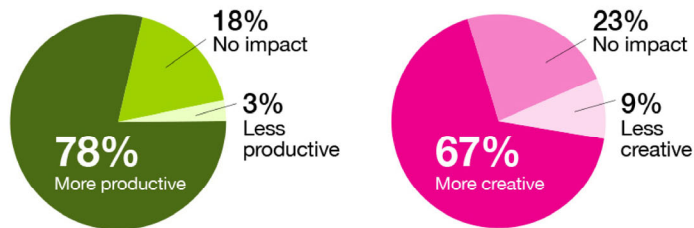


The Use of Artificial Intelligence in the Workplace: An Update

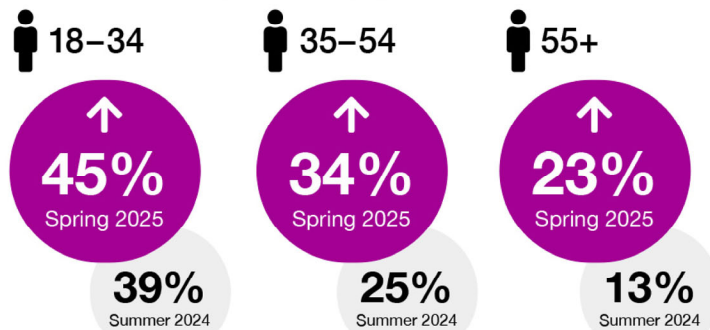


The majority of those who use AI at work say that it has made them:



Younger Canadians are more likely to have used AI to help with tasks at work

Use of AI is increasing across all age groups:



More Canadians are using AI programs to help with tasks at work

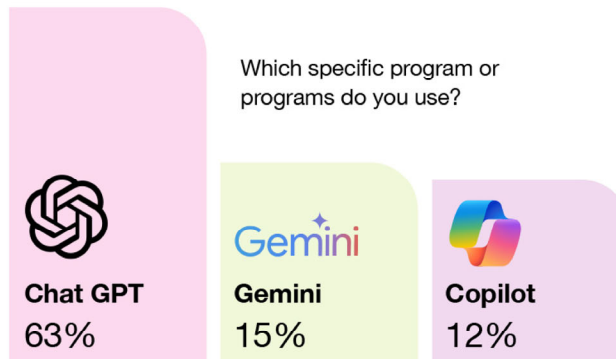
Employed Canadians who say they have used AI programs to help with tasks at work:

28%
Summer 2024

37%
Spring 2025



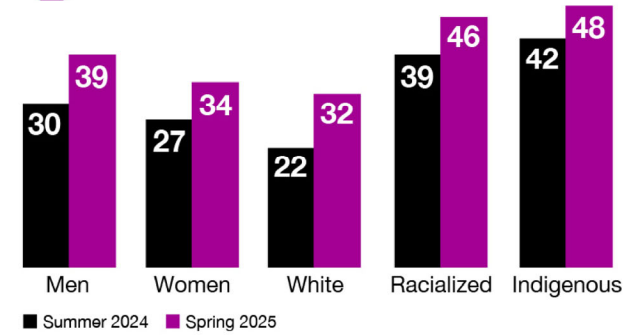
Chat GPT is the most popular AI tool in the workplace



Which specific program or programs do you use?



AI use at work is higher among men, racialized and Indigenous workers



Only 1 in 3 of those who use AI at work have received training or guidance from employers

Those who use AI at work who have received training about using AI from their employer:

29%
Summer 2024

34%
Spring 2025