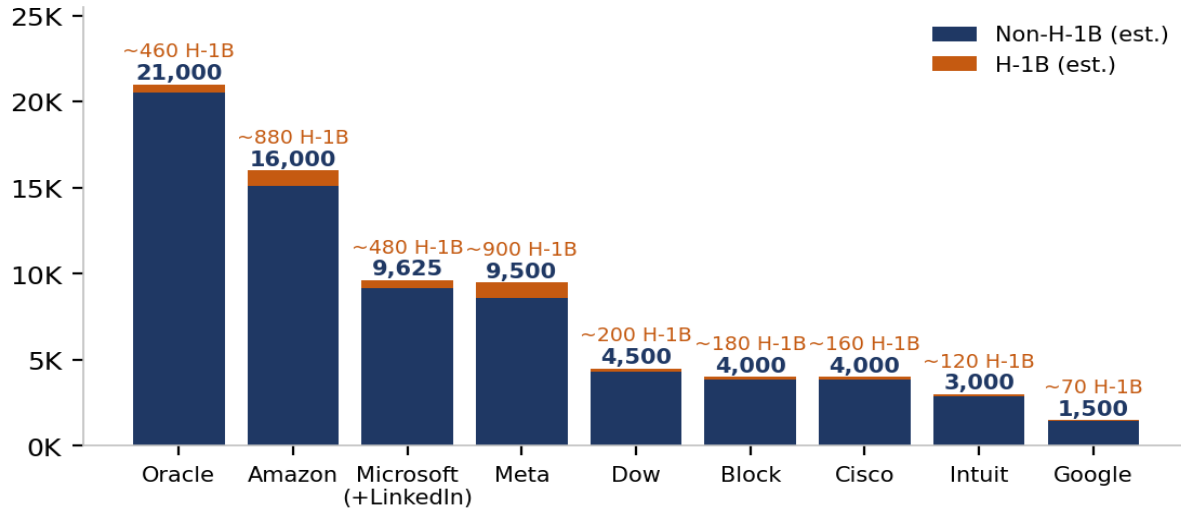
- H-1B holders (est. ~12,300)
- All other workers (~162,900)



Important methodology note: No public dataset identifies laid-off workers by visa status. This report estimates H-1B exposure by combining layoff trackers, USCIS H-1B petition data, company workforce estimates, and clearly stated assumptions. Seniority, income, and state sections provide market context, not confirmed H-1B layoff counts.

3. Who is cutting — companies and the H-1B workers inside those cuts

2026 announced layoffs by company, with estimated H-1B workers affected



Company	2026 layoffs announced	US-weighted (est.)	FY2025 H-1B approvals	H-1B share used	Est. H-1B laid off
Amazon	16,000	16,000	19,176	5.5%	~880
Oracle	21,000	8,400	2,753	5.5%	~460
Meta	9,500	8,550	6,295	10.5%	~900
Microsoft (incl. LinkedIn)	9,625	9,625	6,257	5.0%	~480
Google	1,500	1,500	5,559	4.6%	~70
12 other tracked cos.	21,385	17,798	n/a	5.0% default	~890
Tracked subtotal	79,010	61,873		5.9% implied	~3,680
All untracked companies		~113,300		5.0% default	~5,670
GRAND TOTAL (Method 2)		~175,200			~9,300

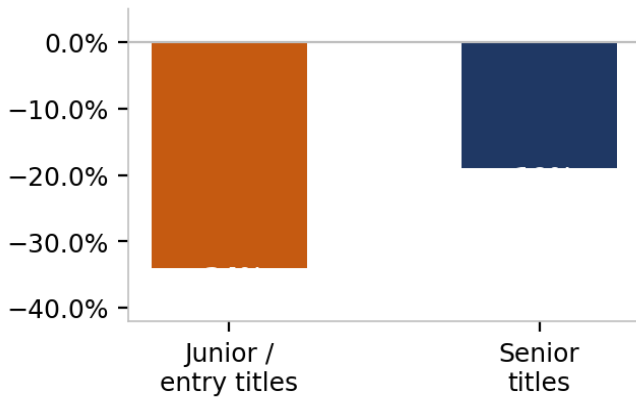
H-1B approvals = FY2025 initial + continuing (USCIS via Forbes; Oracle America via grad.jobs). US weighting removes foreign cuts (e.g., ~12,000 of Oracle's cuts were in India; Wix is Israel-based). Meta's WARN filings in CA/WA alone list 6,017 affected employees (LayoffAlert.org), consistent with the announced 9,500. Initial + continuing H-1B approvals are used as a petition-activity proxy, not a unique-worker count: continuing approvals may include extensions, amendments, transfers, or repeated filings.

4. Where risk appears concentrated — seniority, income, and state context

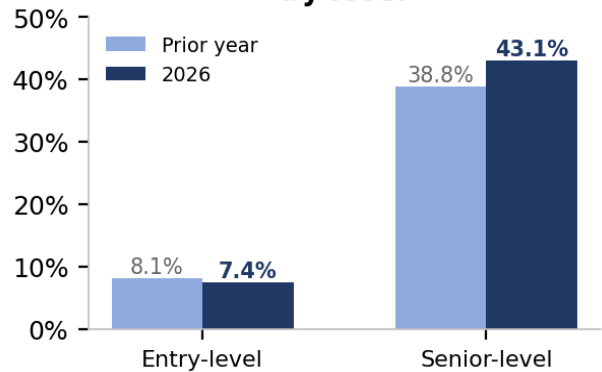
4.1 By seniority level

Job-posting data suggests entry-level and junior tech opportunities are shrinking faster than senior roles. This is market-level context, not proof that H-1B layoffs are concentrated in any specific seniority band. H-1B workers are often in mid-to-senior technical roles, but public layoff trackers do not identify visa status by seniority.

Tech job-posting decline by level market proxy, not layoff count



Share of IT job postings by level

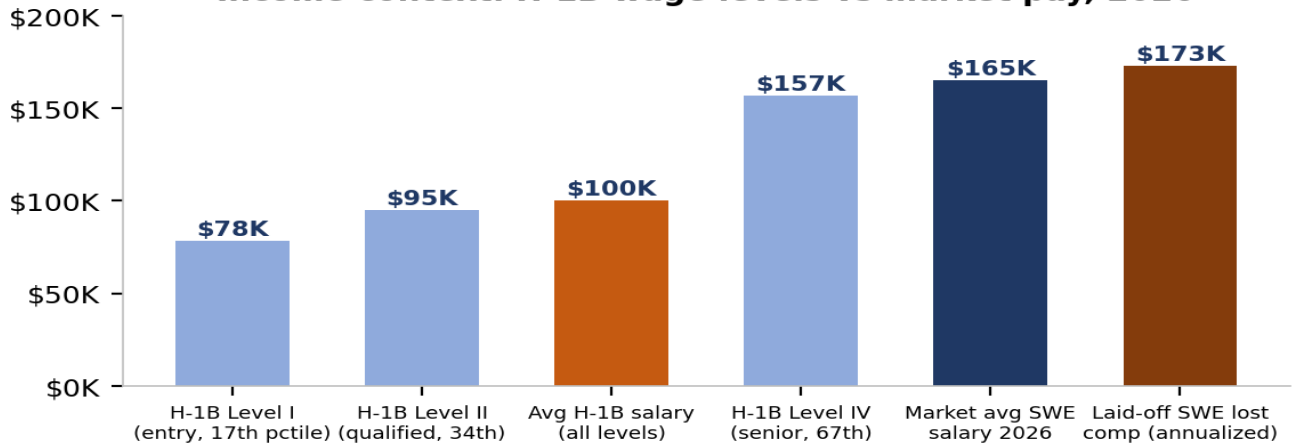


- Junior and entry-level tech posting indicators show sharper weakness than senior-role indicators, based on third-party job-market analysis (JobsByCulture, summer 2026). Treat this as a hiring-market proxy, not a layoff count.
- Entry-level postings fell from **8.1% to 7.4%** of the IT job mix; senior postings rose from **38.8% to 43.1%** (JobsByCulture).
- Employment of software developers aged 22–25 fell ~20% from the late-2022 peak, while 30+ developers in the same AI-exposed roles gained 6–12% (Stanford Digital Economy Lab via SQ Magazine).
- Some 2026 layoff trackers and media reports identify AI, automation, or restructuring around AI as a contributing factor in selected layoff announcements, but attribution varies by source and should not be treated as a precise share of layoffs.

4.2 By income level

Many 2026 tech layoffs affect six-figure white-collar roles. For H-1B holders, income matters because a new H-1B job generally must meet the applicable prevailing wage for the occupation and work location, which can limit replacement-job flexibility after a layoff.

Income context: H-1B wage levels vs market pay, 2026



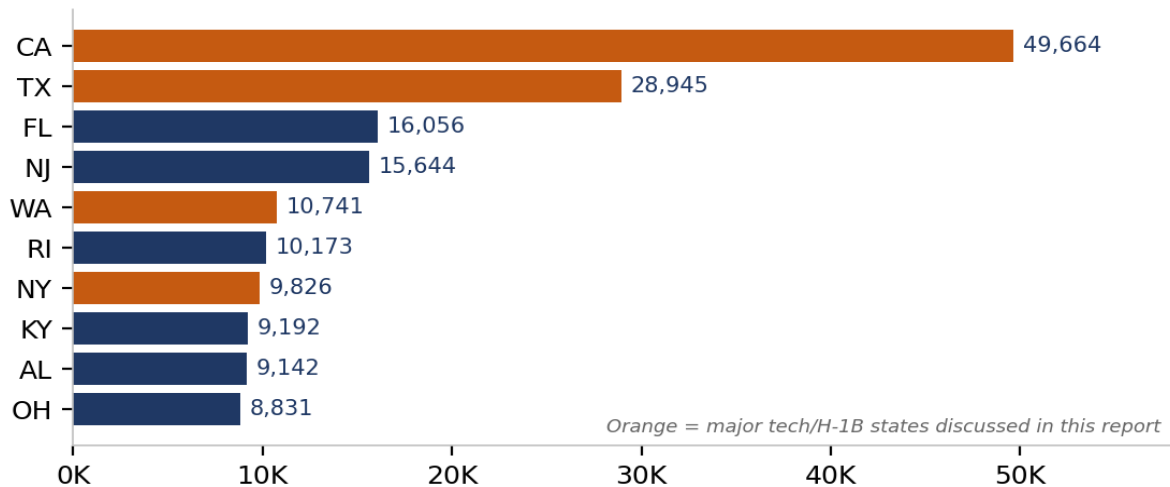
- H-1B Level I (entry) averages **\$78,400**; Level IV (senior) **\$156,800** in major metros (HomeAbroad, 2026).
- USCIS/NFAP salary data provides an official anchor: H-1B workers in computer-related occupations had an average salary of about **\$136,000** and a median of about **\$125,000** in FY2024 (NFAP).
- The average H-1B salary now exceeds **\$100,000**; market-average software engineer pay is **~\$165,000** vs. \$142,000 prevailing-wage requirement (HomeAbroad/Levels.fyi).
- A laid-off software engineer loses **~\$14,400/month** (~\$13,750 salary + ~\$625 health insurance) — about \$172,800 annualized (American Bazaar, May 2026).

- New-offer base salaries are running **15–25% below 2022 peaks**, while AI/ML specialist pay is up 20–30% YoY (Metaintro) — a laid-off H-1B worker may face a narrower set of sponsor-ready replacement jobs, especially if market salaries have moved below prior compensation.

4.3 By state

Official WARN-notice filings (all industries) show where 2026 layoffs are landing. Through July 3, 2026: **2,658 notices across 42 states, 250,711 employees affected** (LayoffAlert.org). Several high-H-1B approval states — including California, Texas, New York and New Jersey — also appear high in WARN layoff exposure. Washington is separately important because of large tech employers and company-specific WARN filings. This state view is geographic context, not a confirmed count of H-1B layoffs by state.

2026 WARN-notice layoffs by state (employees affected, all industries, YTD)



WARN data is all-industry and state-level. It does not identify visa status and does not capture every layoff (only 100+ employee firms cutting 50+ workers must file), but it is the only official, state-level series. Tech-specific examples inside it: Meta filed for 6,017 workers in CA/WA; Amazon for 5,626 across CA/NJ/NY/VA/WA; Oracle America for 1,211 in CA/NY/WA.

5. How the H-1B estimate is calculated

Method 1 — Aggregate (top-down). Total 2026 tech layoffs (164K–186K range across public trackers; central estimate ~175K) × assumed H-1B share of the tech workforce (central 7% = ~700K active H-1B holders, ~65% in computer occupations, ÷ ~6.3M U.S. computer-occupation workers). Result: **8,225 / 12,264 / 18,589** (low/central/high).

Method 2 — Company-level (bottom-up). Per company: layoffs × U.S. weighting × company H-1B share (FY2025 USCIS approvals ÷ est. U.S. workforce). Example — Amazon: 16,000 × (19,176 ÷ ~350,000 = 5.5%) ≈ 880. Companies and the untracked remainder without USCIS data get a 5% default. Result: roughly **~9,300** estimated H-1B-exposed layoffs, implying about ~6% H-1B exposure under the proportionality assumption.

The methods were built independently and land within ~25% of each other — reasonable agreement for estimation of this kind.

6. Assumptions (read before quoting numbers)

A1. Proportionality. H-1B holders are assumed laid off at the same rate as coworkers. No public data confirms or refutes this. Biggest single uncertainty in the report.

A2. Approvals as a proxy, not unique headcount. One year of USCIS initial + continuing approvals is used as a rough proxy for company H-1B exposure. This can overcount or undercount unique workers because continuing approvals may include extensions, amendments, transfers, or repeated filings.

- A3. 5–10% tech-workforce share.** Derived from ~700K active H-1B holders, ~65% in computer occupations, ~6.3M U.S. computer workers (BLS). Known company shares (4.6–10.5%) fall inside this range.
- A4. U.S. weighting.** Judgment-based split of global announcements (Oracle 40% U.S.; Wix 30%).
- A5. Denominators.** Company U.S. headcounts from public reporting, not audited filings.
- A6. Tracker spread.** Layoffs.fyi vs TrueUp vs Crunchbase differ 20–40%; ranges used instead of single numbers.
- A7. Section 4 context data.** Seniority, income and state figures are market-level context and proxy indicators. They are not confirmed H-1B layoff counts unless explicitly stated.

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