WORK · FOR WORKERS

Worried about AI and your job?

Nobody can tell you exactly what will happen to your job, including us. What you can do is look at your actual work, see where AI helps and where it doesn't, and make sure your say counts.

What the evidence says so far

Jobs and Skills Australia's 2025 study of generative AI found it is more likely to augment human work than replace it, though it may automate some routine tasks. The study also found that the potential to automate tasks is highest in middle-skill jobs, including several kinds of clerical work.

Studies like this describe the whole economy, not your workplace. Your own tasks are the best guide, which is why the worksheet starts there.

Map a normal week

List the tasks you actually do. For each one, be honest about where AI could help and what you bring. Keep it on paper or in your own notes; don't put your employer's confidential details into an AI tool to do this.

Task	How often	Could AI help draft, sort or check it?	What do I bring that AI can't?	If AI got it wrong, who would notice?

What you bring

Judgement
Weighing up what matters here, with these people, today.

Relationships
Trust built over time with colleagues, customers and community.

Local knowledge
How things really work in your place, which no dataset captures.

Care
Noticing how someone is going and responding as a person.

Hands-on skill
Work done with your hands, in the real world.

Accountability
Someone has to sign off and stand behind the result.

Questions to ask your employer

1. Which tasks are changing, and why?
2. What training will we get, and time to do it?
3. Who checks the AI's work, and who is responsible when it's wrong?
4. What information about staff or customers will go into these tools?
5. Will AI be used to monitor my work or make decisions about me?
6. How will we be consulted before bigger changes?

Under the Fair Work Act, enterprise agreements must include a consultation term, and modern awards must include consultation about changes to rosters or hours of work. Your award or agreement sets out exactly what consultation applies to you. Check yours, or ask the Fair Work Ombudsman or your union.

Build your skills, your way

- Get good at checking AI's work. It's useful whatever tools you end up using.
- Try AI on one small task of your own, with a tool your workplace allows.
- Ask for training, and time to do it, as part of any change.
- Keep a short list of what you do well that AI can't. It helps in any conversation about your role.

If it's weighing on you

Worry about work is common and reasonable. Talk to someone you trust. If it's affecting your sleep, mood or health, free support is there: Beyond Blue on 1300 22 4636 ↗ (24/7), or Lifeline on 13 11 14 ↗ for crisis support.

Sources Checked against these sources on 11 October 2026. Jobs and Skills Australia: Our Gen AI Transition (2025) ↗Fair Work Act 2009 (consultation terms: sections 145A and 205) ↗Fair Work Ombudsman ↗Beyond Blue: 1300 22 4636, 24/7 ↗Lifeline: 13 11 14, 24-hour crisis support ↗