

## SURVIVING AI

# Risk Assessment Checklist

*Evaluate your automation vulnerability*

### HIGH RISK Factors

*(Each checked item increases your automation vulnerability)*

- ☐ Routine, repetitive tasks make up >50% of your work
- ☐ Work is primarily digital/screen-based
- ☐ Work environment is predictable and controlled
- ☐ Tasks follow clear rules and procedures
- ☐ Work involves processing standardized information

### LOW RISK Factors

*(Each checked item provides protection)*

- ☐ Physical dexterity required in variable environments
- ☐ Empathy and human connection are essential
- ☐ High-stakes judgment with personal liability
- ☐ Multiple overlapping barriers (education + licensing + experience)

### Your Timeline Estimate

- **0-1 LOW RISK factors:** 2-5 years until significant disruption
- **2-3 LOW RISK factors:** 5-10 years
- **4+ LOW RISK factors:** 10-15 years (relatively protected)

**My estimated timeline: \_\_\_\_\_ years**